



Multi-Grammy Award Winner To Perform

Jazz industry giant and Multi-Grammy Award winner Cécile McLorin Salvant will perform a special evening of music during the 2021-22 season of Giants Jazzy Nights concert series at the Sidney & Berne Davis Art Center on Wednesday, October 13. Grammy Award-winning artist Sullivan Fortner will be joining in on the piano. Doors open at 6:30 p.m. for cocktails and the performance begins at 7:30 p.m.

The New York Times hails Salvant as “the finest jazz singer to emerge in the last decade.” Born and raised in Miami to a French mother and Haitian father, Salvant started classical piano studies at age 5, sang in a children’s choir at age 8 and started classical voice lessons as a teenager. She received a bachelor’s degree in French law from the Université Pierre-Mendes France in Grenoble while also studying baroque music and jazz at the Darius Milhaud Music Conservatory in Aix-en-Provence, France.

Salvant is an eclectic curator, unearthing rarely recorded, forgotten



Cécile McLorin Salvant photo provided

songs with strong narratives, interesting power dynamics, unexpected twists and humor. She has developed a passion for storytelling and finding the connections between vaudeville, blues, folk traditions from around the world, theater, jazz and baroque music.

Salvant won the Thelonious Monk continued on page 12

Sealed Scripts, No Rehearsals In Local Premiere

The Laboratory Theater of Florida, in association with Aurora Nova Productions and Boat Rocker Entertainment, will present the Southwest Florida premiere of *White Rabbit Red Rabbit* by Nassim Soleimanpour from October 14 to 23.

With no rehearsal, no director, a different actor each night and a script waiting in a sealed envelope on stage, this show is a theatrical experience that is reminiscent of the transformative power of theater.

The play is written by Soleimanpour, who could not leave Iran when he wrote *White Rabbit Red Rabbit* due to his refusal to serve in the military as what one would call a conscientious objector. This refusal resulted in the revocation of his passport and the restriction of his international travel privileges. He encourages participants to break traditional theater etiquette and leave their cell phones on for reasons explained before the performance.

The lineup of actors and celebrity

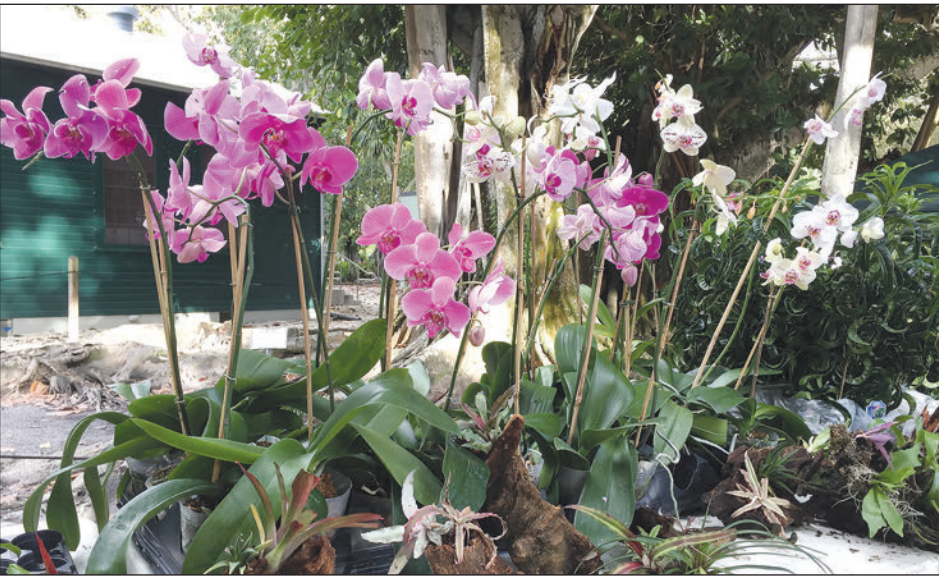


image provided

performers includes Stephanie Davis, Sonya McCarter, Dave Yudowitz, Eric Raddatz, Randall Kenneth Jones, Melanie Payne, PJ McCready, Lucy Sundby and Ella Naylor.

Artistic director Annette Trossbach said, “the play invites the audience as well as the performer to enjoy the raw immediacy of theater. It’s an artistic risk for each of the performers and therefore a unique spectacle for each of the audiences.”

Tickets are \$37 each or \$15 for students with valid student IDs. Seating continued on page 14



Orchid growers will have a variety of plants available for sale photo provided

Orchid Sale At The Estates

Edison and Ford Winter Estates will hold its annual Orchid Sale and Symposium under the oak trees this Saturday and Sunday, October 9 and 10 from 9 a.m. to 4 p.m. Horticulturists, orchid growers and representatives from the Southwest Florida Orchid Society will give presentations on growing and caring for orchids. Several orchid growers will

have orchids available for sale, including rare and native species.

Daily admission for the presentations is \$15 for non-members or \$10 for Edison Ford members (does not include tours or admission to the museum, lab or riverside of the property). Guests should redeem their e-ticket for a wristband at the welcome booth on the day of the event.

The authors of the book, *Compendium of Orchid Genera* will be on site and signing books (Wesley Higgins continued on page 8

A Halloween Treat At New Phoenix



From left, Bill Shideler as Frederick Frankenstein, Tricia Hennessy as Inga and Ken Johnson as Igor photo provided

by Di Saggau

Mel Brooks’ *Young Frankenstein* the musical is now playing at New Phoenix Theatre. It’s a wickedly funny musical spoof that makes for a most enjoyable evening. The plot is close to the original movie. Doctor Frederick Frankenstein (Bill Shideler) is an American professor of neurology lured back to Transylvania to settle his grandfather’s

estate. After meeting Inga (Tricia Hennessy), his yodeling assistant, he decides to stick around. He’s also tempted to repeat his grandfather’s experiment of implanting a new brain in the body of a giant corpse. Thus is the Monster (Greg Wojciechowski) reborn, and he towers over everyone.

The show is a love letter to vaudeville, continued on page 4

Historic Downtown Fort Myers, Then And Now:

Dean Street Closes In



by Gerri Reaves, PhD

Until about three years ago, the northward view from First and Dean opened onto the Caloosahatchee. Now, one-block Dean Street is visually land-locked for the first time

since it was created in the mid-1920s. Then, as seen in historical postcard image, the river almost lapped up to the Morgan Hotel. Even though, over the decades, the riverfront was pushed northward by infill development, a glimpse of the river was possible from First.

John Morgan Dean obtained permission from town government to create Dean Street when he built the first phase of the Morgan Hotel on First. His intent was to give his new hotel entrances on both First and Dean. Dean is best remembered as the developer of Dean Park, the town's first subdivision, but was important in various boom-time enterprises.

The 1924 original hotel had only 22 rooms but, in 1926, it was expanded to 62 to 70 (sources differ).

That expansion filled out Dean Street northward to Bay Street, which in the boom years was extended westward, as pictured on the postcard.

The photo taken three years ago during the construction of the Luminary Hotel and the renovation of Haborside Convention Center (now Caloosa Sound Convention Center & Amphitheater) shows the closing in of Dean Street in progress.

The gigantic crane's presence in the downtown skyline foretold major changes to the on-the-ground experience for pedestrians.

Today, if you stand on First and glance northward on Dean, you'll see a garage entrance and the pleasingly angled Luminary tower, where guests no doubt have a spectacular view of the river.

Walk to First and Dean, gaze northward, and imagine Dean and Bay Streets when they were newly constructed and unobstructed.

Then visit the following research centers to find out how views of the river have changed since the U.S. Army first established a fort on the banks of the Caloosahatchee in 1841.

Sources: The Southwest Florida Historical Society is an all-volunteer, nonprofit organization open Wednesday and Saturday between 9 a.m. and noon. 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,



Three years ago, construction was underway for the Luminary Hotel and the renovation of Harborside Convention Center into Caloosa Sound Convention Center & Amphitheater. The view from First Street still includes the river. photo by Gerri Reaves



The obstruction of the river view from First Street illustrates one of the tradeoffs of riverfront development photo by Gerri Reaves



Dean Street was created when John Morgan Dean built the Morgan Hotel, which had a riverside view. It opened in January 1924 and was enlarged through in 1925 to Bay Street, which ran along the riverfront. photo courtesy Florida State Archives

adjacent to the Williams Academy Museum at Roberto Clemente Park. Call 332-8778 for the hours or visit www.leecountyblackhistorysociety.org.

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

Sources: Archives of the Southwest Florida Historical Society, the Fort Myers Press and The Story of Fort Myers by Karl H. Grismer. ✨

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Irish Singers To Join Symphony In World Premiere



Emmett O'Hanlon



Ronan Scholard

From the creator and producer of The Irish Tenors, The Gulf Coast Symphony brings Southwest Florida Trinity – a brand new show that celebrates the rich musical heritage of Ireland.

After an international search, three accomplished young Irish singers, who have sung in opera houses



Conor Murphy

around the world, come together to create this incredible cast for this Celtic concert with the Gulfcoast Symphony at the Barbara B Mann Performing Arts Hall at FSW on Wednesday, October 13 at 7:30 p.m.

Trinity presents Emmett O'Hanlon (an Irish-American and star of Celtic Thunder); Ronan Scholard (Dublin, Ireland) and Conor Murphy (Irish-Canadian). These three great young voices, matched with the most beloved Irish songs, performed with all new arrangements with the Gulf Coast Symphony under Maestro Andrew M. Kurtz.

Trinity's appearance with the Gulf Coast Symphony is the World Premiere of this amazing trio destined to become America's "next big thing" in Irish music. This concert will be filmed live so attendees will have the first peek as to what to expect when Trinity debuts on an all new PBS special, scheduled for release in March 2022.

The Gulf Coast Symphony now celebrating its 27th season is excited to bring this debuting trio to Southwest Florida. "We feel this is the perfect recipe for an unforgettable evening of Irish music, creating lifelong memories, with this musical postcard from Ireland," said Maestro Kurtz.

For more information, visit www.gulfcoastsymphony.org or call 277-1700 ext. 105.*

Players Circle Performing Arts Season Lineup

The Players Circle Performing Arts Center within The Shell Factory & Nature Center is offering a variety of performances – three plays and three musicals – for the 2021-22 theater season.

The three following plays each have an engagement of three weeks. Individual tickets are \$50:

The Lifespan of a Fact – October 27 to November 14. This recent Broadway dramedy is based on a true-ish story of truth in journalism.

Curious Incident of the Dog in Night-Time – February 16 to March 6. This recent Tony-winning best play explores what it truly means to love and be loved.

Miracle on South Division Street – April 13 to May 1. This is a hilarious comedy about a family who had always known they were special – but were they?

The three musical shows will feature 10 performances each, five each week for two weeks. Individual tickets are available for \$50 VIP table seating (wait service, sitting at tables) and \$40 (theatre style seating):

Jingle Bell Jubilee – December 8 to 19. This holiday show includes songs from *Santa Baby* and *Blue Christmas* to *Greensleeves* and *White Christmas*.

Night and Day – *Love Lost* and *Found through the Eyes of Cole Porter* – January 5 to 16. This is an

emotional journey of four friends who fall out of and into love. More than 30 of Cole Porter's most memorable songs are included.

Hard Travelin' with Woody – March 23 to April 3. This multimedia show features the music, words and artwork of Woody Guthrie, featuring his greatest hits including *This Land Is Your Land* and *Bound for Glory*.

All performances will be on Wednesdays, Thursdays and Saturdays at 7 p.m., Fridays at 8 p.m. and Sundays at 2 p.m.

The Danny Sinoff Trio, Singing the American Songbook, will appear on Mondays, starting October 4 at 7 p.m. VIP tickets are \$25; general admission tickets are \$15.

Ticket subscriptions include: all three plays and three musical performances, VIP tickets, \$225; all three plays and three musical performances, general admission, \$210; three plays, \$120; three musical performances, VIP tickets, \$120; and three musical performances, general admission, \$105.

The Players Circle Performing Arts Center is located at 16554 North Cleveland Avenue in North Fort Myers. For tickets, visit www.playerscircletheater.com, call 800-3292 or drop by the box office Monday through Saturday from 10 a.m. to 2 p.m.*

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Fort Myers Art:

Theater Has Fun With History In Dramedy



by Tom Hall

Ten explorers. Four boats. One Grand Canyon. Jacklyn Backhaus' adventure dramedy *Men on Boats* is the true(ish) history of an 1869 expedition, when a one-armed captain and a crew of insane yet loyal volunteers

set out to chart the course of the Colorado River. Now you can join them in their erudite expedition. *Men on Boats* opens in the Alliance for the Arts Foulds Theatre on Thursday, October 21 and runs through October 31.

In the summer of 1869, a Civil War vet (and personal friend of President Ulysses S. Grant) by the name of John Wesley Powell led a band of nine other explorers on a government-sanctioned expedition through the Green and Colorado River canyons. The three-month journey transported them through the Wyoming Territory and present-day Utah and Arizona. It was a big deal back then, as the expedition marked the first recorded passage of white men through the previously uncharted Grand Canyon.



image courtesy www.artswfl.com

Originally developed and produced in 2015 by Clubbed Thumb, *Men on Boats* is largely based on Powell's journals of this 1869 expedition, which he published under the title of *The Exploration of the Colorado River and Its Canyons*. Director Rachael Endrizzi's outlandish explorers duly encounter disaster, harrowing adventure, conflict and camaraderie along the way. In keeping with the tradition of Backhaus' acclaimed play, the cast is composed entirely of women – in this instance, Shelley Sanders, Anna Grilli, Anne Reed, Stacey Stouffer, Shaun Cott, Carmen Crussard, Holly Zammerilla, Kayleigh O'Connell and Tiffany Campbell.

The use of unexpected, nontraditional casting coupled with modern vernacular frees the audience to apply present-day

values and sensibilities to view past events – in the tradition of *Hamilton* (by way of example).

With a plot like this, irascible characters drawn from the annals of frontier history and an all-star cast, *Men on Boats* is certain to be a hit, so reserve your seats in the Foulds Theatre early. Tickets are \$13 to \$30.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information, visit www.artlinee.org.

International Film Festival Nears
Naples International Film Festival opens with a red carpet evening starting at 7 p.m. on Thursday, October 21 that includes a post-screening VIP party on

the third floor rooftop terrace of The Baker Museum addition. Operated by Artis-Naples, the festival features films at Silverspot Cinema as well as outdoor films on Friday and Saturday evening in the Norris Garden between Hayes Hall and The Baker Museum. The festival concludes on Sunday, October 24 with *Back to the Future* starring Michael J. Fox and Christopher Lloyd, a live soundtrack performed by the Naples Philharmonic under the direction of conductor Jack Everly and an awards ceremony in Hayes Hall.

In addition to 67 films in a variety of genres (that were culled from nearly 900 submissions), one of this year's highlights is a poster created for the festival by internationally renowned artist Marcus Jansen, whose works were exhibited last spring in a solo show in The Baker Museum. Titled *Transitions*, the poster serves as a metaphor as the arts, theater and film industries seek to reemerge from the shutdowns and quarantines that typified the COVID-19 pandemic of the previous 18 months.

Tickets for opening night and the awards ceremony can be purchased from Artis-Naples. Individual and multi-film packages are available through Silverspot Cinema in the Mercato center at 9118 Strada Place, Unit 8205, in Naples.

*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.**

From page 1

New Phoenix

with witty parodies and gags. You have to listen closely so you don't miss some of the one liners. Igor (Kenneth Johnson), the doctor's famous sidekick, is hysterical. The two have a memorable song and dance routine in *Together Again For The First Time*. There are many stand-out performances, including *Puttin' On The Ritz* with Frederick, the Monster, Igor and Inga. A scene with the Monster seeking refuge with a blind hermit (Michael Murphy) is another fun experience. Nikki Hagel as Elizabeth Benning, Frederick's fiancé, excels in *Ah Sweet Mystery of Life*, and Cindi Heimberg, as Frau Blucher, ex-girlfriend of the grandfather, does the

same with *He Vas My Boyfriend*.

Directed by Brenda Kensler, the production is orchestrated perfectly and the back screens, set designs and costumes have just the right odd touch of antiquity. Others in the cast are Jesse Stauffer, Gerrie Benzing, Trace Meier, Sam Felder and Jackie Patterson. All have voices to match their characters. It's two-and-a-half hours of time-suspending pleasure and outstanding musical work.

Mel Brooks' Young Frankenstein is a wacky, energetic production that is pure fun. Don't miss this show. It plays through Sunday, October 24 at New Phoenix Theatre, located at 13211 McGregor Boulevard in Fort Myers. For tickets, call 284-5214 or visit www.newphoenixtheatrefortmyers.org/box-office.*

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Purple Rain by Chari Mooradian

Local Artist Brings Exhibition To Theater Gallery

The Palm's Gallery inside Broadway Palm Dinner Theatre is featuring the works of local artist and longtime Broadway Palm employee Chari (Klackle) Mooradian now through December 25. Her vibrant pieces showcase a variety of subjects from Fort Myers' landscapes to flora and fauna. The highlight of the exhibition is the show-stopping, six-foot resin painting of Fort

Myers Beach titled *Purple Rain* in which Mooradian stated her "use of color and composition creates a dreamlike effect."

Mooradian's work has been exhibited at places such as Arts for Act, Harborside Events Center, Kelly Greens Country Club, The Alliance for the Arts, Fort Myers City Hall, Williams Academy Black History Museum. She has been published in *Time of the Islands* magazines, *Aesthetic* Magazine and in numerous newspapers.

Broadway Palm Dinner Theatre is located at 1380 Colonial Boulevard in Fort Myers. For more information, call 278-4422 or visit www.broadwaypalm.com.✪

photo provided

Items Needed For ARC Auction

Animal Refuge Center is seeking items for its largest fundraiser of the year – the Starlight Auction. Funds raised at the auction largely support shelter operations and determine how many cats and dogs can be saved in the coming year.

A big part of the Starlight Auction is the silent auction aspect. More than 100 individual baskets are prepared by the auction elves between September and November 1 and help to raise a significant portion of the total auction proceeds.

The auction elves need your help to collect the following items for the baskets... many retailers are glad to donate a gift certificate or item, just ask.

Gift certificates – \$25 or more to local area restaurants, spas, nail salons, PetSmart or Petco Stores, grocery stores and hair salons;

Medium/large baskets – sturdy cloth, or wicker;

Pre-made baskets – containing wine, liquor, non-perishable food products valued at \$50 and above, available via various websites such as www.winecountrygiftbaskets.com;

Wine, liquor, specialty mixes, specialty bar items (think Total Wine); and

Scratch off lottery tickets – ARC officials would love to create a basket of a variety of lottery tickets.

Sponsorships are still available and



A gift basket donation can help shelter operations at ARC

photo provided

start at \$300. Sponsorships include two tickets to the auction event at www.animalrefugecenter.com/all-upcoming-events/the-starlight-auction

Help ensure another successful year of life-saving work by dropping off or sending in a basket item no later than Wednesday, October 20. Collected items may be dropped off at ARC from Wednesday to Sunday between 11 a.m. and 4 p.m. Wear a mask when entering the Adoption Center, or mail to ARC at 18011 Old Bayshore Road, North Fort Myers, FL 33917 or PO Box 62605, Fort Myers, FL 33906.

ARC is a 501(c)3 non-profit, charitable organization. All donations are tax deductible. For other collection options or questions, call Lisa Viola at 770-0153.✪

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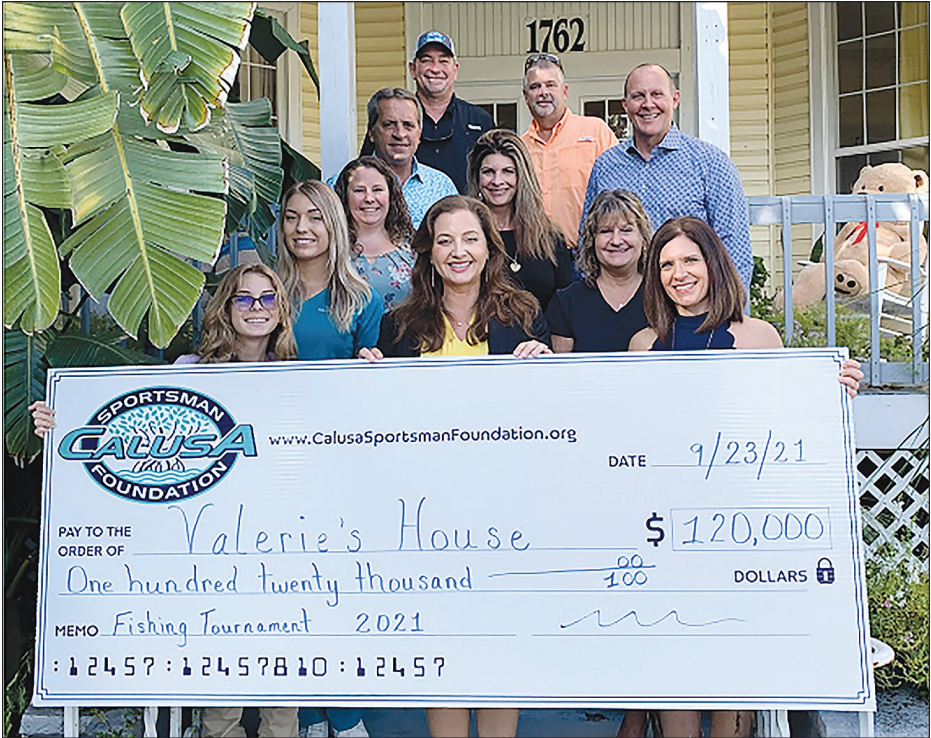
Anglers Make Donation To Valerie’s House

Calusa Sportsman Foundation anglers raised \$120,000 for Valerie’s House to help the nonprofit raise the necessary funds for a new forever home and continue helping children and families cope with the loss of a loved one.

The September 11 Inshore Fishing Tournament fundraiser was organized by Calusa Sportsman Foundation founders Mark Wiles, Jeff Richards and Mike Dannenhauer and featured 191 anglers, 57 teams and 37 sponsors. This was a virtual event, where boats could fish in many local waterways, catch the required fish, measure and then submit their catches using an app.

“It’s the generosity of the community and even during these times to have all these people coming out, who have never experienced Valerie’s House personally but felt compelled to help,” Valerie’s House founder and CEO Angela Melvin said. “This event was a lot of fun, very meaningful and pretty unforgettable.”

The donation was one of the largest ever for Valerie’s House and important for the new home, which will be located near Veronica S. Shoemaker Boulevard in Fort Myers. Groundbreaking is scheduled for December. Valerie’s House is raising \$3 million, with hopes



Members of the Calusa Sportsman Foundation present a check to staff and supporters at Valerie’s House photo provided

of opening the new house in December 2022.

The Calusa Sportsman Foundation founders took a tour of Valerie’s House over the summer and became “key believers in what we do,” Melvin said. Once they saw the great work of supporting children and families through various group activities and

counseling programs, Wiles knew foundation members needed to get involved with Valerie’s House.

“What happens inside Valerie’s House is nothing short of amazing,” Wiles said. “We knew immediately that we needed to help this special place, and the fishing tournament was the perfect way to raise a lot of money.”✪✪

Traveling Exhibit Coming To Lee County Libraries

The exhibition Ravensbrück – We Who Lived There will be displayed in two Lee County Library System branches. The traveling exhibit can be viewed at the East County Regional Library, 881 Gunnery Road North in Lehigh Acres in October and Northwest Regional Library, 519 Chiquita Boulevard North in Cape Coral in November.

The display, in both English and Swedish, was created by high school students in the advanced history program and the IB diploma program at Katedralskolan in Lund, Sweden. The exhibition is brought to the U.S. by Better Futures Foundation, a Sarasota-based nonprofit.

“Based on interviews that took place immediately after the liberation of Holocaust victims to Malmo, Sweden, this exhibit provides insight into all aspects of life in Ravensbrück - a concentration camp only for women and children,” said Richard Ohlsson, president of Better Futures.

For more information, visit www.ub.lu.se/witnessing-genocide. To further explore this story, visit the FGCU Archives and Special Collections digital exhibition titled To Life: The Liberation of Ravensbrück at www.fgcu.edu/tolifeexhibit.✪✪

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
Friday Shabbat services every week 7:30 p.m. Other programs on vacation. ChavuratShalom@gmail.com.

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 9 and 11 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.saintnicholasmonast

[ery.org](http://www.ery.org), 111 Evergreen Road, 997-2847.

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

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

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

TEMPLE JUDEA (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.✪✪



Non-native sweet viburnum is appreciated for the dense evergreen foliage

photos by Gerri Reaves

Plant Smart

Sweet Viburnum

by Gerri Reaves

Sweet viburnum (*Viburnum odoratissimum*) is a Florida-friendly shrub with butterfly-attracting spring flowers.

A member of the moschatel family and native to India, Burma, China to Japan and the Philippines, this multi-branched evergreen grows to a height of eight to twenty feet with a rounded canopy and dense foliage.

The opposite leaves are oval, coarse-textured and up to eight inches long. Their edges are dentate on the upper half of the leaf, but smooth, or entire,



The summer fruit ripens from red to black on the lower half.

Fragrant five-petaled flowers inspire the common name. In fact, the word *odoratissimum* is Latin for "most fragrant."

Clusters of fleshy red or black one-seeded fruit appears in summer.

This shrub has a moderate growth rate and prefers full sun to partial shade. It will tolerate shade but be less robust. It is drought tolerant but not salt tolerant.

Typically used as a screen, hedge, or background plant, it can also be grown in a container.

Although this shrub is generally pest and disease resistant, it is susceptible to

verticillium wilt.

For a wildlife-friendly native viburnum, consider planting Walter's, or small-leaf, viburnum (*Viburnum obovatum*).

Sources: *Florida, My Eden* by Frederic B. Stresau; *Betrock's Florida Plant Guide* by Edward F. Gilman, PhD; *South Florida Gardener's Guide* by Tom MacCubbin and Georgia B. Tasker; *Waterwise: South Florida Landscapes* by the South Florida Water Management District; <https://edis.ifas.ufl.edu>; www.floridata.com; and www.missouribotanicalgarden.org.

Plant Smart explores the diverse flora of South Florida.✧

Call To Anglers For Fishing Data

The Florida Fish and Wildlife Conservation Commission (FWC) wants your help improving data on catch-and-release fishing, especially for redfish, snook and spotted seatrout caught in areas of Southwest Florida that are currently catch-and-release only due to impacts of red tide.

"By using the iAngler app, people fishing for these species can give us a better idea of participation while annual season closures and temporary catch-and-release measures are in place, which can help us have a better idea of how these fisheries are doing," said FWC Fish and Wildlife Research Institute Program Administrator Luiz Barbieri.

Report your catch on the Angler Action Foundation iAngler app at www.angleractionfoundation.com.✧

Flounder Season Closes Next Week

The recreational harvest of flounder in all state and federal waters will close Friday, October 15 and remain closed through November 30, reopening December 1.

For more information about flounder regulations, visit www.myfwc.com/marine.✧

Storytelling At Local University

Storyteller and nurse Jessica McCune will hold two events at Florida Gulf Coast University during the upcoming weeks.

On Tuesday, October 19, McCune presents *Nurses: Who Takes Care Of Whom* in Wasmer Art Gallery/Bower Art Complex from 6 to 7:30 p.m.

A home care nurse journeys through towns and homes, gathering shared wisdom from all ages and walks of life. Pursuing health involves more than physical care of our bodies. Surprises, laughter and peace amidst heartache are behind every face.

On Wednesday, October 20, McCune presents *Storytelling and the Brain* in Wasmer Art Gallery/Bower Art Complex from 6 to 7:30 p.m.

McCune shares personal stories of how our brain works – survival, laughter and healing connection. Storytelling adds emotion onto our words, which creates results. We can change behavior with emotions; the why and the how drives our decisions. All of our stories are about survival. We connect with stories; our humanity is universal. Storytelling is part of our desire for peace in this world.

FGCU is located at 10501 FGCU Boulevard South in Fort Myers. For more information and to RSVP, visit www.fgcu.edu.✧



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October Redfish



by Capt.
Matt Mitchell

October is traditionally our best redfish fishing month, and this is proving true with anglers experiencing the most wide open redfish action of the year. Schooling reds

of all sizes can be found anywhere from the passes to the backcountry. Once you locate these fish, it's awesome to watch multiple fish follow the fish you have hooked up.

Both areas in and around the passes along with mangrove islands and oyster bars held lots of hungry redfish. Choosing where and when to fish these places is all about the stage of the tide. During higher water, the best bite came while fishing mangrove islands and oyster bars on the eastern side of the sound. The higher the water, the further to the east I have been fishing. During the lower water, look for these fish in the passes along with the channels inside the passes.

Once you get this bite dialed in, it's possible to return to the same place day after day to catch that same stage of the tide and get right back in on this action. Several days in a row this week, we set up around the passes and waited for the tide to get just right These redfish showed up like clockwork and the bite was on. During the incoming tide, the water in and around the passes has gone from



Jeff Eames got in on the hot redfish oyster bar bite

photo provided

dirty to clean within about an hour. Once it cleans up, you can see these fish laid up.

Pitching baits to hungry redfish in fast-moving current in and around the passes has been a blast. Often, it would take an almost perfect skip cast to get a bait to these laid-up fish. Though once you make and land that perfect cast, there is something very satisfying about watching these hungry redfish charge out of the trees and inhale your bait.

Mangrove and oyster bar fishing in the dirty water has been more about covering ground until you locate these fish Cut bait has been hard to beat in the dirty water while live bait has been the better choice in the clean, clear water around the passes. Like in the passes, once you find these fish you can return to the same mangrove shorelines and oyster bars on the same stage of the tide and catch these fish day after day.

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.✱

From page 1

Orchid Sale

will be signing on Saturday and Peggy Alrich on Sunday). Representatives from the Southwest Florida Orchid Society will be available to answer orchid-related questions.

Additional vendors include Blue Pagoda Orchids, Jim & I Orchids, OFE Orchid Supplies, OrchidsAmore, Orchid Jewels, Red Hawk Nursery, RF Orchids, So Orchids, Sunland Orchids and Tropiflora. A limited number of garden carts will be available; guests are encouraged to bring their own. There will be food and beverage vendors as well as live music. The Garden Shoppe will also be open.

Orchids have a long history with the estates. They were Mina Edison's favorite plants, and she displayed many of them in her garden, attached to trees so they could grow as she saw them in the Everglades. Today, visitors can view many orchid species throughout the 20 acres of botanical gardens. Following in Mina's footsteps, horticulturists continue to attach orchids to trees all around the site. For more information, tickets and presentation schedule, visit www.edisonford.org.✱

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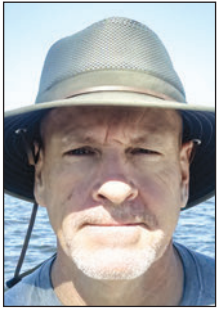
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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Magnificent Frigatebird



by Bob Petcher

The magnificent frigatebird (*Fregata magnificens*) is a large seabird with long, angular wings and a deeply forked tail. According to the results of a study that involved tracking their

altitude and distance, frigatebirds were found to routinely stay in air columns around 150 to 2,000 feet, when not searching for prey.

At CROW, an adult male magnificent frigate bird was admitted after being found in the water unable to fly. Upon examination, the patient had several broken tail feathers. Veterinarians suspect some sort of unknown trauma that caused him to fall into the water. Since these birds don't have waterproofed feathers, they become waterlogged.

"Once the bird is no longer in the water, the feathers can dry appropriately. Until then, the patient is at risk of becoming hypothermic since their feathers provide the main source of insulation," explained Dr. Laura Kellow, CROW veterinary intern. "This particular bird is lucky he was found by caring



This adult male magnificent frigate bird is patient 5,000 this year

photo by Haillie Mesics

people who pulled him out of the water and wrapped him in towels for transport to one of our partner clinics."

Full radiographs were taken and showed no major abnormalities at first.

"The magnificent frigatebird initially had x-rays that demonstrated a small amount of swelling in one of the bones of his wing – the distal phalanx, which equates to a finger bone in humans. Over time, the swelling increased and, on repeated x-rays, it became evident that he had dislocated this small bone," said Dr. Kellow. "The dislocation was corrected and splinted to keep the bones in place. The patient is currently on pain

medication, antibiotics and antifungal medications. He is fed a size-appropriate fish diet which he eats readily on his own."

There was also some good news reported about the damaged tail feathers in regard to flight.

"In this particular case, the frigatebird damaged two of his oldest tail feathers, which were already bleached and are likely going to be the first to molt. He already has new feathers, called blood feathers, coming in to replace these tail feathers," said Dr. Kellow. "While it is not ideal since these feathers provide finesse to turning/flying, these feathers

should not prevent flight."

The patient will continue to be treated at CROW until he makes a full recovery.

"The magnificent frigatebird will receive repeated x-rays this week to evaluate his dislocation, and from there, further plans will be made regarding flight testing and release. Since these patients fly at such high altitudes, it is difficult for us to flight condition them at CROW, and we try to release these patients as soon as possible to prevent muscle atrophy."

This case marked CROW's 5,000th patient of the year.

"It is really unique and different that our 5,000th patient this year is a magnificent frigatebird, as we have only had three other patients of this species in our care this year. At the time of writing, we are almost 600 patients ahead of October last year," said Dr. Kellow.

"This means that we are on track for a record-breaking year of over 6,000 patients to last year's 5,618. Moreover, we hope that this increase in patients means that more people know about the excellent work that happens at CROW and are aware and engaged with helping wildlife in our area."

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.

Blood Donations Needed

Lee Health is seeking blood donations to help replenish supply levels. Current blood supplies are critically low, and Lee Health's blood centers are in urgent need of donors.

As home to the region's only trauma center, it is vital that the health system's blood supply remains at healthy levels in order to quickly care for patients needing an urgent transfusion. Blood and blood products are not only used in the trauma center, but also to treat cancer patients, premature babies, anemia and a variety of other conditions.

Lee Health's blood centers are the sole supplier of all blood products for the entire health system. About 800 units of blood are needed per week, and the blood centers rely on life-saving donations from the community to maintain inventory levels.

The Lee Health Blood Mobile will be at numerous locations throughout Southwest Florida in October. All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida. If unable to attend one of the upcoming blood drives, donations can also be made at one of Lee Health's blood centers to help save lives.

For more information on how and where to donate, visit www.leehealth.org/our-services/blood-centers.

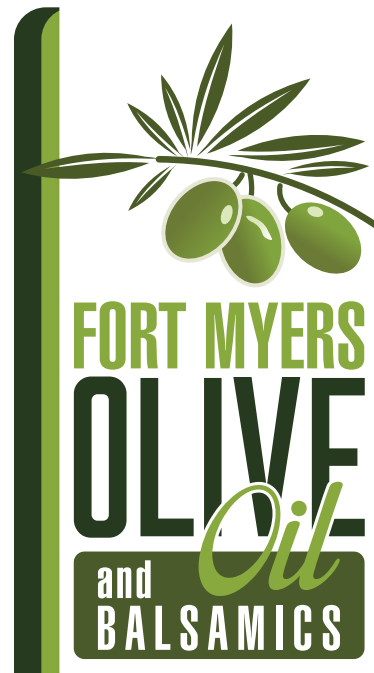


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Walk To End Alzheimer's Set For October 23

The Alzheimer's Association is inviting Lee County residents to join the fight to end Alzheimer's by participating in the Alzheimer's Association Walk to End Alzheimer's at Centennial Park on Saturday, October 23. The opening ceremony is at 9 a.m.

While last year's event was mainly virtual due to the COVID-19 pandemic, the Alzheimer's Association is moving forward with hosting the Lee County walk in person. Walk director Taylor Morell, however, noted that the health and safety of participants, staff and volunteers remain the association's top priorities.

"All events will implement safety protocols, including physical distancing, masks where required, contactless registration, hand-sanitizing stations and more," Morell said. "We will also be offering options to participate online and in local neighborhoods and will continue to closely monitor CDC, state and local guidelines to ensure events adhere to recommendations and are safe for attendees."

Walk to End Alzheimer's is the world's largest event to raise funds for Alzheimer's care, support and research. On walk day, participants honor those affected by Alzheimer's with the poignant Promise Garden ceremony – a



Flowers from the Promise Garden signify reasons for walking photo provided

mission-focused experience that signifies their solidarity in the fight against the disease. The colors of the Promise Garden flowers represent participants' connections to Alzheimer's disease and their personal reasons for walking.

According to the Alzheimer's Association, more than six million Americans are living with Alzheimer's disease – a leading cause of death in the United States. Additionally, more than 11 million family members and

friends provide care to people living with Alzheimer's and other dementias. In Florida alone, there are more than 580,000 people living with the disease and 527,000 caregivers.

To register and receive the latest updates on this year's walk, visit www.alz.org/walk.✱

Resiliency Group To Meet At FGCU

Leaders and elected officials from across Charlotte, Collier and Lee counties will meet on Friday, October 8 for the first time as part of the Southwest Florida Regional Resiliency Compact. The purpose of the compact is to build an alliance among county and municipal governments, and natural and cultural resource managers to improve the region's resilience to the effects of sea-level rise, storminess and warming temperatures. The session is the first of two workshops to formally organize the group and will be facilitated by The Water School at FGCU, Growing Climate Solutions and the FCRC Consensus Center.

The meeting will take place from 1:30 to 4:30 p.m. in Room 118 at Florida Gulf Coast University's Emergent Technologies Institute, located at 16301 Innovation Lane in Fort Myers. Due to the continued risk of COVID-19, the meeting will also be accessible virtually.

Participants include representatives from the three county governments as well as those from Everglades City, Marco Island, Naples, Bonita Springs, Estero, Fort Myers, Fort Myers Beach, Sanibel, Cape Coral, Punta Gorda, Captiva Erosion Prevention District and Seminole Tribe of Florida. These jurisdictions previously ratified a memorandum of understanding, agreeing to establish the compact.

Meetings are open to the public. For more information, contact Michael Savarese, PhD, distinguished professor of coastal resilience and climate adaptation at The Water School, at 590-7165 or msavares@fgcu.edu.✱

Theater Seeks Volunteers

The Players Circle Theatre, located within the Shell Factory and Nature Park, is looking for individuals to become part of their theater family of volunteers.

Volunteers would serve the whole gamut in putting art on the stages. You can choose how you want to participate from a long list of ways to interact with the theater. The theater is looking for dedicated people to assist patrons as ushers and customer service. Other volunteers are needed to assist with behind-the-scenes activities, helping with VIP events, assisting with mailings, office duties and fundraising activities. Volunteers get to see the shows free.

Days and hours can be flexible. Interested individuals are invited to attend a special meet-and-greet informational program in the lobby of the theatre on

Saturday, October 23 from 10 a.m. and noon. Coffee and snacks will be provided. Individuals will be asked to complete an application.

Theater team members will continue to wear masks out of an abundance of caution. The theater continues to be thoroughly sanitized before every performance.

Potential volunteers are requested to RSVP by calling or texting Kelly Jo Myers-Madoian at 281-731-7897 or emailing her at kjmnjm@aol.com.

The Players Circle Theatre is located at 16554 North Cleveland Avenue in North Fort Myers. For more information, contact Madoian.✱

Fort Myers High Hosts Fall Concert

The Fort Myers High School Music Department is hosting a fall concert fundraiser in the Fort Myers High School Auditorium on Thursday, October 14 at 7 p.m. Tickets are \$10 per person at the door, and funds will benefit participation in the famed New Year's Day parade in London, England on January 1, 2023. .

According to Cyndi Mudgett, fundraising chair for the Greenwave Band Boosters: "We are extremely proud to have been invited to march in the London parade for the third time in our history. The cost to attend this once-in-a-lifetime performance opportunity is \$3,400 per student. We are hoping the community will help make this happen for the 125 highly talented students we plan to send to London. We also encourage donations from area businesses and commercial organizations to reach our goal."

Tax-deductible contributions should be made payable to FMHS Greenwave Band Boosters, Inc. and mailed to Fort Myers High School, ATTN: Greenwave Band Boosters, Music Department, 2635 Cortez Avenue, Fort Myers, Florida 33901.

Now in its third decade, the London's New Year's Day Parade and Festival anticipates over 10,000 participants from the USA, UK, Europe and beyond to entertain a street audience of over half a million and a global TV audience, expected to reach more than 600 million.✱

Military Officers To Meet Saturday

The regular monthly meeting of the Cape Coral Chapter of MOAA (Military Officers Association of America) will be held at Cape Royal Golf Club on Saturday, October 9 at 10 a.m.

All current, former and retired military officers and spouses are invited to attend the breakfast meeting. Reservations are requested by Wednesday, October 6. Cost is \$12 per person, payable at the door (cash only).

Cape Royal Golf Club is located at 11469 Royal Tee Circle in Cape Coral. To RSVP, call 945-5030 or email calusamoaa@yahoo.com.✱



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New Board Members For Nonprofit Group

Our Mother's Home (OMH), an organization that helps teen mothers and their children transition from foster care to stable, productive lives, has recently appointed four new board members: Claribel Bocanegra, Kelly Thawley, Malaina Mote and Melissa Vogt.

"It is an honor to welcome these strong and inspiring women onto our team," Executive Director Alicia Miller said. "Our mission is to empower young women by breaking the cycle of generational poverty and, with this incredible group of leaders, it is well within our reach. Every action we take is towards creating a world of independent women who believe in themselves to accomplish their dreams."

Each new board member will work closely with Miller and existing board members Beth Juliano, Mary Lynn Podolak and Marin Asher to execute the organization's goals, including a new facility and transition home that will house teen mothers who have aged out of the foster care system.

Bocanegra is the owner and practice administrator at Porto Fino Dental. In addition, she founded Gemstones in the Making, an organization that creates safe spaces where young women can discuss vulnerable topics. She also started



Claribel Bocanegra



Malaina Mote

LEAD like a Girl!, a mentoring program for young women and girls. Bocanegra and her husband established a fund at FGCU's Community Counseling Clinic for the participants of Gemstones in the Making and LEAD to receive free counseling and mental health services.

Thawley joins the board with extensive experience working with children and teens as the career specialist for The School District of Lee County. She is responsible for overseeing work-based learning, career exploration and business partnerships for kindergarten through 12th grade students. In addition, she is an active member of the planning committee for LEAD Like a Girl and the chair of the Greater Fort Myers Chamber of Commerce's Women in Business Committee.

Mote leads the Collaboratory's scholarship program where she manages \$24 million of scholarship funds and the entire application process. She visits high schools, throughout the region, where she discusses the importance of being



Kelly Thawley



Melissa Vogt

financially secure during the journey of post-secondary education. She is a part of Impact SWFL, FGCU's Alumni Leadership programs and A New Way of Working. Mote recently won two prestigious awards, Florida Gulf Coast University's Soaring Eagle Award '21 and *Gulfshore Business's* 40 under 40 in 2021.

Vogt is the general manager and marketing director at Broadway Palm Dinner Theatre. She received *TravelHost* magazine's Hospitality Award, is a graduate of The Greater Fort Myers Chamber of Commerce Leadership Class, was recognized in *Gulfshore Business's* 40 Under 40 in 2017 and was a finalist for The News-Press 2017 People of the Year. In addition, she serves on the board of directors for the Florida Attractions Association, The Greater Fort Myers Chamber of Commerce and volunteers her time at local non-profits.

To learn more about Our Mother's Home, call 267-4663 or visit www.ourmothershome.org.

School System Plans For Growth

How and where will Lee County Schools expand to keep pace with growth? How will we pay for it? Dr. Ami Desamours, chief financial officer for the School District of Lee County, will answer these and other critical questions at the Real Estate Investment Society's (REIS) luncheon meeting in the Osprey Room at Pelican Preserve Clubhouse on Tuesday, October 12 at 11:30 a.m.

Dr. Desamours will report on sales tax revenue fluctuations and their use, and also explain school design modifications for public health and safety. She is responsible for budget management and financial operations for Lee County schools, including financial planning for land acquisitions and development. She has provided financial leadership for the district, Florida Southwestern College and non-profit organizations in Southwest Florida for nearly 20 years. Following the presentation, she will respond to questions of specific interest to the real estate investment and development industry.

Cost is \$30 for members and \$40 for guests, which includes lunch. Reservations are required.

The meeting is sponsored by First Citizens Bank.

The Pelican Preserve Clubhouse is located at 9802 Pelican Preserve Boulevard in Fort Myers. To RSVP, visit www.reis-swfl.org.

Chamber To Host Media Panels

Several prominent media figures will share their secrets during the Above Board Chamber of Florida's upcoming How to Get Discovered by the Media event at the Crowne Plaza Bell Tower on Thursday, October 14 from 11 a.m. to 1:30 p.m.

Attendees will have an opportunity to ask questions and interact directly with local media personalities. Masks are required, and there will be a face mask competition where the most creative, crazy and zany masks will win prizes. There will also be \$30,000 worth of media and other prizes awarded to members in attendance. Guests are welcome, but only members are eligible to win.

Connie Ramos-Williams, chief marketing officer, founder and president at CONRIC PR & Marketing, will moderate the media panel, which includes Krista Fogelson, anchor, ABC7 News; AJ Lurie, vice president and marketing manager, Beasley Media Group; Steve McQuilkin, regional editor of business and environment, *The News-Press*; Andres Felipe Paz, publisher, *Todos* magazine; Mindy Roosa, associate publisher, *Gulfshore Life*; Jacob Ogles, editor, *Southwest Florida Business Today*; Eric Raddatz, presentation editor, *Florida Weekly*; Paul Lodato, general manager, CTN Southwest Florida; and Jane Monreal, evening anchor, FOX 4 News.

Cost is \$35 for members and \$40 for non-members. Lunch is included in the price. Reservations are required.

Sponsors include Conditioned Air, Lake Michigan Credit Union, CONRIC PR & Marketing, E. Sue Huff & Associates, WGCU and Chapman Insurance Group. The featured nonprofit is Lee Health.

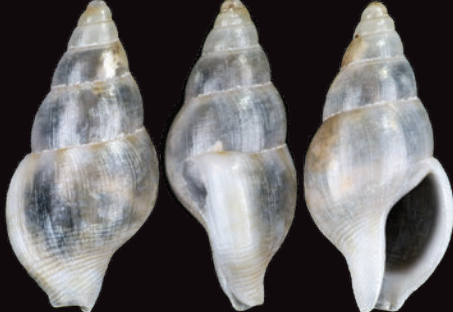
The Crowne Plaza Bell Tower is located at 13051 Bell Tower Drive in Fort Myers. Register at www.aboveboardchamber.com or call 910-7426. For more information or to join the chamber, call CEO Jeanne Sweeney at 910-7426 or visit www.aboveboardchamber.com.

Program On Managing HIV

Lee Health Solutions, a department of Lee Health, is offering a Positive Self-Management Education program for individuals with HIV. The virtual workshops will be offered on Wednesdays, beginning October 27 from 1 to 3 p.m.

The research-based program, originally developed at Stanford University Patient Education Research Center, is designed for people age 18 or older with HIV to help them learn ways to better manage their chronic condition and the related symptoms.

The free virtual workshop is two hours once a week for six weeks. To register, call 343-9264.



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Book Review

Survive The Night



by Di Saggau

The inside cover of *Survive The Night* says, "It's November 1991. Nirvana's in the tape deck, George HW Bush is in the White House, and movie-obsessed college student Charlie

Jordan is in a car with a man who might be a serial killer." If that doesn't get your attention, I don't know what will. In his new thriller, Riley Sager invites readers into the passenger seat for a car ride you won't forget.

Charlie has just accepted a ride from Josh, a stranger she met on her campus ride board. She wants to get back home to Ohio, after suffering the loss of her best friend who was brutally murdered. She was the victim of a serial killer known as the "Campus Killer." Josh is heading that way too, and offers Charlie a ride. What could go wrong?

Shortly after they begin their journey, Charlie becomes suspicious of Josh and soon has reason to believe that she is in the car with a serial killer. The book is a gripping thriller that becomes one of the most memorable suspense stories of the year.

Survive the Night has everything readers expect from a Sager suspense

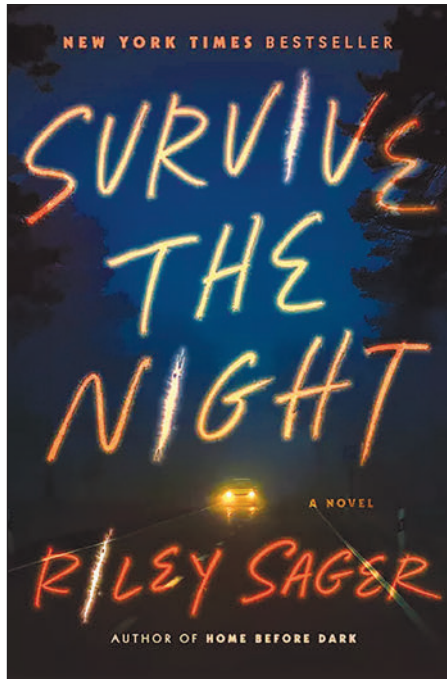


image provided

novel: an endearing, independent protagonist who is suffering from hallucinations, a horror-movie-worthy premise, tension that never lets up and characters you'll be rooting for along with a shocking finale that ties the book together. The plot and pacing in this inventive thriller will keep readers turning the pages.

Author Jeffrey Deaver said, "Noir at its best. This one-sitting-read of a thriller will grab you in the opening pages and simply not let go until the very (and very shocking)

end. Author Sager is a master of creating both psychological suspense and richly drawn characters, both good, bad and somewhere in the middle. Bravo."☆☆

School Smart



by Shelley M. Gregg, NCSP

Dear Shelley, I am new to my child's school, and I know it's important to be involved with it. What activities can you suggest that will help me become

more active with the school community.

Shannon W, Fort Myers Beach Shannon,

Becoming involved in your child's school is very important to your child and her school. Parental involvement makes a difference and shows your child how important education is for you, her and your family. Below are some suggestions of how you can become involved at school and set high expectations for education at your home.

Make School Important – Talk positively about school with your child. Send your child prepared for school each day with pens, pencils, notebooks and homework completed. Make school a priority by ensuring they are at school every day and arrive on time.

Be Seen at School (if that is currently allowed) – Arrange a visit to your child's classroom, have lunch with your child at school, or visit the Parent Center. Your presence matters and shows the school that you are invested in your child's education.

Volunteer at School – Schools often send home lists of various ways that parents can volunteer. If they don't, let your child's teachers, principal, or counselors know your special skills and ask what you can do to help.

Show Your Child That You Care – Have a conversation with your child about school and homework regularly. Ask specific questions that inform you about your child's day. Know what classes your child is taking, who your child's friends are and other essential information.

Provide a Rich Learning Environment at Home – Make time for meaningful dinner conversations, trips, games, reading time, family sports and daily routines. Activities like these will contribute to your child's academic achievement at school.

Keep In Touch with The School – Get to know your child's teachers, principal, counselors and school's parent involvement coordinator. Make it a point to stay in contact with them throughout the school year.

Attend School Meetings, Functions and Events – Make time to attend virtual and/or in-person parent-teacher conferences, parent fairs, curriculum nights, award ceremonies and other school events. Your attendance and support matters to your child.

Seek Out Information – Request a meeting with your child's teacher regarding any aspect of your child's education. If you

have other questions, ask the school by calling or sending a note so they can link you with the appropriate person who can respond to your needs.

Be An Active Part of Decision-Making Committees – Participate in parent or school leadership organizations. Ask your school about the Parent Teacher Association or Parent Teacher Organization, school council, parent advisory committee or other parent organizations and then join one.

Be Informed and Responsive – Ask, collect, read and respond, if needed, to all information (school policies, field trip information, student handbook, etc.) that is sent from your child's school or teacher. If you need to receive information in a language other than English, call or visit the school.

Visit Your School's Website – Access all kinds of information, including homework assignments, class schedules, lesson plans, test dates and grades on your child's school website.

Pick your child up from after-school activities or stop by a few minutes early to watch your child in action if you are unavailable during the school day. It is also important to know your child's after-school teacher, instructor, or coach.

Partner With the Community – Encourage local businesses, churches, clubs, or civic organizations that you are involved with to volunteer or financially support the school. Have community partners provide schools and families with information about services and resources they provide that support student learning such as mentoring, tutoring and service-learning activities.

Shelley Gregg is former faculty at Florida SouthWestern State College, where she taught 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 or at www.schoolconsultationservices.com.☆☆

From page 1

Grammy Winner

competition in 2010. She has received Grammy Awards for Best Jazz Vocal Album for her three latest albums – The Window, Dreams and Daggers, and For One To Love – and was nominated for the award in 2014 for her album WomanChild.

Tickets are \$45 in advance. For more information and tickets, visit www.sbdac.com/jazzy-nights-presents-cecile-mclorin-salvant.

The 2021-22 Season of Giants Jazzy Nights concert series features four concerts. Legends Dan Miller, Lew Del Gatto and Jeremy Davenport will perform during one concert. Aaron Diehl Trio and Wycliffe Gordon, the 2021 trombonist of the year and 14-time winner, will round out the final two concerts.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information, visit www.sbdac.com/music-series-2022.☆☆

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Housing Loan Program Supports Development

A revolving housing loan program has become available in the Cleveland Avenue and Dr. Martin Luther King, Jr. Boulevard redevelopment areas by The Fort Myers Community Redevelopment Agency (CRA).



Michele Hylton-Terry

The fund is to be used exclusively for the purpose of supporting developers seeking to construct housing. It is targeting individuals that make 100 percent of the Area Median Income (AMI) or less.

"This is the final pillar of the Fort Myers CRA's overall affordable housing strategy of services, and we are excited to have it now available," Fort Myers CRA Executive Director Michele Hylton-Terry said. "The revolving loan program is meant to incentivize the development of affordable housing options, something desperately needed in our district."

According to Hylton-Terry, loans acquired through this program must be repaid within 24 months. Upon repayment back to CRA, the money returns to the trust fund so that it can

be loaned out once again in the project area to build additional affordable housing units.

Catalyst Community Capital, Inc. ("Catalyst"), a Florida 501 (c)(3) nonprofit organization and certified Community Development Entity (CDE), is partnering with the CRA to create the loan fund. The loan fund will provide funding for the acquisition, development and preservation of affordable and workforce single family and multifamily properties located within the Cleveland Avenue and Martin Luther King CRA redevelopment areas.

"This program will promote the development and preservation of affordable and workforce housing and ensure diversity and inclusive economic opportunity by providing flexible capital to mission-aligned developers that may not have the capital, net worth, or experience needed to obtain conventional financing," said Michael Maguire, chief operating officer of Catalyst.

The program will primarily target smaller projects, including single family homes and multifamily properties with less than 40 units.

The loan fund will initially be capitalized by the Fort Myers CRA and Catalyst, with a plan to partner with community foundations, credit unions and community development financial institutions (CDFI) to grow the fund.

Program participants will also have the ability to participate in formal real estate development training and workshops facilitated by Catalyst, as well as one-on-one support from local developers and

mentors. These local experts will provide project-specific guidance to further participants' real estate development efforts.

Up to \$1,000,000 will be available for projects that meet the following criteria:

Projects must be located within the Cleveland Area or MLK Area in order to participate in the Program;

The loan must result in the creation or preservation of single or multifamily workforce housing (ie, housing for people or families earning at or less than 100 percent AMI);

Applicants must have some experience

with new construction or renovation projects;

Properties financed through the revolving loan fund must comply with the program's rent and income guidelines for at least 10 years from the receipt of Certificate of Occupancy;

Applicant must make a minimum cash equity contribution equal to five percent of the total cost of the project; and

None of the units may at any time be occupied by the owner of the project or an individual related to the owner.

To apply, contact Maguire at mike@ catalystcd.com.*

Business Funding Topic Of Meeting

Small businesses in the high technology sector have an important funding resource available. That topic will be the subject of the luncheon meeting of the Scientists' Society of SWFL at Heritage Palms Country Club on Thursday, October 14 at 11:30 a.m.

Guest speaker Robert N. Schmidt, founder and chairman of Cleveland Medical Devices and several other hi-tech companies, will discuss small business research funding and the innovation ecosystem. He will also review changes to the patent system over the previous decade and the impact of these changes on innovation.

Schmidt will describe how his companies have used funding by the U.S. Government Small Business

Innovation Research program to develop new products and services. He will cite examples such as how just one of these products saves our government about \$5 million a month, paying back its investment every six days.

Schmidt has 43 patents and received the prestigious *Harvard Business School and Inc. magazine's Inc. Inner City 100 Award* for the fastest-growing companies seven times in the first seven years of the award. He holds bachelor's and master's degrees in mechanical engineering, an master of business administration degree and a juris doctor degree.

Cost to attend is \$25, cash or check. Reservations are required. Email treasurer@science-swfl.org to RSVP.

Heritage Palms Country Club is located at 10420 Washingtonia Palm Way in Fort Myers. For more information about membership and programs, visit www.science-swfl.org.*

Grant Awarded To Food Bank

Midwest Food Bank of Florida recently received a grant award from First Horizon Foundation of Fort Myers, and it will be turned into \$340,000 of food, rescued and distributed to local, hungry people in need by Midwest Food Bank Florida.

The grant will allow Midwest Food Bank Florida to continue to create meaningful relationships and support for their 172 nonprofit partner agency organizations they support every month with food, such as local churches,

schools, veteran support services, mobile kitchens and soup kitchens.

"We are thankful for the First Horizon Foundation's ongoing devotion that will allow us to support not only new partner agencies but our existing, in-need populations in our community," said Kelly Apfel, Midwest Food bank marketing and development manager.

Midwest Food Bank, a volunteer-driven, faith-based organization dedicated to alleviating hunger, malnutrition and providing disaster relief locally, has 12 locations, including 10 in the U.S., and one each in East Africa and Haiti. For more information about MFB Florida, visit www.midwestfoodbank.org/florida.*



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Will Power

New Law Penalizes Beneficiaries Who Abuse The Elderly And Disabled



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

Florida has always had a “slayer statute” that denies a beneficiary who intentionally kills someone from benefiting from the victim’s estate. Consequently, if Johnny kills his father, whose will leaves everything to Johnny, then Johnny inherits nothing, and the alternate beneficiary will inherit.

But what about a caretaking relative who didn’t actively murder an elderly person, but whose negligence or abuse resulted in that person’s death? The slayer statute wouldn’t apply, yet it doesn’t seem right that Johnny inherits after leaving his elderly father to rot in a spare bedroom until he dies.

Recognizing elder and disabled person abuse and neglect as a problem, the Florida legislature responded this year with several new statutes that criminalize abuse, as well as exclude abusers from inheriting.

A beneficiary who is convicted in any state or foreign jurisdiction of abuse, neglect, exploitation or aggravated manslaughter of an elderly person or disabled adult is now not entitled to any benefits under the decedent’s will or trust. Property appointed by the will or trust to benefit the abuser, neglecter, exploiter or killer passes as if that person predeceased the decedent.

The abuser does not have to be convicted either. The probate court may determine by the greater weight of the evidence whether the decedent’s death occurred from abuse, neglect, etc., resulting in loss of benefits under a will or trust.

If Johnny is caring for his elderly father who depends upon Johnny for everyday needs, and Johnny doesn’t ensure that father is getting proper care – taking his medication, eating, washing and the like – Johnny could very well lose his inheritance and be criminally charged.

What about persons who exploit the elderly and disabled by getting frequent gifts?

A statutory definition presuming exploitation includes any transfer of money or property valued over \$10,000, whether in a single transaction or multiple transactions, by a person age 65 or older to a nonrelative whom the transferor knew for less than

two years, and for which the transferor did not receive the reasonably equivalent financial value in goods or services, unless it was a valid loan evidenced in writing that includes the repayment dates and is not in default.

Exploitation is also expanded to include a breach of fiduciary duty that results in a kickback or receipt of improper benefit. Here, kickback can include payment by a healthcare provider as an incentive or inducement to refer patients when the payment is not tax deductible as an ordinary and necessary expense. Improper benefit can mean payment by any service provider or merchant of goods as an incentive or inducement to refer customers or patrons.

When someone obtains a fiduciary appointment such as a personal representative or trustee with the purpose and design of benefiting someone other than the principal or beneficiary, exploitation has occurred.

Obtaining or using property through intentional modification, alteration or fraudulent creation of a plan of distribution or disbursement expressed in a will, trust agreement or other testamentary device without either a court order, written instrument executed by the elderly or disabled adult, or action of an agent under a valid power of attorney, is also deemed exploitation.

If, for example, Johnny gets his vulnerable father to put his home in joint name with rights of survivorship, that may fall under the definition of exploitation.

When something is presumed under the law, it is very difficult for the accused to rebut it. Imagine trying to prove a negative – an “I didn’t do it” defense. Consequently, those caring for elderly individuals need to be on their best behavior. Now, friends and relatives who suspect neglect, abuse or exploitation can call in the authorities who have statutory powers to prosecute such individuals criminally, and other affected family members can prosecute now civilly.

What if the elderly or disabled individual wants to bequeath or gift a convicted person despite the abuse or neglect? In that case, clear and convincing evidence that the victim ratified an intent that the convicted person retains the inheritance, survivorship right, trust interest or other right by valid written instrument, sworn to and witnessed by two persons, expressing a specific intent to allow the convicted person to retain the inheritance, survivorship right, trust interest or other right will result in salvation from disinheritance.

These laws were a long time in the making. Regrettably, I believe that many court cases will arise pointing out abuse, neglect and exploitation. The Florida Department of Children and Families has an abuse hotline and online reporting mechanism that can be found and accessed at www.myflfamilies.com.

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Stephen Schahrer



Pamela Hayford

Professionals Join Nonprofit

Better Together, a nonprofit dedicated to helping families in crisis and preventing the need for foster care, has announced the hire of Stephen Schahrer as chief administrative officer and general counsel, and Pamela Hayford as marketing and communications manager.

In his role within the organization, Schahrer is responsible for directing the finance, information technology, human resources, fundraising and marketing operations of Better Together in Florida and across the nation. Schahrer grew up in Southwest Florida and earned a bachelor’s degree in political science and master’s degree in public administration from Florida Gulf Coast University, followed by a juris doctor from Liberty University School of Law. Prior to joining Better Together, Schahrer worked as a business and commercial litigation

attorney in Naples. A volunteer host family with Better Together, Schahrer and his family experienced firsthand the impact Better Together can have in people’s lives, which has fueled his passion to help the organization thrive in Florida and beyond.

As the new marketing and communications manager, Hayford will help tell the story of Better Together’s mission, families and staff. Hayford brings more than 25 years of experience as a journalist, working as a writer, reporter, editor and page designer. Prior to joining Better Together, she spent 15 years as the editor of *Southwest Florida Parent & Child* magazine, part of The News-Press Media Group, during which time she learned of Better Together. Raised in Northeast Ohio, Hayford earned her bachelor’s degree in journalism at Bowling Green State University and has lived in Southwest Florida for over 20 years.

“From serving as a host family with our organization to helping tell powerful stories of families overcoming hardship, Stephen and Pamela have both played important roles in supporting Better Together’s mission even before they joined our staff,” said Megan Rose, CEO of Better Together. “We’re thrilled to welcome such talented and passionate professionals to our team as our programs continue to grow and reach families across the nation.”

Since its inception, Better Together has provided temporary homes to more than 3,100 Southwest Florida children. Both programs are 100 percent privately

funded and volunteer-driven. Better Families has a 98 percent success rate of reunifying children with their parents, and through Better Jobs, serving more than 34,000 job seekers with half receiving an offer on the spot at job fairs.✧

Technology Assistant Named

Caleb Stempel has joined Sanibel

Captiva Community Bank as an information technology assistant at its operations center, located at 9311 College Parkway.

His primary responsibility is to assist in the implementation, operation and maintenance of the bank’s computer and communication systems. He will also provide technology-related support for all bank employees.

Prior to joining the bank, Stempel worked for the School District of Lee County as a network support specialist. He has over 15 years of information technology experience working in various fields, including the medical, health and fitness industries. Stempel has a bachelor of science degree in information systems and cybersecurity from Columbia Southern University.✧



Caleb Stempel

Bank Hires Coordinator

Marianna Marks has joined Sanibel Captiva Community Bank as a loan processing coordinator at its Bridge Branch, located at 9311 College Parkway. She is responsible for processing loan files and ordering services and verifications needed for underwriting review.

Prior to joining the bank, Marks worked in the retail industry for six years. In addition to her retail experience, she also has a background in event promotion.✧



Marianna Marks

From page 1

Premiere

is socially distant and limited for safety. Masks are required when inside the theater.

The show is sponsored by Dave Yudowitz.

Lab Theater is located at 1634 Woodford Avenue in Fort Myers. For tickets and actor schedule, call the box office at 218-0481 or visit www.laboratorytheaterflorida.com.✧



Physician faculty members in the FSU College of Medicine Internal Medicine Residency Program at Cape Coral Hospital/Lee Health, from left, Dr. Nabil Benhayoun, Dr. Madeline Deutsch, Dr. Dustin Begosh-Mayne, Dr. Maja Delibasic, Dr. Jordan Taillon and Dr. Hannah James photo provided

FSU Medicine Program Earns Accreditation

The Florida State University College of Medicine Internal Medicine Residency Program at Cape Coral Hospital/Lee Health has received initial accreditation and approval to begin recruiting its first class of residents, who are expected to begin training on July 1, 2022.

"Our mission is to graduate capable and efficient internists who are life-long learners, committed to serving others with excellence and compassion along with promoting a healthier future for the community," said founding Program Director Dr. Maja Delibasic. "I'm pretty excited because the feedback has been beyond positive."

The Accreditation Council for Graduate Medical Education (ACGME), the sanctioning body of graduate medical education in the U.S. and Canada, made the announcement at its September meeting. The program, which takes three years to complete, is approved to accept 12 residents a year for a total of 36 at full capacity.

FSU College of Medicine is also the academic sponsor of a family medicine residency program at Lee Memorial Hospital in Fort Myers. That program accepted its first residents in 2014.

Delibasic, who joined the residency program in July, is board-certified in internal medicine and obesity medicine. She previously served as associate director of the internal medicine residency program at Mercy Hospital and Medical Center in Chicago.

She and residency program faculty will begin conducting virtual interviews in mid-October. The program received nearly 1,000 applications in its first 24 hours. If pandemic conditions sufficiently improve, the top 25 to 30 candidates will be invited to Cape Coral in late January or early February.

The program, based at Cape Coral Hospital and with opportunities for residents to also train and see patients at the nearby Internal Medicine Residency Ambulatory Clinic, will learn who its first class is on Match Day – March 18, 2022. That's the day when the National Resident Matching Program notifies graduating medical students across the U.S. and Canada which residency program they have been accepted into.✱

Locations Sought For Food Drive

Pushing the Envelope, Inc. (PTE) is seeking drop-off locations for the 11th annual CAN IT! Campaign food drive, slated to launch on Friday, October 15. Designed to help area residents in need, PTE coordinates the food drive through Community Cooperative (CCI) and is trying to collect 2,500 non-perishable food items this year. The more businesses that participate as drop-off locations, the more food can be collected and ultimately donated.

With the holiday season quickly approaching, becoming a CAN

IT! drop-off location offers an easy opportunity for local businesses to give back to those in the community. Businesses are asked to allow the public to drop off non-perishable food items at their location between Friday, October 15 through Monday, November 15, during their regular business hours. They are also encouraged to collect donations from their staff and customers as well.

All CAN IT! 2021 partners will receive materials for promoting the food drive and will be recognized in all publicity, social media posts and on the website.

PTE coordinates the pick-up of all donations, or they can be dropped off at the PTE office located at 2402 Bay Street, Suite 106, in Fort Myers.

Since its inception 10 years ago, the

CAN IT! Campaign has collected more than 15,000 items equating to many thousands of pounds of food for local needy.

If your business is interested in donating or serving as a drop-off location, call 221-2858 or email alexandra@getpushing.com. For more information, visit www.getpushing.com/community/can-it.✱

Record-Breaking Airport Traffic

During August, a record-breaking 647,534 passengers traveled through Southwest Florida International Airport in Fort Myers – an increase of 180 percent compared to August 2020 and 23 percent more than the passenger traffic in August 2019. Year-to-date, passenger traffic is up 66.7 percent compared to last year.

Traffic leader in August was Southwest Airlines with 155,548 total passengers. Rounding out the top five airlines were Delta (129,825), American (113,168), United (98,715) and JetBlue (49,646).

Southwest Florida International Airport had 6,664 aircraft operations, an increase of 57.2 percent compared to August 2020. Page Field saw 8,857 operations, a 13.8 percent decrease compared to August 2020.

For more information, visit www.flylcpa.com or www.facebook.com/flylcpa.✱

Republican Women To Meet

Congressman Byron Donalds will be the guest speaker at the Fort Myers Republican Women's Club luncheon meeting at the Helm Club at The Landings on Tuesday, October 19. A social hour begins at 11:15 a.m. The noon lunch will be followed by the business meeting and program.



Byron Donalds

Donalds represents Florida's 19th Congressional District. He will discuss the latest congressional activity, his voting and upcoming bills. A question-and-answer session will follow his formal presentation.

Luncheon cost is \$20. Reservations are required by Thursday, October 14.

The Landings is located at 4420 Flagship Drive in Fort Myers. For more information or to RSVP, contact Tina Laurie at 489-4701 or Diane Kinser at social.lady79@gmail.com.✱

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Frankly Speaking



by Howard Prager

It's been an exciting time for sports. In MLB, the two best teams in baseball battled for who would win the division and who would be a wild card team. The Giants won the NL West with 107 wins. The defending champion Dodgers, no slouch with 106 wins, are a wild card team and faced St. Louis in a one-game playoff on Wednesday (you'll know the outcome before reading this). Does the hottest team in baseball this month put down the defending world series champions, who despite their wild card status are favored to make it back and win the World Series? The Cardinals are the longest shot of any playoff team to win it all. Anything can happen in a one game series. In the AL on the last day of play, four different teams (Yankees, Red Sox, Blue Jays and Mariners) vied for the wild card, and a playoff between one of the oldest rivalries in baseball, the Yankees at Boston was played Tuesday. With the wild card providing excitement in baseball, maybe now's the time to expand the playoffs.

College football also had an exciting weekend. Here's the roundup courtesy of The Athletic: "Cincinnati is now in the Top 5 in the latest AP poll after beating Notre Dame in South Bend. This was

their first road win against at Top-10 team, and the first time since 2009 they've been in the Top 5. And where one rises another one falls with Clemson dropping out of the Top 25 for the first time since 2014. Iowa has moved up to No. 3 and face No. 4 Penn State next week in Iowa City. Big Ten or big game fans, set your recorder. In total, nine ranked teams lost Saturday, including five against unranked opponents: Oregon (at Stanford), Florida (at Kentucky), Texas A&M (vs. Mississippi State), Fresno State (at Hawaii) and UCLA (vs. Arizona State). It was the first time in seven years that six top-15 teams lost on the same day."

Sunday night's NFL matchup was supposed to be the return of the GOAT (Tom Brady) versus the Coach. It became the GOAT vs. the hot rookie, as Mac Jones kept bringing the Patriots back into the lead until the final minutes, when Brady brought the Bucs down the field to score the winning field goal and the Patriots bouncing one off the goal post in the final seconds. Brady now owns the all-time NFL passing record, beating Drew Brees. And he's one of only four quarterbacks (with Brees, Favre and Manning) to beat every NFL team.

Tokyo continues to bring us good news stories and here's one from the *Hillington and Uxbridge Times*, about how Gold medalist Ellen Buttrick combined Paralympic training with good deeds. "While Olympic and Paralympic athletes adapted their training regimes to the challenges and restrictions caused by Covid, Ellen Buttrick took it upon herself to add a secondary challenge to

her list. The Yorkshire rower divided her time between intensive training sessions and as area coordinator for the Henley COVID-19 Mutual Aid group. The 24-year-old oversaw a group of about 150 volunteers, helping those who were self-isolating or particularly vulnerable to the virus.

"Before I joined the team, I worked for the Refugee Council and volunteered for the British Red Cross and the Girl Guides. Then when I moved down to Reading and I got full National Lottery funding to be an athlete, I thought that I want to help people and now I have an opportunity to volunteer rather than have to work for my money," said Buttrick, "When the games were postponed it was like 'well, what am I meant to do now?' and I thought what we need in society is to help one another and get through this as a community so I worked to help set up that group in our area. In between training sessions, if somebody rang me, I'd jump off the rowing machine and run and get their prescription or I might link it into a training session, so with my bike rides I might check up on people and make sure they were ok that day. I really believe in volunteering and especially in sport I wouldn't be here without the volunteers."

Buttrick was attending Northumbria University when her vision began to deteriorate, and she was later referred to the hospital to discover that she needed more than just new glasses, as she had first assumed. She was diagnosed with Stargardt macular degeneration, a genetic eye disorder that causes progressive vision loss. During a period

in her life where she was enjoying life at university and improving on her rowing, Buttrick found out her vision was going the opposite way. Rather than giving up, she channeled her determination into a new career as a paralympic athlete.

"I think it's massively important that we capitalize on the profile of the Paralympic Games," she added. "Rowing for me has changed my life. When I found out in 2014 that I was sight impaired, I was 19 and it was rowing that kept me going. I didn't really get upset, I thought about what's the opportunity in this – I could maybe go to the Paralympics. I've been focused on that for the past seven years and the community of the sport is what was able to get me to this space. I think sometimes we get divided, especially in Britain, but I think sport is something that equalizes us all and brings us together. Having events like this, meeting kids who are in sport clubs and showing them that one day they could go to a Paralympic Games, I never met any elite athlete until I was on the team myself, so to be able to meet people as kids lights a fire in them." This lights a fire in the rest of us who admire Ellen and all the other paralympic athletes who overcame obstacles to make a difference and inspire others. Thank you Ellen!

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.

Stone Crab Season To Open

The recreational and commercial stone crab harvest seasons start Friday, October 15 and remain open through May 1, closing May 2.

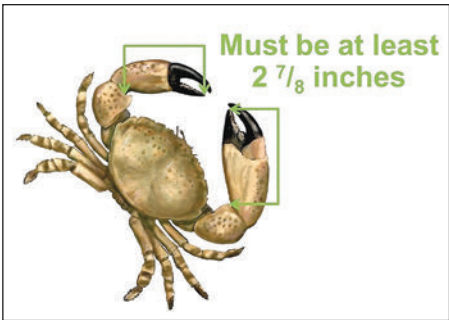
The minimum claw size limit is 2 7/8 inches. All plastic and wood stone crab traps will need to be outfitted with a 2 3/16-inch escape ring before the 2023-24 season.

Recreational harvesters who are age 16 and older and fish with traps are required to complete an online, no-cost recreational stone crab trap registration each year. To register, visit www.gooutdoorsflorida.com.

Upon completion, each person will receive unique trap registration numbers that must be included on each trap along with the owner's full name and address. This information must be legible and must be permanently attached to each trap.

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

Recreational harvesters may take a daily bag limit of one gallon of claws



Stone Crab minimum claw size photo provided

per person or two gallons per vessel, whichever is less, and may use up to five stone crab traps per person.

Recreational and commercial traps may be baited and placed in the water as early as October 5 but traps may not be pulled and claws may not be harvested or possessed until October 15. Traps that are not being fished should be removed from the water to avoid ghost fishing, a process in which marine species get caught in the trap for extended periods of time and are not harvested.

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

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

Download the Fish Rules app in the App Store or Google Play. Learn more at www.fishrulesapp.com.

Sporting Clays Tournament Postponed

Grampy's Charities is postponing its 2nd annual Grampy's Sporting Clays Tournament, benefiting Ronald McDonald House Charities (RMHC) Southwest Florida, until May 13. The event was scheduled for October 15 of this year. This is the third

postponement due to COVID-19.

"It's disappointing to have to reschedule again," said Jim Castle, founder of Grampy's Charities. "The course was filling up fast; I think people were ready to get back to the outdoor events. But it's just not the right time. We'll set our sights on next year."

The tournament will still take place at Sarasota Trap, Skeet & Clays in Nokomis, Florida. Sponsorship opportunities and reservations are available at www.rmhcswfl.org/events/grampys-sporting-clays.

SPORTS QUIZ

1. Camp Nou is the popular name for the home stadium of what European football club?
2. In 2006, what two running backs became the first brothers in NFL history to rush for at least 1,000 yards in the same season?
3. Who batted for the cycle against the Texas Rangers in 2008, then batted for the cycle for the Rangers in 2012 and '15?
4. What power forward from Germany was named NBA Sixth Man of the Year in 1991 and '92 while with the Indiana Pacers?
5. What Hockey Hall of Fame center retired in 2005 with 1,249 career assists, second all-time to Wayne Gretzky's 1,963?
6. What two college football teams play for the Silver Spade Trophy in the Battle of I-10 rivalry game?
7. What World Golf Hall of Famer and broadcaster was named LPGA Player of the Year in 1976 and '77, and was captain of the U.S. Solheim Cup team in 1996 and '98?

ANSWERS

1. FC Barcelona. 2. Julius Jones (1,084 yards with Dallas Cowboys) and Thomas Jones (1,210 yards with Chicago Bears). 3. Adrian Beltre. 4. Delf Schrempf. 5. Ron Francis. 6. The New Mexico State Aggies and the UTEP Miners. 7. Judy Rankin.

Doctor and Dietician

Is Lack Of Sleep The New Smoking?



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

Do you find yourself plowing through the day with a cup of coffee in one hand, cell phone in the other, racing to accomplish all that needs to be done? Do you find yourself yawning just a few hours after getting up? Congratulations. You can join the multitude of people who experience regular sleep deprivation. World Sleep Day statistics say that sleep problems constitute a “global epidemic that threatens the health and quality of life for up to 45 percent of the world’s population.”

For most adults, seven to eight hours of sleep is needed per night for proper cognitive and behavioral functioning, but babies, children and teens need much more. Lack of sleep, especially when chronic, can result in serious health issues. Poor sleep or lack of sleep can lead to poor attention span, inability to think clearly, delayed reaction times and moodiness, in addition to increased risk for development of chronic diseases such as obesity, adult-onset diabetes, hypertension, stroke, heart disease, mental illness and even increased risk of early death.

Some studies have shown that lack of sleep may be as bad for our health as smoking, hence “is lack of sleep the new smoking!?” According to the sleep neuroscientist Matthew Walker at the

University of California at Berkeley, “The number of people who can survive on six hours of sleep or less without measurable impairment, rounded to a whole number and expressed as a percent, is zero.”

Here’s an interesting statistic for you. Did you know that during daylight savings time each year, millions of people lose an hour of sleep when we “spring ahead” and with that comes a higher incidence of heart attacks and even suicides in the week following? During sleep, our brains drain. Toxins are removed and the body regenerates and rejuvenates, strengthening the immune system, protecting us against infections and diseases. Without adequate sleep, these processes do not occur and, thus, we are put at risk for the conditions mentioned above.

What should be done about this problem that so many people face? First, recognize that it is a problem and that it is important to get it under control. Do not chalk up poor sleep to aging or “just the way it is!” The rampant problem of lack of sleep is wreaking havoc on our health. We used to make fun of our triathlon-training buddy who always left parties or events to go home and sleep. But he had the right idea – get up and go to sleep at the same times every day/night. If you want to get up early to exercise like we do, then you must go to bed early – typically no later than 9:30 p.m. This applies even on weekends and during vacation.

To support good sleep, consider these tips: When you are in your bed, keep the room cool, limit light exposure, establish comfortable bedding including mattress, pillows, sheets and blankets, limit “screen time” immediately prior to sleep, avoid large meals, caffeine, or alcohol immediately prior to bedtime, and do not exercise immediately prior to bedtime. Listen to something uplifting and soothing as you drift off to sleep. Read something that your brain can focus on as you slip into sleep – such as a Bible verse, a motivational message, or an encouraging word. If you do need a sleep aid, consider something natural such as melatonin which is the hormone produced by the brain in response to darkness and helps regulate your internal alarm clock. Many people are deficient in melatonin due to

a lack of darkness before bedtime. Don’t underestimate the power of good sleep. Take time to rest and recover so that you can face the day renewed.

This information is not intended to treat, cure or diagnose your condition.

dearRPharmacist

Why You Should Freeze Herbs And Veggies



by Suzy
Cohen, RPh

Dear Readers: Food shortages are continuing as grocery stores face supply chain issues and fewer deliveries. I highly recommend that you learn to

freeze some things for the winter season. It’s also a good idea if you live in snowy areas and don’t feel like driving out in a blizzard to get one lemon.

Here’s how you do it:

Parsley – Parsley is known as a blood cleanser and diuretic. Take a bunch and cut off the stems, and wash them well. Spread them out on a clean towel and dry them the best you can. Try to get as much water off as possible. You can chop them nicely if you want to, but this is optional. Once dry, put them in a little storage bag and seal tightly getting out as much air as you can.

Kale – Kale contains many anti-cancer compounds and antioxidants. Take a kale bunch and cut it into pieces then wash it very well. Drain it and pat it dry with paper towels. Lay the pieces out on a cookie sheet lined with wax paper. Freeze that for an hour or even overnight, then take it out and you’ll have individual pieces of kale. Store those in a big storage bag. If you don’t do it this way, you’ll wind up with one big green glob that’s hard to work with.

Carrots – I cut off the green tops and

Ross Hauser, MD, and Marion Hauser, MS, RD, established Caring Medical in 1991. Caring Medical Florida and the Hauser Neck Center are located in Fort Myers. They can be reached at info@caringmedical.com.✱✱

the very ends of the carrots, then peel them. Rinse them and chop into slices. Blanch the carrots for three minutes in hot water, and cold water. Lay the slices out on a cookie sheet lined with wax paper. Dry them off completely. Freeze the whole tray for a few hours and then transfer to freezer bags. Carrots contain beta carotene, which converts to vitamin A in the body, and you need A for good eyesight, beautiful skin and a strong immune system.

Rosemary and Thyme – Every rice dish and soup I make contains rosemary and thyme. The compounds in both rosemary and thyme exert strong antibacterial, anti-fungal and anti-inflammatory actions on the body.

Rinse them and then remove the leaves off the sprigs and put a tablespoon of herb into each cube of an ice cube tray. Then pour some good olive oil over each “cube” and freeze the whole tray. This does not impact the quality of your oil, don’t worry. When ready to use it, just put a cube into your soup and cook with it.

Lemons – I use lemon juice in my marinades, smoothies and teas. Honestly, I never want to be without lemons. Wash the lemons well and slice them or cut into wedges. Dry them and put into your labeled storage bag and freeze. You can freeze zested lemon rind too, just store it in a small glass container.

To maintain freshness, make sure your fruits, vegetables and spices are as dry as possible and use a straw to siphon out all air in the bag as you seal it. If you’re interested in freezing more fruits and veggies, I have a longer version of this article posted on my website at www.suzycohen.com.

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

Superior Interiors

Current Home Design And Decor Trends



by Katie Frederick

Can you believe it’s already autumn? We’ve kissed another summer goodbye and, soon enough, we’ll be welcoming our “season” with open arms. If you’re in between seasonal

decor and you’re looking for a way to bring one of the rooms in your home to life, you may consider a style option that’s currently trending.

From color options and contrasting

patterns to bold and daring decor, there are plenty of current home and design decor trends to choose from.

Here are a few of our favorites to consider:

Consider the Pantone Color of the Year – It’s not too late to get behind the color of the year, and 2021 came with two: ultimate gray and illuminating. The Pantone Color of the Year typically reflects what is taking place in our global culture, expressing what people are looking for that color can hope to answer. As society continues to recognize color as a critical form of communication, and a way to symbolize thoughts and ideas, many designers and brands are embracing the language of color to engage and connect, according to the Pantone Color Institute.

These shades can work wonders as wall and accent colors but can also make a major statement in accessories. Consider taking a break from neutrals. Color has always been a powerful tool to use as you revive your living space. With a new season well on its way, it’s important to

keep your home from feeling stale and out of touch. Incorporating more warm colors into your living room can help guests feel more comfortable, and it can bring an element of depth to your space. Consider hues like peacock blue and burnt orange to add some character to your home.

Bring your rooms to life with houseplants – Houseplants have always been an endearing accessory, but they’re more popular than ever. The pandemic encouraged more people to take on greater responsibilities in the comfort of their homes and, for some, that led to adding more flowers, succulents and other plants to their design and decor scheme. But they don’t only make a gorgeous accent piece – they also come with many additional benefits. Indoor trees and plants are going to continue their presence in home interior design. They freshen indoor air, bring the clarity and calm of nature indoors, act like a sculpture on a shelf or tabletop, and caring for them is grounding and life-affirming. Developing a collection of interior plants wins on all levels:

aesthetic, functional and mental.

Multifunctional outdoor spaces – You often use your patio for lounging by yourself or entertaining friends, but have you ever considered the other ways to utilize this space? An outdoor workspace or kitchen is a popular consideration for the deck or patio that can give you a new perspective for creativity.

Trends come and go, but designers can help you navigate the ones with a longer shelf life. If you’re interested in incorporating one of these trending styles into your home decor repertoire, but you’re not sure which one makes the best choice, consider consulting a design professional. You can share these trending themes or ask for industry advice based on what’s currently hot in the market. With this viewpoint, you can revamp your home with a style that’s bound to turn heads and keep your guests talking for months to come.

Katie Frederick is an interior designer on Sanibel/Captiva Islands. She can be reached at katie@coindecaden.com.✱✱

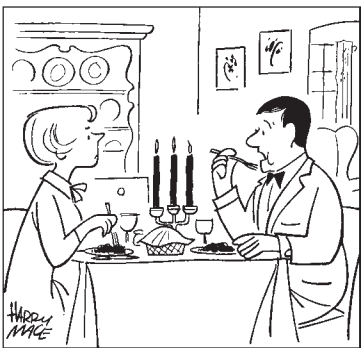


Emergency	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
HealthPark Medical Center	1-800-936-5321
Ft. Myers Chamber of Commerce	332-3624
Foundation for Quality Childcare	425-2685
Fort Myers Beach Chamber of Commerce	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 Coral 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	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
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@islandsunnews.com

PUZZLES

Answers on page 23



"Okay, you win...let's go out for
_____"

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!

Gift
OWNED

Chilled
DICE

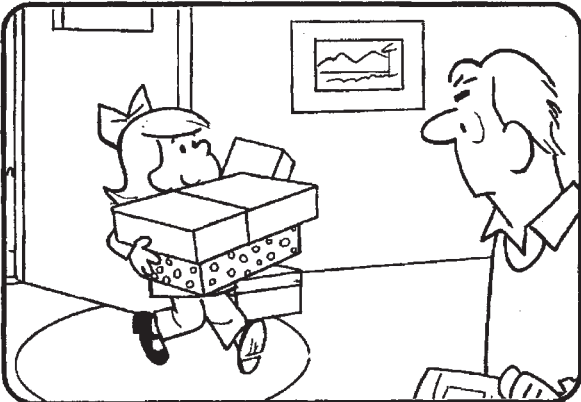
Wood
RACED

Marvel
DOWNER

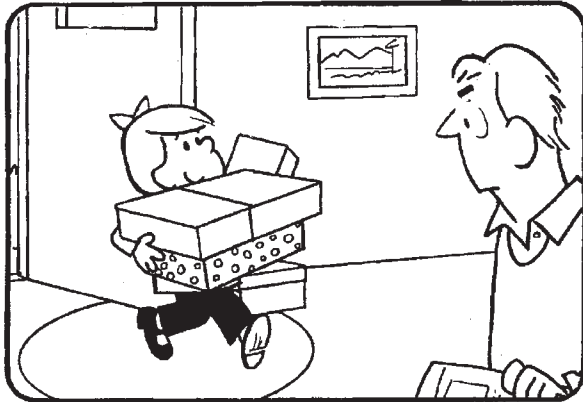
TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Bow is smaller. 2. Nose is different. 3. Button is added. 4. Hair is changed. 5. Frame is smaller. 6. Pants are different.

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

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.

PUZZLES

Answers on page 23

Super Crossword

OPENING FROM PAUL

- ACROSS
- 1 Prickly plant

7 Seaport in Argentina

14 Aim high

20 Musician using reeds

21 The Who's "The Kids Are —"

22 "Frozen" studio

23 Less pudgy

24 Bertie created by Wodehouse

25 Piddling

26 Like adults

28 "Oops, I'm at fault here"

30 — Angeles

31 — Paulo, Brazil

33 Hairy "Add-ams Family" cousin

34 Locker-room motivator

39 Is distressed over

46 Declare

47 Opposite of 60-Across, in France

48 Pantry insect

49 Java holders

50 Looked like

53 Ontario metropolis

55 Loses control

56 Baba au — (alcoholic cake)

57 Sportscaster Albert

59 Declare

60 Direction of sunrise

61 Crack pitcher

62 Explosive stuff

63 Actor Holm

65 NYT staffers

66 "You think I didn't already know that?"

72 Put down, to a hip-hopper

75 Hoppy brew

76 Ltd., in the U.S.

77 U.S. spy gp.

78 Gelatin in petri dishes

82 Put into effect

84 By — of (due to)

86 Sturdy — oak

88 Geography class spinner

89 Like the sky's color

91 A long time from now

94 Sound off

95 Sendai sash

97 Former U.N. chief Kofi

98 Last Greek letters

99 Popular Christmas hymn

102 Paramount

103 Suffix for hexa-

104 Canonized Mlle.

105 Note below la

106 Title song lyric followed by the first words of seven answers in this puzzle

111 Group that had a #1 hit with 106-Across

118 Be a pilot

119 Gory film

122 Most parched

123 Small finger

124 Exit ramp

125 Restlessness

126 Precipitates pellets

127 Brings in from abroad

128 Human

DOWN

1 Pepsi, e.g.

2 Cain's sibling

3 Fuel that can get shoveled

4 Crystal-hitting sound

5 Exploiter

6 Sauntered

7 Grassy yards

8 Baseball's Matty or Felipe

9 Stage object

10 Fleur-de- —

11 T-man, e.g.

12 Organized crime

13 "Give it —"

14 Owns, as an error

15 Noon nap

16 Exam for jrs.

17 Actress Swenson

18 Smell terrible

19 Brontë's Jane

27 Stir-fry pan

29 Outward appearance

31 Passable

32 Fall seasons

34 Out of style

35 Justice Kagan

36 Entreaties

37 Seduces

38 Gets older

39 Ballet skirt

40 Diane who hosted a longtime NPR show

41 Actor Bert

42 Ram into

43 Sound off

44 Not married

45 Pre-Soviet rulers

47 Actor Milo

51 Formed an upward curve

52 Airport part

54 Ditty

58 Brand of eye drops

61 Hole tool

62 Mom's forte, for short

64 Alicia of "Falcon Crest"

67 Stable feed

68 Fey of "Date Night"

69 Contest hopeful

70 Investor Carl

71 Journalist Cronkite

72 Messing of "Will & Grace"

73 Relative via marriage

74 Spa hot spot

79 Extort from

80 The "A" of James A. Garfield

81 Shortstop Pee Wee

83 Large town

85 "Correct me — wrong"

86 Comic Meara

87 Asterisk

88 Forrest played by Tom Hanks

90 Toasted people, e.g.

92 Playwright William

93 Bungled

96 Nuptial ring

100 "OK already!"

101 Safe place

102 Weep

105 Feudal workers

106 Flaps one's gums

107 Demonic

108 Trig topic

109 Grab hold of

110 Italian wine town

111 Marvel hero

112 Lift to test the weight of

113 Obama cabineteer Duncan

114 Arena level

115 Meadows

116 Gas brand in Canada

117 Anna of "Nana"

120 Dada artist Jean

121 — -cone

1	2	3	4	5	6		7	8	9	10	11	12	13		14	15	16	17	18	19	
20							21								22						
23							24								25						
26							27					28		29							
						30				31	32			33							
34	35	36	37	38				39	40				41				42	43	44	45	
46								47					48				49				
50							51					52			53	54					
55							56					57			58		59				
60							61					62				63	64			65	
			66	67				68	69				70				71				
72	73	74		75				76					77				78	79	80	81	
82				83			84	85				86	87				88				
89							90		91			92				93					
94							95	96			97					98					
99							100				101					102					
				103				104					105								
106	107	108	109					110				111	112				113	114	115	116	117
118								119			120	121				122					
123								124								125					
126								127								128					

King Crossword

- ACROSS
- 1 "Arrivederci —"

5 Jazzy style

8 Wild guess

12 Slender

13 Piercing tool

14 Brownish purple

15 In — veritas

16 Corp. boss

17 Desertlike

18 Nowheresville

20 Saint Patrick's Day event

22 Hide-hair insert

23 Nine-digit ID

24 Engrossed

27 Promptly

32 Wedding words

33 Expert

34 Granada gold

35 "Wonder Woman" actress

38 Remain

39 Beer barrel

40 Stolen

42 Alpine home

45 Casts out

49 Opera set in Egypt

50 Guffaw syllable

52 Lavish party

53 Espy

54 Reuben bread

55 Kismet

56 Sparkling Italian wine

57 German conjunction

58 Lean-to

59 chair

8 Meager

9 Puccini opera

10 Battery fluid

11 Eliot's "Adam —"

19 Rejection

21 Bat wood

24 Predetermine

25 Oklahoma city

26 Bikini pattern

28 Sgt., for one

29 Tied down

30 Mouths (Lat.)

31 Playpen item

36 Trattoria desserts

37 Candle count

38 Refuses to pay

41 Symbol of strength

42 Juanita's home

43 Swinging joints?

44 Drive- — window

46 Wife of Jacob

47 Diminutive suffix

48 Burpee buy

51 Novelist Rand

DOWN

1 Answer an invite

2 Hedgepodge

3 Behave

4 Quantity

5 Scenic route, often

6 Have bills

7 Fall into a

MAGIC MAZE ● ROOT VEGETABLES

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: BUGS BUNNY'S FAVORITE FOOD

- Beets
- Garlic
- Ginger
- Kohlrabi
- Leek
- Onion
- Parship
- Potato
- Radish
- Rutabaga
- Shallot
- Sugar beet
- Turnip
- Yams
- Yucca root



Sweet Corn, Avocado and Black Bean Enchiladas photo courtesy Fresh From Florida



Sweet Corn, Avocado and Black Bean Enchiladas

- 1 cup fresh sweet corn kernels
 - 2 bell peppers, diced
 - 1 avocado, diced
 - ½ cup onion, chopped
 - 1 teaspoon ground cumin
 - 1 cup salsa, your favorite kind
 - 1 can low-sodium black beans, rinsed and drained
 - 10 (6-inch) corn tortillas
 - 2 cups shredded Monterey Jack cheese, divided
 - 1 can enchilada sauce
 - 1 tablespoon vegetable oil
 - pan-release cooking spray
 - Sea salt and fresh ground pepper, to taste
- Preheat oven to 350 degrees. Lightly

spray an 11×7-inch (2-quart) baking dish with pan-release cooking spray. Preheat a saute pan over medium-high heat and add vegetable oil. Cook onion, corn and bell peppers over for 3 minutes. Add cumin, salsa and black beans and continue to cook for 2 minutes, stirring occasionally. Season with salt and pepper to taste. Remove pan from heat and let cool slightly. Place an even amount of the filling mixture in each of the 10 tortillas. Using 1 cup of shredded cheese, evenly distribute it on top of each of the 10 tortillas. Carefully roll up each stuffed tortilla and place them seam side down in the sprayed baking dish. Pour the enchilada sauce over the rolled enchiladas, spreading to coat all tortillas. Sprinkle with remaining 1 cup cheese. Bake 25 to 30 minutes or until cheese is melted and sauce is bubbly around edges. Remove enchiladas from oven and let cool slightly. Serve enchiladas with diced avocado, salsa and sour cream.✧

PETS OF THE WEEK



Lexus ID# A773948 photos provided Lee County Domestic Animal Services

Lexus And Chanel

Hello, my name is Lexus. I'm a black and tan 3-year-old German shepherd. I'm as regal as my name would imply. I'm very well-mannered, leash-trained and house-trained. I'm a very playful pup that will sit patiently waiting for you to toss the ball for me to fetch. I also love a good photo shoot as I know just how good looking I am and will pose for you and give you my best head tilt. My adoption fee is \$30.

Hi, my name is Chanel. I'm a black and white 3-month-old female domestic



Chanel ID# A883781

shorthair. What better name for a tuxedo kitten than Chanel? I'm a pint-sized cutie who is full of spunk. I hop around the kitten room finding things to get into. LCDAS' adopt one get a feline friend at no additional charge is perfect for this precocious gal so that I can have a friend to play with while you are busy. My adoption fee is \$10.

Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 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.✧

My Stars ★★★★★
FOR WEEK OF OCTOBER 4, 2021

- Aries** (March 21 to April 19) Cosmic changes create a potential for disruptions in your travel plans. In the meantime, you might want to consider shifting your focus to another area of your life that needs attention.
- Taurus** (April 20 to May 20) It's a good time for beauty-loving Bovines to enjoy something special for the senses. It will restore your spirit and return you to the workaday-world ready for the next challenge.
- Gemini** (May 21 to June 20) With your planetary ruler, Mercury, going retrograde, you might want to slow down the pace in pursuing some of your projects. Rushing things could be counterproductive.
- Cancer** (June 21 to July 22) Tensions begin to ease in those onces-testy relationships. This helps create a more positive aspect all around. Expect to hear news that could lead you to rethink a recent decision.
- Leo** (July 23 to August 22) The pace of activity that had slowed last week now begins to pick up. This is good


- news for Leos and Leonas who have career-building plans that need to be put into operation.
- Virgo** (August 23 to September 22) Venus offers encouragement to romance-seeking Virgos who are ready to get up, get out and meet more people, one of whom could be that long-sought soul mate.
- Libra** (September 23 to October 22) An ongoing problem with a co-worker might need to be sent to arbitration. Get all your facts together so that you have a solid base from which to make your argument.
- Scorpio** (October 23 to November 21) You are usually decisive about most matters. But you might want to defer your decision-making this week until you get more facts. Someone is holding out on you.
- Sagittarius** (November 22 to December 21) That quiet period is ending, and a new burst of activity creates some problems at the workplace. But things are soon resolved, and everything goes back to normal.
- Capricorn** (December 22 to January 19) Relationships could be either helpful or hurtful as you pursue

- your career goals. You might have to make some difficult choices depending on what your priorities are.
- Aquarius** (January 20 to February 18) You might still have some doubts about a career move that could involve a lot of travel. If so, continue to check things out until you feel secure about making a decision.
- Pisces** (February 19 to March 20) Love rules, as Venus continues to exercise her cosmic influence on both single and attached Pisces. New developments might cause you to change your travel plans.
- Born This Week:** You often think of others before you consider your own needs. You enjoy helping people and would make a fine teacher or caregiver.

MOMENTS IN TIME

- On October 12, 1492, Italian explorer Christopher Columbus sights a Bahamian island, believing he has reached East Asia. Columbus, and most others, underestimated the world's size, calculating that East Asia must lie about where North America sits on the globe.
- On October 17, 1906, Wilhelm Voigt, a German shoemaker wearing a stolen captain's uniform, impersonates

- an army officer and leads an entire squad of soldiers to help him steal 4,000 marks from the mayor's office cash box, exploiting their blind obedience to authority. The Kaiser thought the story was funny; the German army did not.
- On October 16, 1946, at Nuremberg, Germany, 10 high-ranking Nazi officials are executed by hanging for their crimes during World War II after they were found guilty by the International War Crimes Tribunal.
 - On October 13, 1957, the science-fiction thriller *The Amazing Colossal Man* premieres in theaters. The film revolved around an Army officer who began to grow uncontrollably after he strayed too close to an atomic blast in the Nevada desert.
 - On October 14, 1968, the U.S. Defense Department announces that the Army and Marines will be sending about 24,000 men back to Vietnam for involuntary second tours because of the length of the war. The decision badly hurt troop morale and the combat readiness of U.S. forces around the world.
 - On October 11, 1975, *Saturday*

	FRIDAY Sunny High: 87 Low: 78		SATURDAY Sunny High: 86 Low: 79		SUNDAY Mostly Sunny High: 85 Low: 75		MONDAY Partly Cloudy High: 86 Low: 78		TUESDAY Mostly Sunny High: 87 Low: 77		WEDNESDAY Sunny High: 85 Low: 78		THURSDAY Sunny High: 86 Low: 76
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Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	2:05 am	8:49 am	3:52 pm	8:29 pm	Fri	1:10 am	8:51 am	2:57 pm	8:31 pm	Fri	2:21 am	9:31 am	4:03 pm	9:37 pm	Fri	4:15 am	12:05 pm	6:02 pm	11:45 pm
Sat	2:33 am	9:43 am	5:00 pm	8:47 pm	Sat	1:38 am	9:45 am	4:05 pm	8:49 pm	Sat	2:44 am	10:14 am	4:55 pm	10:10 pm	Sat	4:43 am	12:59 pm	7:10 pm	None
Sun	3:06 am	10:45 am	6:36 pm	8:52 pm	Sun	2:11 am	10:47 am	5:41 pm	8:54 pm	Sun	3:16 am	10:58 am	5:44 pm	10:39 pm	Sun	5:16 am	12:03 am	8:46 pm	2:01 pm
Mon	3:46 am	11:58 am	None	None	Mon	2:51 am	12:00 pm	None	None	Mon	3:58 am	11:45 am	6:35 pm	11:08 pm	Mon	5:56 am	12:08 am	None	3:14 pm
Tue	4:36 am	1:23 pm	None	None	Tue	3:41 am	1:25 pm	None	None	Tue	4:45 am	12:46 pm	7:33 pm	11:36 pm	Tue	6:46 am	4:39 pm	None	None
Wed	5:46 am	2:49 pm	None	None	Wed	4:51 am	2:51 pm	None	None	Wed	5:37 am	2:03 pm	8:36 pm	None	Wed	7:56 am	6:05 pm	None	None
Thu	7:37 am	3:59 pm	None	None	Thu	6:42 am	4:01 pm	11:18 pm	None	Thu	6:57 am	1:11 am	9:49 pm	3:16 pm	Thu	9:47 am	7:15 pm	None	None

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END OF SUMMER AC TUNE-UP
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AC Tune-Up Yet?

Protect Deer From Disease

The Florida Fish and Wildlife Conservation Commission (FWC) has introduced a video outlining new rules to protect Florida deer populations by reducing the risk of chronic wasting disease (CWD) from spreading into the state. CWD, which has not been detected in Florida, is a contagious disease of the brain and central nervous system that is always fatal to members of the deer family.

The new 3.5-minute video uses animation to create awareness for hunters who have harvested deer, elk, moose, caribou and other members of the deer family out of state, about what they can and cannot bring back to Florida. Production of this video was funded by a grant from Wildlife Alert, a nonprofit reward program created to encourage citizens to report wildlife violations.

In addition, a Fish & Wildlife Foundation of Florida grant is generously supporting the distribution of information about CWD and the new rules. Funds for the grant came from the sale of the foundation's specialty license plate, which portrays the image of a deer. For each "deer tag" purchased, \$25 goes to managing lands open to public hunting, hunting safety programs, and training in archery and other shooting sports.

Effective July 2021, people are prohibited from importing or possessing whole carcasses or high-risk parts of all members of the deer family that originate from anywhere outside of Florida. Under these rules, people may import the following into Florida: deboned meat; finished taxidermy mounts; clean hides

and antlers; and skulls, skull caps and teeth if all soft tissue has been removed. The only exception to this rule is deer harvested from a property in Georgia or Alabama may be imported into Florida if the property is bisected by the Florida state line and is under the same ownership. Learn more about the new rules to protect Florida deer populations from CWD and view the new video by visiting www.myfwc.com/deer and clicking on New Carcass Importation Rules.**

From page 20

Moments In Time

Night Live, a comedy sketch show, makes its debut on NBC, with George Carlin as its host, and Billy Preston and Janis Ian as musical guests. Since its inception, SNL has featured a different guest host and musical act each week.

• On October 15, 1991, after a bitter confirmation hearing, the U.S. Senate votes 52 to 48 to confirm Clarence Thomas to the U.S. Supreme Court. President George Bush had nominated the 43-year-old Thomas, an African American judge known for his conservative beliefs.

NOW HERE'S A TIP

- Keep the yolks in hard-boiled eggs from crumbling by wetting your knife between slices.
- "Save plastic bags that cannot be recycled, and use them to collect food scraps that cannot be composted or flushed." – BM in New York
- "I use double-stick tape to hang lighter items on my walls, since it does not leave a hole, and I am a renter. You also can use it to reduce noise from

- vibrations. For instance, I used it in my car to keep the carpet lying flat in the trunk." – JT via e-mail
- "To soften butter without melting it, warm a bowl that is bigger than the butter stick and invert it over the butter on a plate. It's nice before a meal because it makes a hard stick of butter easier to spread on bread rolls, but not so soft that you use too much." – TG in Indiana
 - "That time of the year is almost here. You know, the time when running the heater gives the whole house the zaps. To keep our carpets from giving us static shock, we fill a water spray bottle with one part laundry softener and four parts water. Give the air and carpet a spritz, and it kills the zaps." – AO in Canada
 - "Hard-water stains in the toilet are no match for denture tablets. Simply drop one in the toilet and let sit overnight. A quick scrub and a flush in the morning should do it." – PS in Washington

STRANGE BUT TRUE

- The Chocolate River in the *Willy Wonka and the Chocolate Factory* was real. The production used 150,000 gallons of water, cream and chocolate. But the ingredients spoiled and smelled really bad when the movie ended.
- Studies have shown that playing Tetris can curb sex, drug and food cravings.
- CS Lewis coined the term "vericide" to denote the killing of a word or distortion of its original meaning.
- A Vietnamese man was hospitalized after drinking too much methanol. Doctors transfused 15 cans of beer into his body to revive him. The liver breaks down ethanol before methanol, which gave doctors more time to do dialysis to

- remove the methanol from his system.
- The University of Oxford is older than the Aztec Empire.
 - Santa Claus was issued a pilot's license from the U.S. government in 1927, along with airway maps and a promise to keep the runway lights on.
 - The fighting on D-Day was so fierce that as much as four percent of the sand on Normandy beaches is magnetic due to shrapnel that has been broken down over the decades into sand-sized bits.
 - Only official members of federally accepted Native American tribes may legally possess or collect eagle feathers.
 - During a game, Babe Ruth would place a cabbage leaf under his cap to keep cool under the sun, replacing it every inning or two.
 - Instead of kissing his bride, Edward II of England sealed his wedding vows with a smooch to his lover, Piers Gaveston, 1st Earl of Cornwall.
 - A house cat could beat superstar runner Usain Bolt in the 200-meter dash.

THOUGHT FOR THE DAY

"Never worry about numbers. Help one person at a time and always start with the person nearest you."
– Mother Teresa

TRIVIA TEST

1. **Geography:** What is the second largest island in the Hawaiian Islands?
2. **Television:** Which popular 1980s-90s sitcom featured characters named Sophia, Dorothy, Rose and Blanche?
3. **History:** Which country hosted the first Olympics?
4. **Music:** How many African-American singer/songwriters have won a

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10/1 ★ 10/22

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10/1 ★ 10/8

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10/8 ★ 10/15

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Please e-mail resume/cover letter to rachel@islandtherapycenter.com, or bring to Island Therapy Center front desk.

9/24 ★ 10/8

Shore Fishing:



Don't Harm The Fish
by Capt. Matt Mitchell

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

- Grammy for Album of the Year?
5. **Movies:** Which 1990s film featured a twist contest at a restaurant called Jack Rabbit Slim's?
6. **Comics:** What was the name of the Daily Planet editor in *Superman* comics?
7. **Chemistry:** Which English chemist is credited with discovering hydrogen?
8. **Literature:** Hamlet (Shakespeare) was the prince of which country?
9. **Games:** How thick is a puck used in the National Hockey League?
10. **Animal Kingdom:** What kind of animal is used to hunt truffles?

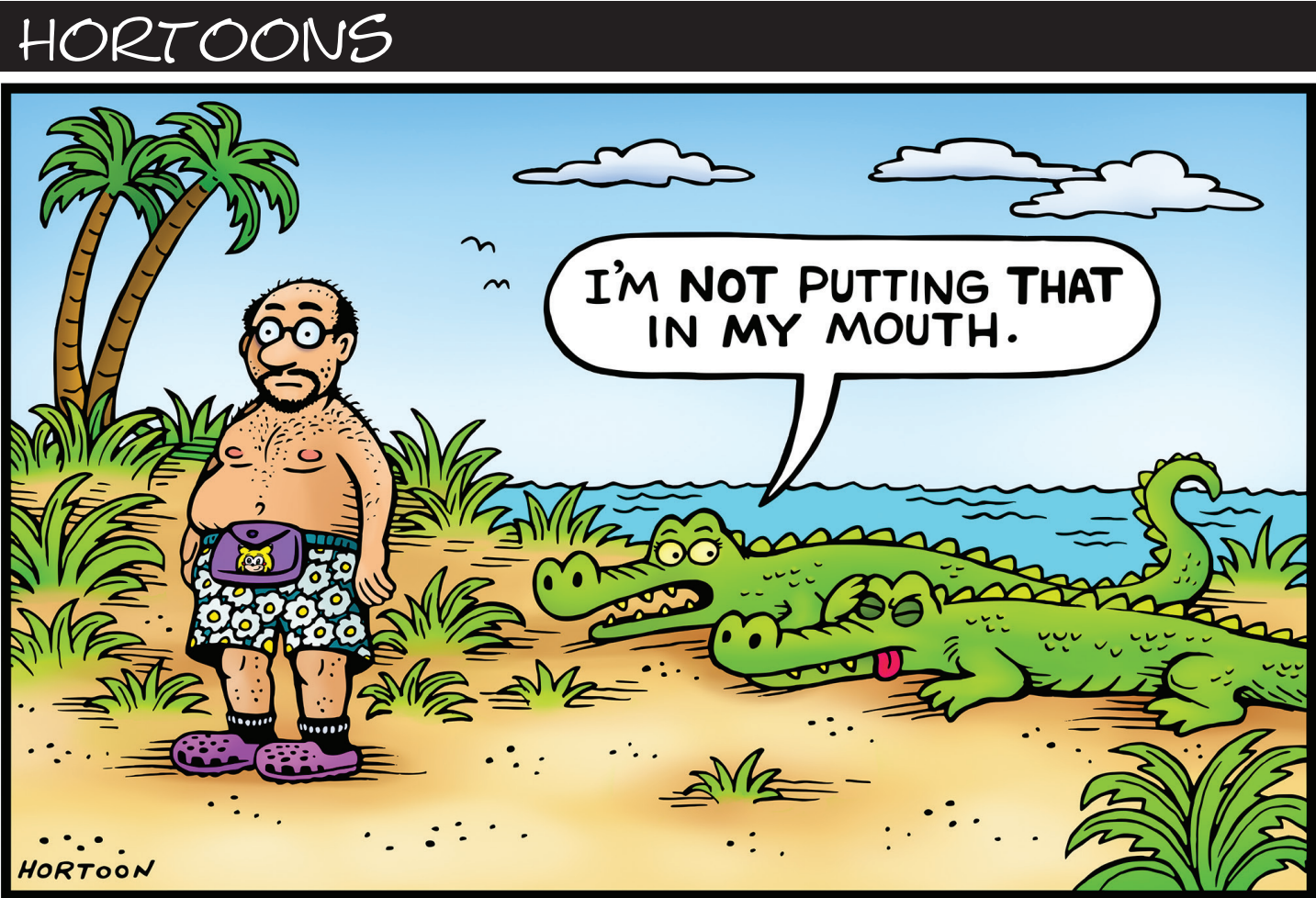
TRIVIA ANSWERS

1. Maui 2. *The Golden Girls* 3. Greece, in 1896 4. Ten in the history of the awards. Stevie Wonder was the first in 1974. 5. *Pulp Fiction* 6. Perry White 7. Henry Cavendish 8. Denmark 9. 1 inch 10. Pigs

SCRAMBLERS ANSWER

1. Endow 2. Iced;
3. Cedar; 4. Wonder

Today's Word
DINNER



PUZZLE ANSWERS

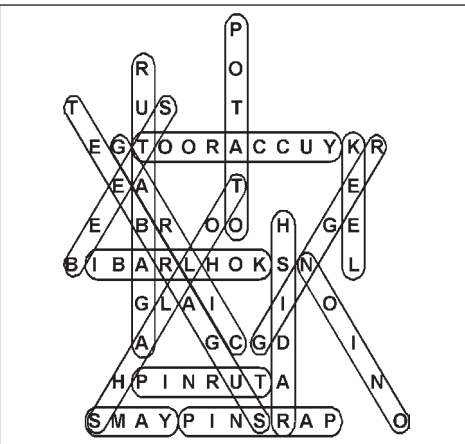
SUPER CROSSWORD

C	A	C	T	U	S	L	A	P	L	A	T	A	A	S	P	I	R	E
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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Fort Myers	Fort Myers	1992	6,760	\$7,900,000	\$7,475,000	119
Venetian Gardens	Fort Myers Beach	2015	3,699	\$2,999,999	\$2,950,000	6
Winklers Subdivision	Fort Myers Beach	1926	2,558	\$3,150,000	\$2,930,000	580
Yachtsmans Cove	Sanibel	1982	2,932	\$2,795,000	\$2,795,000	1
Fort Myers	Fort Myers	1965	3,522	\$3,000,000	\$2,750,000	20
Cape Coral	Cape Coral	2019	4,850	\$2,930,000	\$2,700,000	682
Cape Coral	Cape Coral	2010	3,751	\$2,500,000	\$2,500,000	0
Case Subdivision	Fort Myers Beach	2020	3,026	\$2,750,000	\$2,500,000	124
Siesta Isles	Fort Myers Beach	2007	5,767	\$2,399,500	\$2,225,000	93
Cape Coral	Cape Coral	2002	3,074	\$1,965,000	\$1,823,000	85



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