



Tribute Show Kicks Off Symphony's 60th Season

The Southwest Florida Symphony will launch its 60th anniversary Diamond Jubilee Season with the tribute band The New York Bee Gees at Barbara B. Mann Performing Arts Hall on Saturday, October 23 at 7:30 pm.

The band, along with the Southwest Florida Symphony, will perform iconic tunes made famous by The Bee Gees such as *Night Fever*, *Jive Talkin'*, *How Deep Is Your Love*, *You Should Be Dancing*, *Nights on Broadway* and *Stayin' Alive*. In addition, they will perform softer poetic ballads such as *I Started a Joke* and *Massachusetts*.

Tickets range from \$15 to \$109. To purchase tickets, visit www.swflso.org, call 418-1500 or visit the Barbara B. Mann box office at 13350 FSW Parkway in Fort Myers.

The Southwest Florida Symphony 2021-22 concert season also includes:

The Goldberg Variations:
MiniMasterworks, November 11 to 13 – The Southwest Florida Symphony String Trio performs the string version of Bach's iconic keyboard piece. Performances



The New York Bee Gees tribute band performs with the Southwest Florida Symphony photo provided

are at three Southwest Florida venues: Sidney & Berne Davis Art Center in downtown Fort Myers (November 11), Bell Tower Shops in south Fort Myers (November 12) and Gulf Theater in Punta Gorda (November 13). This is the first MiniMasterworks concert of the season.

Holiday String Quartet, December 1 to 4 – A string quartet performs holiday tunes at three Southwest Florida venues: Mercato in North Naples (December 1), Bell Tower Shops (December 3) and Sidney & Berne Davis Art Center (December 4).

Holiday TinyPops, December 12 to

14 – A smaller ensemble performs holiday songs with a big-band twist at three Southwest Florida venues: Gulf Theater in Punta Gorda (December 12), The Village Church at Shell Point in south Fort Myers (December 13) and First Presbyterian Church of Bonita Springs (December 14).

Masterworks 1, December 11 – Vladimir Kulenovic conducts the first Masterworks concert of the season, including *The Star-Spangled Banner*, Ravel's *Piano Concerto in G* and Stravinsky's *Firebird Suite* at Barbara B. Mann Performing Arts Hall.

Masterworks 2, January 22 – Laura

Jackson leads the orchestra on Bellido's *Fiesta!*, Haydn's *Cello Concerto No. 1* and Sibelius' *Symphony No. 2* at Barbara B. Mann Performing Arts Hall.

Masterworks 3, February 18 to 19 – A double feature of classics from legendary American composer Aaron Copland: *Fanfare for the Common Man* and *Appalachian Spring*. Plus Rodrigo's *Concierto de Aranjuez* and Beethoven's *Symphony No. 7*. Stephen Mulligan guest conducts. The February 18 show takes place at BIG ARTS on Sanibel Island. The February 19 show takes place at Barbara B. Mann Performing Arts Hall.

MiniMasterworks, March 10 to 13 – Pianist Andrew Armstrong and a small ensemble perform Mozart's *Piano Quartet in G Minor* and Brahms' *Piano Quintet in F Minor*. Performances are at three venues: Mercato in North Naples (March 10), Bell Tower Shops (March 12) and Gulf Theater in Punta Gorda (March 13).

Masterworks 4, April 23 – Radu Paponiu conducts the orchestra on Ravel's *Mother Goose Suite*, Korngold's *Violin Concerto* and Brahms' *Symphony No. 4* at Barbara B. Mann Performing Arts Hall.

Pops 2: Elton John Tribute, April 30 – The orchestra celebrates Sir Elton's hit- continued on page 12



Melissa Whitworth as Maria with von Trapp children

photo provided

Fun For All At Broadway Palm

by Di Saggau

I need more than my two hands to count the number of times I have seen *The Sound of Music*, but I have never seen a better performance than the one now playing at Broadway Palm. Rodgers and Hammerstein hit all the right notes when they wrote this show, and this cast hits all

the right notes as well.

The show is about love of God, family and country. It's rich with emotion and tension and exceeds all expectations. It begins with Maria (Melissa Whitworth) singing *The Sound of Music*. Her voice is glorious throughout the show. Then a quartet of nuns sing about a problem like Maria. Set against the backdrop of Nazi occupation in Austria, the tension continues to mount throughout the show, concluding with the decision of Captain

continued on page 8

Donations Sought For Thanksgiving



The Heights Foundation Thanksgiving Outreach will assist more than 300 families

photo provided

The Heights Foundation/The Heights Center is seeking organizations and individuals to participate in the Bountiful Blessings Thanksgiving Outreach. Since 1999, the program has provided the ingredients so families in the Harlem Heights neighborhood can make a traditional Thanksgiving meal in their own homes to share with their families. In 2020, partner agencies,

businesses, philanthropic organizations and more than 100 volunteers provided turkeys and groceries to more than 300 families benefitting approximately 1,500 individuals.

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

continued on page 6

Historic Downtown Fort Myers, Then And Now:

Gwynne Institute Turns 110



by Gerri Reaves, PhD

The Lee County public school system entered a new era when the area’s first modern school, the Andrew D. Gwynne Institute, opened for classes on October 20, 1911. To this day, the tree-shaded red brick building at Second and Jackson is one of the town’s most beloved structures. Many people recall attending classes or events there. Designed by architect WA Edward of Atlanta, Georgia, in the Spanish Mission style, it features a tile roof and – unusual for South Florida – a basement. Built on the site where the first and second public schools had been constructed, it housed all grades.

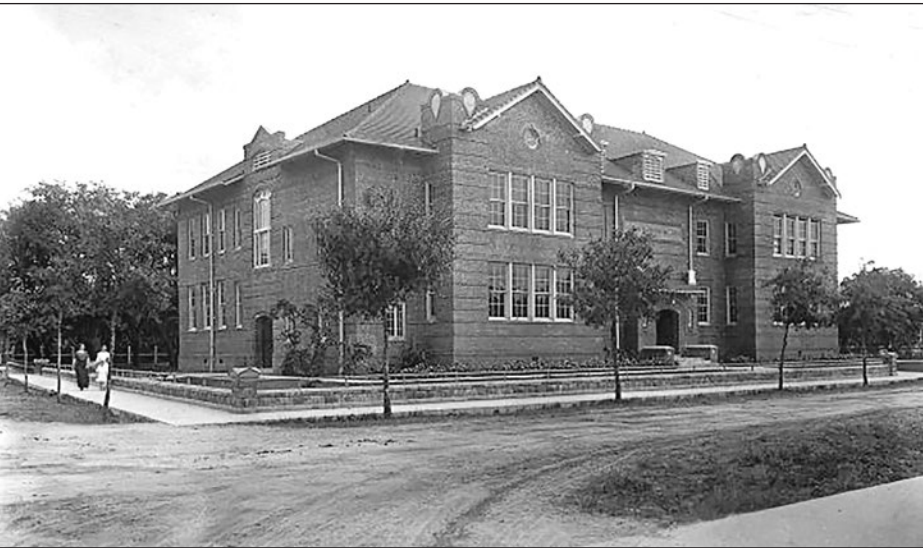
The first wooden school had opened in 1878, before Lee County was formed by splitting with Monroe County in 1887. In fact, Monroe’s refusal to fund the replacement for the first school building when it burned down propelled the formation of Lee.

The new modern school got its name from Col. Andrew D. Gwynne of Memphis, Tennessee, who upon seeing the over-crowded inadequate conditions of local schools, vowed to contribute financially if the town decided to upgrade school facilities. His promise ignited a flurry of fundraising and community spirit that continued after his death in 1909 in Memphis. His family, to their great credit, kept his promise and offered to match funds. Construction on the institute started in February 1911.

For historical context, it should be noted that public schools at that time were racially segregated. To prepare for Gwynne’s construction, the existing school was moved and became one for black students.

Not until 1912 did the county spend funds to build a school specifically for black children, having designated the funds in 1911. Additionally, public education for black Lee Countians went to eighth grade.

Considering the no-frills wood frame school buildings that preceded the institute, it must have been almost otherworldly to enter the new school, which got statewide praise.



The Andrew D. Gwynne Institute is pictured around the time it opened at First and Jackson in October 1911 photo courtesy Florida State Archives



Today, the former school houses the Foundation for Lee County Public Schools photo by Gerri Reaves

In one fell swoop, local schools progressed from housing an overflow of students in a barn at the courthouse and in a nearby church to the state-of-the-art building pictured in the circa-1911 photo.

The first floor contained six large classrooms and a library, and the second floor two classrooms. Also on the second floor was a 500-seat auditorium equipped with stage lights and dressing rooms.

Teachers were not forgotten. They had their own restroom and lounge. Particular attention was given to fire safety. After all, the last school had burned down!

Equipment included special doors and locks, a modern fire-alarm system and fire hoses. The school was the first in Florida to have “panic bolts” on the outside doors.

The school had equipment and amenities that we take for granted today but were impressive for a small town in 1911: sanitary drinking fountains, steam heat, telephone service, up-to-date bathrooms, desks for every student, blackboards in all classrooms, artwork and electric clocks.

Aesthetics and health were also taken into account in the design. For example, the paint colors for classrooms were chosen to protect the students’ eyes. Large windows were one-fifth the equivalent of the total floor space, so students had plenty of natural light for doing their work and lifting their spirits.

The Gwynne family continued their generosity even after the school opened. In fact, on opening day, they donated a new piano. Two months later, his widow, Mrs. Andrew D. (Eliza Alabama Henderson) Gwynne, donated a steel-engraved portrait of her late husband, and it was hung opposite the main entrance.

She and her son, Capt. William Francis “WF” Gwynne, subsequently donated the funds for the school’s radiation heating, the installation of fire escapes, a five-year insurance policy for fire and tornado damage, and other items not included in the building contract, such as outdoor playrooms for rainy weather.

By then, the Gwynne family had made Fort Myers their year-round home. Mrs. Gwynne continued to live on First Street, joined by her son Capt. William F. Gwynne and his wife Katie Amelia (Loyd), who lived in the house after Eliza Gwynne died.

continued on page 4

Independently Owned And Operated
COPYRIGHT 2021 The River Weekly News
LORKEN Publications, Inc.



Read Online: www.IslandSunNews.com

Publisher
Lorin Arundel
Accounting
Mike Terry
Advertising
Bob Petcher

Graphic Arts/ Production
Ann Ziehl, Manager
Amanda Hartman
Willow Peterson

Reporters
Gerri Reaves, PhD
Kathy Kurtz Ferrari

Contributing Writers
Kay Casperson
Suzy Cohen
Linda Coin
Marcia Feeney
Katie Frederic
Shelley Greggs
Tom Hall
Marion Hauser, MS, RD
Ross Hauser, MD
Craig R. Hersch
Capt. Matt Mitchell
Trinette Nelson
Howard Prager
Julie Rosenberg, MD
J. Brendan Ryan, CLU,
ChFC, MSFS
Di Saggau
Jeanie Tinch
Allison Havill Todd

Published every Friday for the people and visitors of Fort Myers River District.
Distribution: 6,000-8,000 per week (seasonal).

Readers with news, tips, comments or questions, call 239-395-1213, write to: The River Weekly News, 1640 Periwinkle Way, Suite 2, Sanibel, FL 33957 or email: press@islandsunnews.com. To advertise, email: ads@islandsunnews.com.

The River Weekly News reserves the right to refuse, alter or edit any editorial or advertisement. We will correct factual errors or matters of emphasis and interpretation in news stories.

Theater Season Continues With Ghost Story



David Darrow



V. Craig Heidenreich

Florida Repertory Theatre will return to the Historic Arcade Theatre with *The Woman in Black*, a spine-tingling ghost story starring David Darrow and ensemble member V. Craig Heidenreich. The opening night gala performance will be held on Friday, October 29, and the suspenseful thriller runs through November 14.

Tickets are \$59 and \$55. The show can also be purchased as part of any



Steve Pacek

2021-22 season subscription series.

"We are so excited to finally bring this play to life in the Historic Arcade Theatre," said Artistic Director Greg Longenhagen. "*The Woman in Black* is more than a ghost story, it is a love-letter to theater and actors, and Mr. Mallatratt's adaptation of the story places the action in an abandoned Victorian Theatre – so the arcade is the perfect setting. So, not only will you be on the edge of your seat, but you'll be in awe of the theatre magic that we'll employ to tell the story. We're so glad to welcome audiences back to the Arcade for this thrilling play."

Adapted by Stephen Mallatratt from the novel by Susan Hill, *The Woman in Black* follows a lawyer who is obsessed with a curse that he believes has been cast over his family by the specter of a woman in black. The man engages a skeptical young actor to help him tell his terrifying story and exorcise the fear that grips his soul. *The Guardian* called it "a roller coaster of thrills and chills...a masterpiece."

Steve Pacek makes his Florida Rep debut and directs the production. He leads a creative team that includes ensemble set designer Jim Hunter, costume designer Jillian Parzych, lighting designer Aly Docherty, sound designer Joel Abbott and ensemble stage manager Janine Wochna.

The Woman in Black is sponsored by Naomi Bloom.

Florida Repertory Theatre is located at 2268 Bay Street in Fort Myers. For tickets, visit www.floridarep.org or call 332-4488.

Community Band To Begin Season

The Lee County Community Band will return with live performances in November.

After a pause last season due to the COVID-19 virus, the band will begin its 136th season with a free concert at Cape Coral High School on Sunday, November 14 at 3 p.m.

In keeping with tradition for the season's first concert, Director Richard Bradstreet has selected a program featuring spirited and patriotic American music by American composers and a salute to U.S. military veterans.

Programs typically include a mix of energetic marches, Broadway hits, old favorites, patriotic songs and a sing-along with emcee and vocalist Norman Jones.

The 50-member adult band will perform six concerts this season, each one beginning at 3 p.m. on the second Sunday of the month. Additional concert dates are December 12, January 9, February 13, March 13, and April 10.

All concerts will be at Cape Coral High School, located at 2300 Santa Barbara Boulevard in Cape Coral. The concerts are free of charge (donations welcome) and open to the public.

Band members are musicians from all walks of life – career musicians, amateurs and folks renewing skills from years' past – who reside in Lee, Collier, and Charlotte counties. The organization

welcomes new members every year.

Persons interested in joining may call John Fenn at 454-6430.

For more information, visit www.leecountyband.org.

Wicked Walk At Davis Art Center

Wicked Walk 2021 Art & Theatrical exhibition brings back the popular enchanting fall holiday celebration offering fun for the whole family at the Sidney & Berne Davis Art Center on Thursday, October 21 from 5:30 to 9 p.m.

The collaborative project between Lee County Public Schools, the Foundation for Lee County Public Schools and the Sidney & Berne Davis Art Center is an immersive arts experience that tours audiences throughout the Sidney & Berne Davis Art Center where Lee County School students explore spooky stories and classic monsters and horror in theater, dance, song and artwork. Tours leave approximately every 20 minutes. Tickets are \$10 for adults and \$5 for children. Proceeds from Wicked Walk will benefit SBDAC and the Foundation for Lee County Public Schools.

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

STIFEL

Investment Services Since 1890

Jennifer Basey
First Vice President/Investments

**Call me for a
personalized plan**



KNOWLEDGE

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

SERVICE

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

EXPERTISE

Contact our office in
Fort Myers, Florida.

(239) 985-6540
baseyj@stifel.com

12800 University Drive, Suite 300
Fort Myers, Florida 33907

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

Fort Myers Art:

World Premiere Of Absurdist Comedy



by Tom Hall

Ghostbird Theatre Company breaks quarantine in early November with its first production in two years, the world premiere of *Sitting Ducks on the Sitting Dock*, an

absurdist comedy written by first-time playwright and recent Florida Gulf Coast University (FGCU) grad Dane Futrell. It follows two loading dock workers, Louis and Ricky, who love their daily routine only to find everything uprooted as they eagerly await the owner of the dock.

Ghostbird is known nationwide for site-specific experimental productions, and *Sitting Ducks on Sitting Dock* will be performed on an actual loading dock – located in the rear of the cafeteria at FGCU’s Buckingham Center. Formerly known as Sunland Training and later as Gulf Coast Center, Buckingham Complex is a 500-acre warren of old buildings dating back to the 1950s that was operated as an asylum for patients with “developmental disabilities”

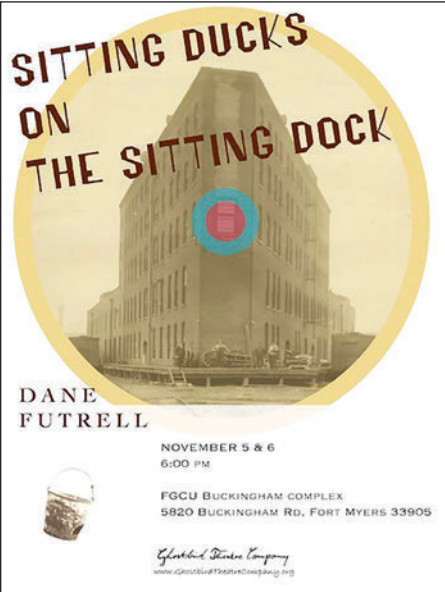


photo courtesy www.artswfl.com

ranging from mental retardation to bipolar disorders. The complex was closed in 2000 following a class action lawsuit filed by the Advocacy Center for Persons with Disability, following reports of unexplained deaths and allegations of “disturbing and saddening” neglect and abuse, which included residents suffering fractures at four times the rate experienced by noninstitutionalized people.

FGCU acquired the property from the State of Florida in 2010 as a surplus land donation. While Futrell’s play does not reference the site’s disturbing

history, the Buckingham Complex is nevertheless a fitting setting for the tone, tenor and themes implicit in the play.

“This location,” says Ghostbird Artistic Director Barry Cavin, “is ideal for site-specific theatre. And with Dane’s comedy, we have a perfect match between play and place.”

Theatre-goers are encouraged to arrive early and explore these rather obscure and haunted grounds. With plenty of room to spread out and enjoy the full-length show, attendees are also welcome to pack a snack or full-blown picnic, spread a blanket or bring along lawn or camping chairs.

Sitting Ducks on the Sitting Dock features Lauren Tindle (Ori) and Josh Needle (*Everyone on This Train, October House*), along with Alec Taylor and Futrell, who are making their Ghostbird debuts.

There are just two shows – Friday and Saturday, November 5 and 6. Both start at 6 p.m. or between 30 and 45 minutes before sunset, which is also the timeframe involved in the play. To celebrate its 10th year, Ghostbird is bringing back 2012 pricing for this play. Tickets are \$10 general admission and \$7 for students. For more information, tickets and directions, visit www.ghostbirdtheatrecompany.org.

*Tom Hall is both an amateur artist and aspiring novelist who writes art quest thrillers. He is in the final stages of completing his debut novel titled Art Detective. A former tax attorney, he lives in Estero with his fiancé and their four cats.**

College Preview Day At FSW

Florida SouthWestern State College (FSW) will hold College Preview Days at FSW campuses on various dates through November. Preview Days provide prospective students a structured, guided campus visit in a small group setting. The event includes campus tours, admissions and financial aid presentations, and an academic session.

FSW Preview Days will be held on the FSW Lee Campus on Friday, October 15 from 9:30 to 11:30 a.m. and Wednesday, November 3 from 3:30 to 4:30 p.m. Face coverings are recommended inside FSW buildings.

To register, visit the events calendar at www.fsw.edu/explore. For more information, contact Amber McCown, director, FSW Admissions, at 489-9226 or amber.mccown@fsw.edu.*

Beach Art Gallery To Expand Hours

Fort Myers Beach Art Association (FMBAA) will expand its gallery hours on Friday, October 15 to Monday through Saturday from 10 a.m. to 3 p.m. The main gallery will feature the October Member Show, while the Studio 2 gallery will feature paintings from the Summer Painting Group. Mini masters continue to be for sale, priced at only \$10 a piece for matted original artwork.

John Rizza is the FMBAA October Artist of the Month at the Shucker’s

Galleria until November 1. FMBAA partnered with Shucker’s Fort Myers Beach for the use of its indoor dining room to display and sell artworks. Shucker’s is located at 1250 Estero Boulevard on Fort Myers Beach.

The gallery has many classes and workshops scheduled for the coming season. Visit www.fortmyersbeachart.com/workshops to check the schedule.

For more information, visit www.fortmyersbeachart.com, email FMBAA publicity chair Pam Flaherty at publicity@fortmyersbeachart.com, call 463-3909 or stop by the gallery located at 3030 Shell Mound Boulevard on Fort Myers Beach.*

From page 2

Historic Downtown

Following the death of Capt. Gwynne, Katie married Thomas Jefferson Appleyard. She lived in Fort Myers for the rest of her life and died in November 1953 at age 80. After local services, she was buried in Memphis.

Enter the halls of the Gwynne Institute today and you won’t hear children’s voices. You’ll be in the offices of the Foundation for Lee County Public Schools.

However, some of the original excellent interior features remain as a reminder of one family’s great generosity to Fort Myers.

Walk down to Second and Jackson and imagine the splendor of the new Gwynne Institute in October 1911 and what it meant to little Fort Myers.

Then visit the following research centers to learn more about the Gwynne school’s 110-year history.

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, 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 First 100 Years: Lee County Public Schools 1887 – 1987* by Donald O. Stone PhD and Beth W. Carter, the *Fort Myers Press*, *The News-Press*, and *The Story of Fort Myers* by Karl H. Grismer.*



FORT MYERS OLIVE Oil and BALSAMICS

Ask us about our CBD oils!

Monday - Saturday 10 am - 6 pm • Sunday 11 am - 4 pm • 239.275.5100
FortMyersOliveOil.com • 7101 Cypress Lake Dr. #57, Fort Myers, FL (Costco Plaza)

Where you can “taste” the difference!

We carry the freshest, finest quality Extra Virgin Olive Oil and Balsamic Vinegars.

Dozens of flavors to choose from!

FREE 60ml bottle of Sicilian Lemon Balsamic Vinegar with any purchase of Olive Oil.

Must present coupon. Limit one per person. Expires 10/22/21



Cape Coral Olive Oil Company NOW OPEN!

Monday - Saturday 10 am - 6 pm • Sunday 11 am - 4 pm • 239.275.5100
FortMyersOliveOil.com • 7101 Cypress Lake Dr. #57, Fort Myers, FL (Costco Plaza)

Newly Formed Ensemble Debut Concert

Like the Chambered Nautilus shell that graces their logo, the Nautilus Chamber Players are a rare find. This talented and highly accomplished group of musicians are equally at home performing music from virtually any period and genre, but what they have in common is a keen desire to present pieces composed during the 20th and 21st centuries.

The Nautilus Chamber Players will make their debut in concert at Saint Monica's Episcopal Church on Monday, October 18 at 7 p.m. The concert is free, though donations will be accepted.

The ensemble's personnel will change with each concert. On October 18, mezzo-soprano Helen Tintes, violinist Kyle Szabo, clarinetist Stacey McColley, saxophonist Shawn Allison and pianists Abbey Allison and Isabelle Aubin will perform. While all are currently Southwest Florida residents, they have extremely impressive backgrounds as professional performers and educators across the U.S. and abroad. They are known locally through their participation in other musical groups and at other venues, from churches to concert halls. They feel fortunate that through serendipity – and a broad base of contacts in the area – they've found other



Nautilus Chamber Players logo
image provided

musicians with a deep appreciation for the treasure trove of compositions written since 1900 and a desire to perform them and share them with audiences.

For their first concert, the group chose six selections by composers born between 1938 and 1994: Simon Sargon, Gordon (Dick) Goodwin, Libby Larsen, Mark-Anthony Turnage, Max Richter and Kristina Arakelyan. The pieces are beautiful, entertaining and intriguing and represent a great diversity of styles. Each will be performed by a different combination of the ensemble's musicians.

Plans for additional concerts, including one in January 2022, are under way. For more information about the October 18 concert or to learn more about the Nautilus Chamber Players, email nautiluschambermusic@gmail.com or visit www.nautiluschamberplayers.com.

Saint Monica's Episcopal Church is located at 7070 Immokalee Road in Naples. The church asks that audience members wear masks to the performance.✱

Waterfront Tours Resume As Fundraiser

The Ostego Bay Foundation Marine Science Center has resumed its Working Waterfront Three-Hour Guided Tour. It is offered every Wednesday from 9 a.m. until noon, weather permitting.

The Working Waterfront Tour includes a walking tour of the commercial fishing industry working waterfront, including Erickson & Jensen Supply House, net shop and Trico Shrimp Boat loading dock. See how the boats are unloaded, the trawl doors are built, the shrimp nets are hand-sewn, how the seafood is off-loaded and other important aspects of this unique multi-million-dollar industry.

The tour then continues with a 1.5-hour guided visit to the Ostego Bay Foundation Marine Science Center museum, which contains numerous

hands-on exhibits, touch tank, beach exhibit and estuarine aquariums.

The shrimp fleet of San Carlos Island offloads more Florida pinks than anywhere else in Florida, according to a research study by the University of Florida. Pink shrimp to Fort Myers Beach is like Alaskan king crab to Alaska.

The Ostego Bay Foundation has earned Trip Advisor's Travelers' Choice Award from those that experienced the Working Waterfront Tour. Cost is \$20 per adult and \$10 for children over age 6. You'll learn about the history of Florida's "pink gold" and leave with a new understanding of the oldest and largest pink shrimp fishing fleet in Florida.

Reservations are required. Call 765-8101 for details or register online at www.ostegobay.org/waterfront-tours.

The Ostego Bay Foundation Marine Science Center is located at 718 Fishermans Wharf on Fort Myers Beach. The Ostego Bay Foundation is a self-funded 501(c)(3) nonprofit educational organization.✱

Babcock Live Music Series

Babcock Ranch, America's first solar powered town, is launching a new music series this fall open to the public. Featuring an array of genres from classic, strings and symphony, to pop, jazz and soul, the Babcock Bandstand music series will be held every Friday from 6 to 8 p.m. in the downtown area of Founder's Square.

Performance will include the FGCU Bower School of Music, The Dead Ataris, Hunter Dahlen & The Swingin' Clique, Bluski & Dem and Heather Ivy. Guests are invited to bring a chair or blanket for seating on the green lawn.

"We're excited to expand the cultural offerings at Babcock Ranch with a diverse mix of live entertainment that will not only provide a social and creative outlet, but enhance the vibrancy of our community," said Syd Kitson, chairman and CEO of Kitson & Partners. "The wide-open spaces in Founder's Square offer plenty of room for family and friends to spread out and enjoy the outdoor entertainment and delicious menu items from nearby restaurants Slater's and The Lake House Bar &



Heather Ivy photo provided

Kitchen, as well as various food trucks."

Admission is free, and registration is not required. Hand-sanitizing stations will be available throughout the downtown area.

Babcock Ranch is located at 42850 Crescent Loop in Punta Gorda. For a full schedule of events, visit www.babcockranch.com/events.✱



Window Treatments . Furniture . Flooring . Lighting . Accessories . Closets

DECORATING DEN INTERIORS®

Luxury Design | Concierge Service

"We take care of all of the details, so you don't have to"



695 Tarpon Bay Rd. Sanibel, FL 33957 239.472.6551
coin.decoratingden.com

ALL ABOUT



REAL ESTATE EXPERT

SW Florida, Fort Myers Beach,
Sanibel & Captiva Islands
is All About Home

Cathie Lewis, Realtor

I will Sincerely work for You

Phone: 239-745-7367

Cathie@AllAboutHome.Life

Pfeifer Realty Group



OBITUARY



ROSALIND JOAN HABER (DOMBEY) WEGRYN

Rosalind Joan Haber (Dombey) Wegrzyn was called to heaven on October 9. She was born to Charles and Renee Haber of Queens, New York on April 27, 1936. ‘Roz’ attended The High School of Music and Arts as a voice major, which gave her an opportunity to sing at Carnegie Hall. She attended St. Lawrence University and Bucknell University from which she graduated in 1956 with a special degree in commerce and finance.

She was married to Daniel Dombey

and later to Dr. Stanley Wegrzyn. Roz and Stanley built the Wegrzyn Medical Center on Sanibel Island.

She loved to write music and was once on *To Tell The Truth* where two of her songs were performed. In Florida, Rosalind became very involved with her church and wrote several songs expressing her personal passion and faith.

Roz leaves behind her daughters, Bonita (Gary Moore) and Naomi Ratner, and the son she and Stanley adopted, Sebastian (DeWayne Musick). There are grandchildren, Justin, Kara and Brad Ratner, and four great grandchildren. She will also be missed by her sisters, Susan Goldberg and Judith Ruzicka.

Rosalind’s funeral service and burial will be at St. Columbkille Catholic Church in Fort Myers on October 22 at 11 a.m. In lieu of flowers, donations are requested for St. Jude’s Children’s Research Hospital and Harry Chapin Food Bank.✽

Coast Guard Boating Class

U.S. Coast Guard Auxiliary is offering a one-day Boat America safe boating class at the Pine Ridge Community Center on Saturday, October 23 from 9 a.m. until 4 p.m.

This beginner boating class will give the novice recreational boater the knowledge needed to obtain the FWC safety certification. Anyone born on or after January 1, 1988, who operates a vessel powered by 10 horsepower or more must pass an approved boater safety

course and be issued with a boating safety education identification card. This ID card must be in his/her possession along with photographic identification.

While being a marvelous source of recreation, boating can be a risky sport to the unprepared. Examples of human error or a lack of proper judgment include not knowing or obeying the navigation rules or the nautical “rules of the road,” drinking alcohol or taking drugs while operating a boat, or choosing not to wear your life jacket.

The presenters are trained professionals of the US Coast Guard Auxiliary, who facilitate the sharing of experiences and relate courseware to our local area. Gerald

Donations Sought

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

Golisano Children’s Hospital is donating 250 turkeys for the outreach. Additional participating organizations include Suncoast Credit Union, Hertz Corp., Chase Bank, Scotlynn Group, Temple Judea and Westminster Presbyterian Church.

The greatest need is for rice (one pound boxes or bags), canned vegetables (yams, green beans, peas, corn, black beans and mixed vegetables) or monetary donations to purchase those items. Additional food

Durham, the Flotilla Commander of Flotilla 91 stated, “People are very busy today, and this one class can fit easily into most everyone’s calendar. Unlike online classes, this program offers student interaction, shared perspectives, collaboration and local area knowledge.”

Cost is \$45 per person and includes study material. Advance registration is required, by phone at 690-6780 option 1 or online at www.aux91fmb.org/safeboating.

The Pine Ridge Community Center is located at 15660 Pine Ridge Road in Fort Myers. For more information, visit www.cgaux.org.✽

items needed include boxed stuffing, boxed potatoes, boxed corn muffin mix, canned gravy, cranberry sauce and cake mix.

Donations can be dropped off Monday through Friday from 9 a.m. until 5 p.m. until Wednesday, November 17. The outreach event will be held on Saturday, November 20. COVID safety precautions will be in place. The Heights Center is located at 15570 Hagie Drive in Fort Myers.

Volunteers are needed on Friday, November 19 and Saturday, November 20. Contact Melissa Barlow at 482-7706 or melissa@heightsfoundation.org to sign up for a time slot.

Organizations and individuals interested in donating can contact Barlow at 482-7706 or melissa@heightsfoundation.org.

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

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, 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, 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.✽



White mangrove's tiny flowers appear throughout the year

photo by Gerri Reaves

Plant Smart

White Mangrove

by Gerri Reaves

White mangrove (*Laguncularia racemosa*) is an evergreen tree adapted to tidal swamps. Native to Florida, the Bahamas, the West Indies, Central and South America, and Mexico, it's valued for protecting coastal areas from erosion and storm damage.

White mangrove forests are also vital as a breeding ground for various marine species and birds, thus supporting the fishing industry.

Like two other popular trees in the white mangrove family, native buttonwood (*Conocarpus erecta*) and nonnative black olive (*Bucida buceras*), it is on Lee County's Protected Tree List.

This tree can reach a height of 30 to 40 feet and be single- or multi-branched. The bark is light brown and vertically ridged.

This species grows at a higher elevation than the other two mangroves familiar to most Floridians – red (*Rhizophora mangle*) and black (*Avicennia germinans*) – although it is often interspersed with black mangroves.

The oval succulent leaves are opposite, one to three inches long, and leathery. They have lighter green undersides with smooth uppersides.

Two specialized glands on the petiole just beneath the leaf base enable it to secrete salt, an ability that gives the species extremely high salt tolerance.

Examine the undersides of the leaves and you might see fine whitish salt deposits.

Spikes of tiny greenish white fragrant flowers appear in the leaf axils or at the branch tips. They are a nectar source for butterflies and bloom throughout the year.

The brown or greenish pods have 10 distinct vertical ribs and measure less than an inch long. Pods sometimes ripen while still on the tree.

The term *Laguncularia* in the binomial derives from the Latin word *laguncul*, which means "a little flask," a reference to the one-seeded fruit's oblong shape.

This long-lived tree should be considered more often for landscaping, especially in coastal yards. It is a moderate to fast grower, requires full sun, and is wind resistant, but not drought tolerant. It can be propagated with seeds.

Its exceptionally hard close-grained

wood has been used as lumber for various purposes and is prized for its resistance to dry wood termites.

The bark's high tannin content gives it a variety of medicinal uses, including the treatment of fever, wounds, dysentery and scurvy, as well as tumor prevention.

Sources: *500 Plants of South Florida* by Julia F. Morton; *Growing Native* by Richard W. Workman; *National Audubon Society Field Guide to Florida* by Peter Alden et al.; *Native Florida Plants* by Robert G. Haehle and Joan Brookwell; *The Shrubs and Woody Vines of Florida* by Gil Nelson; <https://edis.ifas.ufl.edu>; www.fnps.org; and www.regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.✱

Lionfish Challenge Statistics/Winners

The Florida Fish and Wildlife Conservation Commission (FWC) recently announced the statistics and winners of this year's Lionfish Challenge, a lionfish removal and incentive program. A total of 21,146 lionfish were removed during the 3.5-month program. In addition, 471 people registered and 185 people submitted lionfish, the highest participation number since the challenge began in 2016.

Recreational Category

1. Brooks Feeser, Palm Beach County, 1,632 removed; 2. Carl Antonik, Santa Rosa County, 1,582 removed; 3. Christina Raber-Jehn, Palm Beach County, 1,475 removed.

Commercial Category

1. Rachel Bowman, Monroe County, 730 pounds removed; 2. Paul DeCuir, Escambia County, 725 pounds removed; 3. Alex Fogg, Okaloosa County, 657 pounds removed.

First place winners received a customized trophy, \$150 for scuba air fills, an HP 100 scuba cylinder, and will be featured in the 2021 *Saltwater Regulations* publication as well as in the FWC Lionfish Hall of Fame.

The Lionfish Challenge is a summer-long tournament that rewards divers for their lionfish harvests. The tournament is open to everyone, is completely free to enter and participants can compete from anywhere in the state.

For more information, visit www.fwcreefrangers.com or www.myfwc.com/lionfish.✱

Scholarship Recipients

Fort Myers natives Taylor Bristol and Mark Sheme have earned scholarships from Valdosta State University in Valdosta, Georgia.

Bristol earned the Lillian and Rea Steele Endowment Scholarship, while Sheme earned the Golden Circle Scholarship.✱

MEET THE SHELL MAKERS

SEE SPECTACULAR EXHIBITS OF MOLLUSKS AND SHELLS

ENCOUNTER LIVE ANIMALS IN OUR TOUCH POOLS

BE WOWED BY OUR GIANT PACIFIC OCTOPUS

ATTEND A KEEPER CHAT AT 11 A.M. DAILY

WIN A PRIZE ON OUR SCAVENGER HUNT



BAILEY-MATTHEWS
NATIONAL SHELL MUSEUM

3075 Sanibel-Captiva Rd., Sanibel, FL
(239) 395-2233 • ShellMuseum.org

Open Daily
10 a.m.-5 p.m.

LEE COUNTY
TOURIST DEVELOPMENT COUNCIL

EXPERIENCE: HUNDREDS OF SUCCESSFUL LANDSCAPES



300 Center Road, Fort Myers FL 33907
PHONE **239.939.9663** • FAX **239.939.8504**
www.NoLawn.com • www.AllNative.biz
OPEN DAILY: 9 to 5 Mon - Sat • 10 to 3 Sun



OUR NURSERY FEATURES OVER 200 SPECIES OF NATIVE PLANTS ON SEVERAL ACRES

- Butterfly Gardens ■
- Wildlife/Bird Sanctuaries ■

We also offer landscape design, consultation, installation and maintenance.

Follow The Birds To The Action



by Capt. Matt Mitchell

Our gradual change of season is now in full swing. Its not quite drastic enough yet to notice unless your up early to enjoy that cooler air along with a significant drop in humidity. Feeding fish and birds working schools of small fry bait are appearing all over the sound and out on the beaches. The annual southerly bait migration of fall is just firing up. No matter if its spring or fall, the change of season offers anglers some of the best fishing opportunities of the year not only with our resident fish but with all the migratory species following the bait buffet.

This week brought some fabulous catch-and-release snook fishing back in our mangrove creeks systems. Over the past few trips, I've been checking out some of these favorite creeks with much success by catching over 20 snook a trip. Although we haven't had any real giants back in these magical places, pulling a snook out of this tight cover is as good as it gets. Watching snook explode on shiners then making a well-placed cast resulted in instant hook-ups or my



A beach tarpon caught and released this week photo provided

favorite "instant gratification." Throw in a few redfish and some mangrove snapper and the creek trips I have been taking kept everyone smiling.

My favorite stage of the tide to fish most of these creeks is during the low water. The lower the tide gets, the more bunched up these fish get. During higher water, the fish just have too many places to get tucked up and are impossible to reach with a bait. As long as the water is moving, it flows like a river in these narrow passages between the mangrove

bays. Look for the fish to stage on the turns and bends or where the water rips to form an eddy.

I've been hunting tarpon out on the beaches when the wind has been out of the east. This week, the best action came while running from Blind Pass north to Captiva Pass and then again at the south end of Fort Myers Beach. Birds and bait have shown the way to this amazing fishery. Everything out here revolves around the big schools of bait fish that are usually threadfin herring. The more

feeding terns and pelicans, the better the tarpon bite has been. While watching tarpon crash and roll through all this bait, it's just a matter of pitching a live pinfish rigged under a float to hook-up.

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 Broadway Palm

von Trapp to flee his beloved homeland rather than serve the Third Reich.

Maria, a high spirited postulant, becomes governess to the seven children of the strict Captain von Trapp. He is played by Andrew Fehrenbacher, who gives a strong performance. His rendering of *Edelweiss* brought tears to my eyes. The same can be said of the Mother Abbess' (Ariana Valdes) *Climb Ev'ry Mountain*, which sends goosebumps throughout the audience at the close of the first act.

Liesl (Amy Fenicle), the adolescent 16-year old, sings a lovely duet with Rolf (Tim Canali) in *Sixteen Going on Seventeen*. The younger children are as cute and on-key as one would expect. Their roles are shared by Gabe Cruz, Ben Sabo, Macy Magas, Zoe Aisling McCarthy, Caisson Dobson, Ashton Heathcoat, Sarah Salerno, Olivia Shaw, Grainne McCleary, Gianna Winton, Adriana Gamero and Kylie Hill.

Paul Bernier as Max Detweiler, is an impresario of irrepressible wit. Along with Elizabeth Flanagan as Elsa Schraeder, who means to marry von Trapp, the two provide comic relief with clever songs like *How Can Love Survive?* and *No Way To Stop It*.

The show packs an emotional punch. The acting performances turn this classic musical into a sentimental and most enjoyable experience. The sets are gorgeous and realistic. This is a production that gets absolutely everything right. *The Sound of Music* plays through November 20 at Broadway Palm. Tickets can be reserved by calling 278-4422, visiting www.broadwaypalm.com or in person at 1380 Colonial Boulevard in Fort Myers.

CAPT. MATT MITCHELL

USCO Licensed & Insured

Light Tackle Sport Fishing
Sightseeing • Eco Tours
 Tarpon • Snook
 Redfish & More
C: (239) 340-8651
www.captmattmitchell.com
 email: captmattmitchell@aol.com

CLEAR YOUR GEAR™
It Catches More Than Fish
 Cast carefully to avoid
 tangling tackle in mangroves

CLEAR YOUR GEAR™

Send Us Your Fish Tales

We would like to hear from anglers about their catches.

Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification.

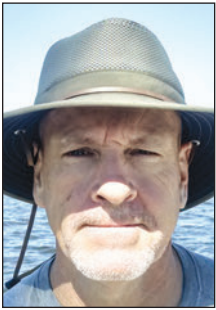
Email to press@islandsunnews.com or call 395-1213.

ISLAND MARINE SERVICES, INC.
 NEW MOTOR SALES • REBUILT POWERHEADS • FACTORY TRAINED
MERCURY - MARINER - JOHNSON - EVINRUDE
SUZUKI - YAMAHA - OMC - I/O'S - MERCURUISER
Courteous Professional Marine Repair Service • Dockside Service
Serving Sanibel & Captiva For Life
472-3380 • 466-3344
Your Bottom Specialist • Call on Paint Prices

Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Southern Flying Squirrel



by Bob Petcher

The southern flying squirrel (*Glaucomys Volans*) is so small that it can fit into an adult hand. While it has excellent gliding abilities and is known to be a great escape artist, it can be vulnerable

to predator attacks on the ground.

At CROW, a juvenile male southern flying squirrel was admitted after being attacked by a cat in North Fort Myers. Upon examination, the patient was severely dehydrated and had repeated uncontrollable blinking/eyelid twitching, known as blepharospasm.

"Veterinary ophthalmology defines blepharospasm slightly different than human ophthalmology; blepharospasm in our patients is often used to describe squinting," said Dr. Laura Kellow, CROW veterinary intern. "The southern flying squirrel presented squinting in both eyes – this can be a common sign of either ocular or systemic pain in our veterinary patients. We performed a full eye exam on him looking at the front of the eye, the back of the eye – fundic examination – and a fluorescein stain to evaluate for



Patient #21-5124 recovers from a suspected cat attack

photo by Haillie Mesics

ulcers of the cornea – scratches on the surface of the eye. Luckily, despite the cat attack, our patient had no direct eye injuries. We suspect that he was likely squinting due to pain and discomfort, as well as stress."

Veterinarians administered medications and saw improvement of its eye spasms over the next few days.

"The types of medications that are required depend on the underlying cause of the squinting," said Dr. Kellow. "If there was an ulcer to the cornea then, depending on the severity, we may have treated with antibiotics and pain medications topically on the surface of the eye. In the case of this patient, since

his eyes were normal and we suspected it was more related to pain and stress from the cat attack, he was treated with pain medications and antibiotics orally."

The patient reportedly began to eat on its own within a week of its clinic stay. "The patient was improved steadily until he was comfortably holding his eyes open two days after intake and was brighter and more alert overall," Dr. Kellow said. "Being a young flying squirrel, it still required some milk feeds to help wean and transition onto normal diet. We began to offer milk feeds and soon after added in fruits, vegetables, seeds and nuts."

Suspected cat attacks were said to be

a frequent reason for small mammals to be admitted.

"Absolutely, cats are not a natural species in the wild and often play with, or prey upon, young birds and mammals," said Dr. Kellow. "Naturally, these animals wouldn't have as many predators to worry about and could go through their learning phase without issue. It is not uncommon for the animals to succumb to infection due to cat bites or scratches despite appropriate antibiotics. It is critical for cat attack patients to get medications as soon as possible after the incident."

The young patient will continue to be treated at CROW until he is ready for release.

"This flying squirrel will need to be monitored for size, development, ability to locate appropriate food sources and ability to utilize environmental enrichment to find suitable shelter. We want to ensure it survives well past release so we must also make sure it does not habituate," said Dr. Kellow. "(There is) no scheduled release at this point, but it will be introduced to an area that already has an established flying squirrel population. We will know more as the patient continues to develop."

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.✱

Beach To Be Renourished

The Lee Board of County Commissioners recently voted to accept a grant from the Florida Department of Environmental Protection to add sand to the north end of Little Hickory Island on Bonita Beach.

The project will add sand to 0.8 miles of beach considered critically eroded by the state. The grant will pay for design, permitting and placement of the sand.

The project is part of the Lee Board of County Commissioners' continuing commitment to the natural environment in partnership with the State of Florida and municipalities.

The \$2.54 million matching grant

includes: \$983,600 from Lee County paid through the Tourist Development Tax on short-term lodging; \$946,000 from the Florida Department of Environmental Protection; and \$610,000 from the City of Bonita Springs.

The benefits of a sandy beach include storm protection of the upland development, increased recreational opportunities for residents and the public accessing the area from Little Hickory Island Beach Park (Access 10) and the adjacent city parking areas. In addition, there are environmental benefits including dune and sea turtle nesting habitat.

Sand is expected to be added to the beach in about a year, depending on the permitting process. For more information, visit www.leegov.com/naturalresources/marine/beachmgmnt.✱



ARC is the largest no-kill shelter/sanctuary in Florida. They house both dogs and cats.

Please visit their website for more information or schedule a visit.

Alfredo is a friendly boy looking for a forever home. He would do well with an experienced owner in a quiet and loving home. Call to make an appointment today to go meet him.

239-731-3535 • AnimalRefugeCenter.com
18011 Old Bayshore Rd, N. Ft. Myers



Alfredo

Terrier (White & Beige)
Male • 1 year old • 13lbs

In the Moo-d for
**UDDERLY
GREAT
FOOD!**



LIVE MUSIC
Fri, Sat & Sun
5pm - 8pm



Get a taste of Key West right here on Sanibel.

For the past 18 years, The Island Cow is Sanibel's award-winning family dining destination with great cookin', lavish island cocktails, specialty coffees, outdoor games, and live entertainment.



BODYGUARD
Ultimate
NO-SEE-UM DEFENSE
SOLD HERE



Family Owned & Operated | 300+ Menu Items | Open Daily 8am - 9pm
2163 Periwinkle Way, Sanibel Island | 239.472.0606 | SanibelIslandCow.com



Class offered at Edison and Ford Winter Estates teaches how to make a painted silk scarf photo provided

Silk Scarf Painting Class At Estates

Edison and Ford Winter Estates is offering a silk scarf painting class on Saturday, October 23 at 10 a.m. Marie Dyer, a local artist, teaches this class and other painting classes at the Estates. Participants will paint a 14-inch by 72-inch silk scarf that can be worn or hung as a piece of artwork.

To ensure adequate supplies, registration is required at least 24 hours in advance. Class will take place outdoors in the river pavilion, along the Caloosahatchee. Masks are recommended, but not required. Register online at www.edisonford.org or call 334-7419. E-tickets should be redeemed at the ticket counter for a wristband (on the day of the class). Cost is \$90 for Edison Ford members and \$100 for non-members. All materials are included in the fee.✽

New Art Contest For Students

Keep Lee County Beautiful, Inc. (KLCB) has announced a new Leave the Scene Clean art contest. The contest is open to all public, private, and home-schooled students across Lee County in grades kindergarten through 12th grade. The deadline for entries is December 1, and winners will be announced by mid-January.

The art contest challenges the students to visualize a correct environmental action then transfer that mental picture into a work of art. The artwork has the power to make you think deeper around you, which is often the first step towards a person realizing they can make a difference to protect the world we live in. Possible ways of expanding on this theme could include: litter prevention, clean-up campaigns, beautification efforts such as landscaping and tree planting, protecting the environment and recycling. Artwork will be judged on creativity, originality and focus on the environmental theme.

For the new art contest, the four overall winning illustrations will be enlarged and appear on the side of a Lee County Waste Pro truck and printed on reusable tote bags. The overall winning and honorable mention artwork will be on display at the Lovers Key State Park Discovery Center during April 2022 in honor of Earth month. All winners will also receive a certificate and prize pack.

The reusable tote bags featuring the four overall winning illustrations will be available for a small donation and will be distributed to public, private and home schools to serve as a source of funding for school environmental projects. Schools keep 100 percent of the money they raise to be used toward the projects.

For more information on the contest and sponsorship opportunities, email Tisha at tisha@klcb.org or visit www.klcb.org/get-involved/leave-the-scene-clean-art-contest.✽

Residential Mortgage, Alliance Financial Group, Just a Little Magic Princess Events, Loomis Armored US, LLC, Fine Folk Pizza and Paradise Creative Group.

Participants should dress to impress, have their resumes handy and be prepared for a brief interview with participating vendors/sponsors. If interested in bringing an employment table or sponsor the event, visit www.swflbusinessnetwork.com. Edison Mall is located at 4125 Cleveland Avenue in Fort Myers. For questions, please call 470-5611.✽

Sign Up For Goblin Gallop

Lee County Electric Cooperative will be holding the 10th annual LCEC Goblin Gallop 5K to benefit the United Way on Saturday, October 30 at Jaycee Park. Set-up will open at 6:30 a.m. and the race starts at 7:30 a.m. The kids run and awards will follow the race. There will also be a virtual race option that participants can complete at any time from now until race day.

Register for the LCEC Goblin Gallop 5K Run/Walk by Friday, October 15 and you are guaranteed a shirt or tank top. Packet pickup will be held from 10 a.m. to 5:30 p.m. on October 28 and 29 at the Run Shoppe in Cape Coral. Visit www.runsignup.com/goblin2021 for pricing information and to register.

This event will follow all CDC guidelines. If you are sick, stay home and consider your race fee as a donation. If there is inclement weather on race day or health concerns do not permit gatherings, this event will be completely virtual.

Visit the LCEC 5k Facebook page or contact www.5k@lcec.net for more details. Since its inception, this 5K has netted over \$18,862 for the United Way.✽

Fright Night At Bay Oaks

Fright Night, a beloved tradition in the Town of Fort Myers Beach for young and old alike, returns to Bay Oaks Recreational Campus on Friday, October 22. This year's event will be held outside from 6 p.m. to 9 p.m.

The fun will include a costume contest, corn maze, haunted trail, games and prizes, huge slide, bungee-trampoline and food trucks.

Cost is \$4 a person or \$10 for a family of four. Payment in the form of cash only will be accepted at the entrance.

Bay Oaks Recreational Campus is located at 2731 Oak Street on Fort Myers Beach. For more information, call 765-4222.✽

Local Enrolls At College

Emily Stewart of Fort Myers recently enrolled at Lehigh University in Bethlehem, Pennsylvania as a member of the Class of 2025.✽

BE A LIFE SAVER

YOUR BEACH VISIT CAN SAVE COASTAL WILDLIFE

ENJOY OUR ISLANDS AND PROTECT WILDLIFE AT THE SAME TIME!

Sanibel and Captiva provide crucial habitat for many sea turtles, shorebirds, and sharks. You can help us protect these species by practicing a few easy wildlife-friendly habits.

Check out our beach tips by visiting SanCapLifeSavers.org or simply scan the code.

PERSONALIZED ADDRESS PLAQUES

- Weatherproof PVC
- Up to Six Numbers

Order at www.naturebrackets.com (Free Shipping) • 239.454.1001

Philanthropist Receives FSW Luminary Award

Kathy Galloway, a local philanthropist, community leader and advocate for quality education, has been named the Florida SouthWestern State College (FSW) Foundation's Mina Edison Society's 2021 Luminary Award recipient. She will be honored during the Mina Edison Society's Focus on Excellence Scholarship and Award Luncheon at The Forest Country Club on Wednesday, October 20 from 11:30 a.m. to 1:30 p.m.

The annual luminary award is given in honor of namesake Mina Edison, a philanthropist, activist and self-titled "home executive" who was a firm believer in education. She was the business force behind her husband, inventor Thomas A. Edison, while raising three of his children and three of their own. The luminary award honors an individual or organization who has attained eminence in the community and who encourages and motivates others to do the highest good.

"I am honored to receive the Mina Edison Luminary Award and pay forward the many blessings my family has received in this community," Galloway said. "I believe education is the key to improving yourself, your family and the world in which you live."

The Mina Edison Society provides scholarships for academic excellence at FSW. Since its creation in 2007, the Mina Edison Society has awarded scholarships to 65 students.

FSW President Dr. Jeffery S. Allbritten



Kathy Galloway photo provided

will give the keynote address titled FSW: Shaping Our Region. Busey Wealth Management will be the event's title sponsor while NBC2's Kellie Burns will serve as the master of ceremonies. Current FSW scholarship students will also be recognized.

Event tickets are available for purchase. Proceeds benefit FSW scholarships for academic excellence.

The Forest Country Club is located at 6100 Club Boulevard SW in Fort Myers. To purchase tickets, learn about sponsorship levels and benefits, or request an invitation to the event, visit <https://foundation.fsw.edu/focus-sponsorships> or call 489-9210.✱

HealthPark Adds Executive

With more than 25 years of healthcare and leadership experience, Kristie Huff, MSN, RN, has been appointed to the role of chief nursing and operations executive at HealthPark Medical Center.



Kristie Huff

Huff previously served as Lee Health's system director of patient care services from May 2005 to November 2011 before joining care logistics as chief nursing executive and senior vice president of transformation.

In her new role, Huff will be responsible for assisting in fulfilling the mission, plans and objectives for the provision of high quality, cost-effective care. She will also oversee all hospital operations throughout the facility, jointly with HealthPark's chief physician executive, Eric Appelgren, MD, in addition to ensuring overall quality of medical care while supporting a culture of performance, quality, service, accountability and transparency for clinicians and staff across the institution.

Huff has a bachelor of science degree in nursing from the University of Florida and a master of science in nursing from the University of Phoenix.

Huff's new position, which she began in early September, was previously held by Darcy Allen, MBA, BSN, RN, who is transitioning from the role of chief nursing and operations executive at HealthPark Medical Center to chief nursing and operations executive at Gulf Coast Medical Center. Allen will fill the role that Jennifer Higgins, RN, MSN, NEA-BC, has continued to serve at Gulf Coast Medical Center since being promoted to Lee Health's chief nursing officer earlier this year.✱

Virtual Chronic Disease Program

Lee Health Solutions, a department of Lee Health, in partnership with many local community agencies and supported in part initially by a grant from the Southwest Florida Community Foundation, is offering a research-based chronic disease self-management program on Tuesdays beginning October 26 from 9:30 to 11:30 a.m. and Thursdays beginning October 28 from 1 to 3 p.m.

It's All About You, originally developed at Stanford University Patient Education Research Center, is a program designed for people age 18 or older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany these conditions.

The free virtual workshop runs two hours once a week for six weeks. For more information or to register, call 424-3121.✱

Virtual Gala And Auction Benefit

Arts for ACT Virtual Gala and Auction will be held on Friday, October 29. A pre-show begins at 6:30 p.m. followed by the live auction at 7 p.m.

Arts for ACT Virtual Gala and Auction is a fundraising event of Abuse Counseling and Treatment, Inc., a non-profit agency serving victims of domestic violence and

their children and survivors of sexual assault and human trafficking.

Scott Robertson is the auctioneer while NBC-2 News Anchor Kellie Burns is the emcee. Michelle Grimm and Heather Mazurkiewicz are serving as event chairs with Stephanie Davis and Gina Birch as honorary chairs.

Registration is free at www.event.gives/artsforact2021. Register at any time and start bidding on all items in both the live and silent auctions. For more information, contact Jennifer Benton at 939-2553 or jbenton@actabuse.com.✱



BAILEY-MATTHEWS

NATIONAL SHELL MUSEUM

CELEBRATING 25 YEARS LECTURE SERIES

Register online at: ShellMuseum.org/lecture-series

Free, virtual program, presented via Zoom.

OCTOBER 20 • 5 PM

**SPOOKY
MOLLUSKS AND
OTHER EVILS OF
THE DEEP:
A HALLOWEEN
SPECIAL**

By **José H. Leal, Ph.D.**
Science Director
and Curator,
Bailey-Matthews
National
Shell Museum



3075 Sanibel-Captiva Rd., Sanibel, FL
(239) 395-2233 • ShellMuseum.org

**Open Daily
10 a.m.-5 p.m.**



**LEE COUNTY
TOURIST DEVELOPMENT COUNCIL**

LUCILLE'S BOUTIQUE

PREMIUM WOMEN'S CONSIGNMENT

**15675 McGregor Blvd. Extension
Ft. Myers, Florida 33908**

239-489-3554

Mon - Fri 10 to 5
Sat 10 to 4

Consignment
by appt. only

lucillesboutique@hotmail.com

BRING THIS AD IN FOR 10% OFF YOUR PURCHASE

Book Review

Black Ice



by Di Saggau

An American favorite hero named Scott Harvath is back in an explosive new novel from Brad Thor. *Black Ice* opens with Harvath enjoying the summer, soaking up the sun in Norway with his girlfriend

Solvi Kolstad. She is a former member of an all-female Special Forces team and now deputy director at the Norwegian Intelligence Service. They are thinking of having a family. However, first Scott would have to resign and leave the life of chasing bad guys behind him.

Then something happens that leaves him no choice. After leaving his favorite small Oslo café one day, he sees a ghost from his past. A man he killed years ago halfway around the world climbs out of a taxi, leaving Scott to wonder how he is still alive and what he is doing in Norway?

Both American and Norwegian forces scramble to figure out what is going on. Scott's background with SEAL Team 2, known as the "Polar SEALs," puts him right in the middle of things, this time high above the Arctic Circle. He races to prevent an event that could leave America and her allies at the mercy of their greatest enemy. Scott embodies the very best of what it means to be a soldier, sacrificing

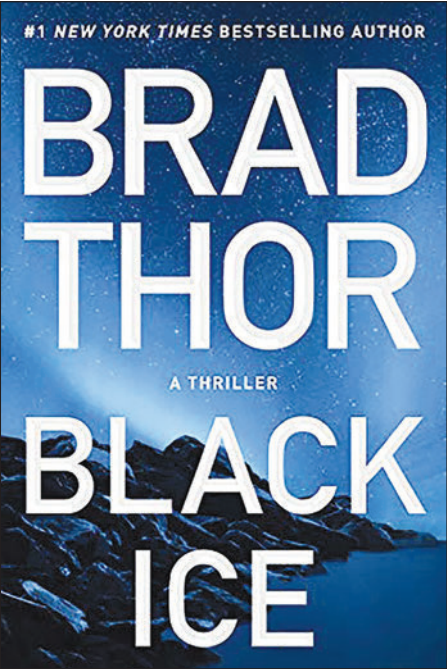


image provided

whatever it takes to protect his fellow countrymen.

Thor tells us that in addition to oil and natural gas reserves, there could be over one trillion dollars' worth of extremely scarce, valuable rare earth minerals in the Arctic and, at present, China controls 80 percent of the global output of these elements.

He includes several chapters dealing with how a good friend got the nickname "Peaches." That is a fun read in the midst of all the chaos going on. His research

is also spot on, so much so that you feel much of the book is ripped from the headlines. *Black Ice* is masterfully plotted and filled with the kind of action Thor's readers have come to expect.✪

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, People talk about how important social skills are often. I sometimes worry about my kids' social skills development. I think they are doing

OK, but I'd like to know what to expect at various ages. What things should I look for in their behavior?

Danni C, Cape Coral

Danni,

A child's social and emotional development is critical to overall success in school and life.

Children start developing these skills as babies, and new skills emerge as they get older.

Not all kids develop at the same pace, but there are some milestones you can expect kids to meet around roughly the same age.

Here is a list of social and emotional milestones at different ages:

Preschool (Ages 3 to 5)

- Develops simplistic idea of good and bad
- Demonstrates inconsistent behavior
- Shares toys, takes turns with assistance
- Interprets emotions from facial expressions and intonation
- Plays cooperatively
- Has no sense of privacy
- Understands concepts of right and wrong
- Often indulges in make-believe
- Exhibits increased frustration tolerance
- Self-esteem reflects opinions of significant others
- Bosses and criticizes
- Displays concern and sympathy
- May show increased aggressive behavior

Early Elementary (Ages 6 to 8)

- Friendships change rapidly
- Leads as well as follows
- Chooses own friends
- Engages other children in play or role assignments
- Wants to be the first and best at everything
- Focuses less on oneself and shows more concern for others
- Develops positive, realistic self-concept
- Begins to learn from mistakes
- May become infatuated with teacher or playmate of the opposite sex
- Cares for self, room and belongings
- Has a sense of humor and tells jokes

Is self-critical; may express lack of confidence
Dislikes being singled out, even for praise

Late Elementary (Ages 9 to 11)

- Is influenced by peer pressure
- Seeks immediate gratification
- Actively seeks praise
- Is highly social
- Is both industrious and impatient
- Wants to put some distance between self and adults
- Can express a wide range of emotions
- Understands social roles and appropriate behavior; considers them inflexible
- Can be aloof
- Controls anger
- Shows interest in teen culture – music, videos, makeup
- Tries to avoid looking childish
- Understands how behavior affects others

Is truthful

Increasingly self-conscious

Middle (Ages 12 to 15)

- Maybe a repeat of the "terrible twos"
- Tries to establish independence and autonomy
- Tends to gossip and talk
- Can adapt behavior to fit situation
- Exhibits "off-color" humor and silliness
- Has little impulse control
- Enjoys recreational activities
- Is energetic and enthusiastic
- Takes on more responsibilities at home
- Takes responsibility for homework with little prodding
- Is socially expansive and aware
- Is competitive and wants to excel
- Can show extremes of emotions
- Enjoys close interactions with peers, especially same gender
- Wants immediate gratification

High School (Ages 15 to 18)



- Has more interest in the opposite sex
- Goes through less conflict with parents
- Shows more independence from parents
- Has a deeper capacity for caring and sharing and for developing more intimate relationships
- Spends less time with parents and more time with friends
- Feels a lot of sadness or depression, which can lead to poor grades at school, alcohol or drug use, unsafe sex and other problems

Again, children reach these milestones at different times. However, if you're concerned that your child is not meeting them, talk to school personnel or your family doctor for additional information.

Shelley Greggs 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.✪

EPIC FIRES OF FORT MYERS

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



THOMAS P. HALL
ROBIN C. TUTHILL, EDITOR

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

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

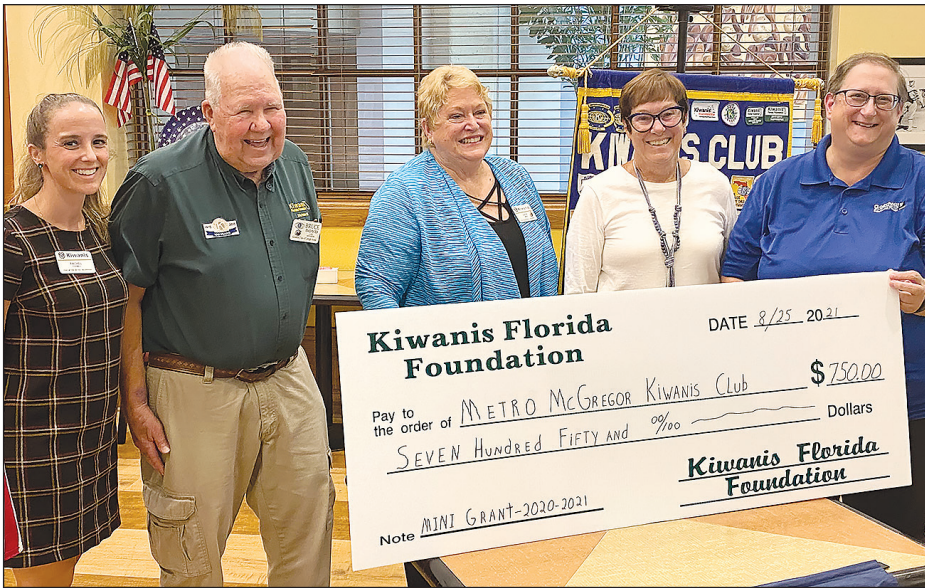
From page 1

Tribute Show

packed catalog of rock and pop songs at Barbara B. Mann Performing Arts Hall.

Rock & Roll and the String Quartet: Remastered Themes and Variations, May 11 to 15 – Guitarist, singer, composer

and storyteller Andrew Lipke returns for more rock music with a string quartet. Performance at five Southwest Florida venues: Mercato in North Naples (May 11), Shell Point's Tribby Center (May 12), Sidney & Berne Davis Art Center (May 13), Gulf Theater in Punta Gorda (May 14) and Bell Tower Shops (May 15).✪



From left, Rachel Toomey of the Fort Myers Metro-McGreggor Kiwanis Club, Bruce Boyd of the Florida Kiwanis Foundation, President Cathy Smith, Robin Gretz and Shari Clark from the Pine Manor Improvement Association photo provided

Kiwanis Awarded Grant To Benefit Pine Manor

The Fort Myers Metro-McGreggor Kiwanis were awarded a \$750 grant from the Florida Kiwanis Foundation to support the Pine Manor Improvement Association Community Garden. The grant money will fund the replacement of 23 wooden raised boxes that have deteriorated with garden beds supported by concrete blocks. The club will be covering any additional funds needed for the project. The new garden beds will also have the goal of being ADA accessible.

The Pine Manor Improvement Association Community Garden serves approximately 3,000 low-income and at-risk individuals in Fort Myers with the goal of providing the community with fresh, free healthy food. The food from the garden is also used in the Pine Manor Improvement Association's culinary arts training program. The program provides low-cost culinary training to those seeking to learn how to prepare healthy meals and ready them for entering the work place. The culinary training program has graduated more than 100 students since 2014. In the past two years, the garden has grown two tons of fresh food.

For details on joining the Fort Myers Metro-McGreggor Kiwanis, call Membership Chair Linda Petrik at 357-2053 or email linda3petrik@gmail.com. For more information, visit www.metro-mcgreggor.com.✱

Auto Repair Shop Raises Funds For Cancer Vaccine

This month, Legendary Automotive of Fort Myers is joining hundreds of independent auto repair shops across the U.S. and Canada to raise funds for breast cancer vaccine research

as part of the Brakes for Breast fundraiser.

As part of the fundraiser, participating auto repair facilities will give away free (quality) brake pads or shoes. The customer simply pays the labor and any other ancillary parts necessary to complete the brake job, and the shops then donate 10 percent of the brake job directly to Dr. Vincent Tuohy & the Cleveland Clinic Breast Cancer Vaccine Research Fund.

Brakes for Breasts fundraising efforts started in 2011 with five automotive

repair shops in the Cleveland, Ohio area that raised \$10,000 and has now evolved to incorporate hundreds of shops in the United States and Canada. Since then, these shops have collectively raised over \$1 million, making Brakes for Breasts the largest third-party fundraising entity at the Cleveland Clinic. More importantly, Brakes for Breasts has become an integral partner of the effort to develop the first vaccine designed to prevent triple negative breast cancer, the most aggressive and lethal form of this disease.

Donations have surpassed \$1 million.

Brakes For Breasts is different from any other breast cancer campaign:

1. Dr. Tuohy and his team of researchers at the Cleveland Clinic has actually created a vaccine that has proved effective in laboratory animals in actually preventing breast cancer.

2. As of April, current plans were to recruit and vaccinate participants in Phase 1 trials by end of July 2021.

3. Every penny raised goes directly to the Cleveland Clinic for research on the Breast Cancer Vaccine.

4. These are just "mom & pop" shops across the country – independent business owners that have joined hands for a great cause.

To learn more about Dr. Tuohy's breast cancer vaccine, browse a list of participating shops and view a yearly breakdown of the funds raised, visit www.brakesforbreasts.com or www.facebook.com/brakesforbreasts.✱



KEY LIME HONEY VODKA

Filtered to Perfection!
100% Gluten Free
Flavored with ALL NATURAL KEY LIMES AND...

PURE RAW HONEY →

CAPTIVASPIRITS.COM

Discover the world's first Key Lime Honey Vodka!

Cut Rate Liquors - Cape Coral
Liquors and More - North Fort Myers
Total Wine and Spirits - Fort Myers, Estero, Naples
Shores Liquors
Liquor Wine & Smoke Shop at Fiddlesticks
A to Z Liquor
Lehigh Liquors
Dr. Watson's Liquor Store - Pine Island
Sydney & Bern Davis Art Center
Edison Restaurant, Bar & Banquet Center
Or Order online...Now Shipping to 31 states!

BECOMING A FLORIDA RESIDENT IS EASY!

ESCAPING YOUR FORMER STATE'S TAXING AUTHORITY IS THE HARD PART!

GET YOUR FREE GUIDE TODAY!

LEARN HOW STATES TRAP YOU EVEN IF YOU'VE DECLARED FLORIDA RESIDENCY!!

floridaestateplanning.com/escape



CRAIG R. HERSCH
Florida Bar Board Certified Wills, Trusts & Estates Attorney, CPA



MICHAEL B. HILL
Florida Bar Board Certified Wills, Trusts & Estates Attorney



HAYLEY E. DONALDSON
Wills, Trusts & Estates Attorney, CPA



SHEPPARD LAW FIRM
ATTORNEYS AT LAW
SHEPPARDLAWFIRM.COM

Main Office: Fort Myers | 9100 College Pointe Ct. Fort Myers, FL 33919
Sanibel & Naples by Appointment | 239.322.3831

Programming Grant Received

Florida Humanities, the state's humanities nonprofit organization that supports locally-driven public programming, has awarded WGPU Public Media and the FGCU Foundation \$20,000 to create a half-hour documentary that explores the history of voter suppression among African Americans in Southwest Florida.

The documentary titled *With a Made-Up Mind* will draw on the voices of community leaders and humanities scholars to address how those historical inequalities are being addressed today to empower African American voters. The documentary will tell local stories of the brave and determined individuals who fought for the right to vote in Southwest Florida.

Broadcasting Hope is Florida Humanities' new grant program that focuses exclusively on, and provides support to, public media stations. The grant application was open to all Florida Public Media stations from April 15 to June 30.

In total, Florida Humanities awarded \$75,000 to four stations to support a diverse range of media productions that will highlight past and present racial injustices while inspiring courageous conversations to shift perspectives, foster unity and shape change.

For more information, visit www.floridahumanities.org.✱



Will Power

Why Does The Proposed Tax Legislation Want To Eliminate Grantor Trust Strategies?



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

My clients have asked me why the proposed federal tax legislation wants to eliminate grantor trust strategies, so I thought I'd address that in today's column. Let's start with the definition of a grantor trust. Generally speaking, a grantor trust is one in which the individual who creates the trust is the owner of the assets for both income and estate tax purposes. Revocable trusts are grantor trusts. Revocable trusts are not the trusts that the proposed legislation addresses.

The proposed legislation instead addresses "Intentionally Defective Grantor Trusts (IDGT)" where the grantor isolates certain assets to segregate income tax from estate tax treatment. It is effectively a grantor trust with a purposeful flaw that ensures the individual (grantor) continues to pay the income taxes while removing them (and all future appreciation on them) from the individual's estate for gift and estate tax purposes.

Knowledgeable estate planning attorneys have used IDGT strategies for years as there are several benefits. By continuing to be treated as the owner for income tax purposes, the grantor can "sell" assets to the trust, but because he or she is the taxpayer for both, there is no capital gains tax on the transaction.

As one over-simplified example, if Henry creates an IDGT for his children, and funds that IDGT with a minimum amount of assets or money, he can then sell an appreciated commercial property to the IDGT, taking back a promissory note. The capital gains are not recognized since for income tax purposes, the transaction is a sale to himself. Same with the interest payments on the note. The commercial property's future appreciation is out of his estate, and the tenant's lease payments are paid to his children, as they are the beneficiaries of the IDGT, but Henry continues to pay the income tax on the lease payments, an additional "tax free" gift to the children.

If Henry transfers his commercial property into an LLC, family partnership or corporate entity, the membership/partnership/shareholder interests subsequently transferred to his children can be discounted because they are not marketable on the

open market, have a minority share interest and lack control over the entities' dealings. Henry can control the income as the managing member/partner, and even take a reasonable manager's salary if he wishes. These discounts allow Henry to move more assets out of his estate for estate tax purposes, as his exemption is leveraged. The proposed legislation seeks to remove discounts on transfers of passive investments as well as limit IDGT strategies.

Let's put some numbers to this. Assume that Henry has three children: Andy, Betty and Claire. He owns a \$3 million commercial property that generates \$210,000 of net revenue. Henry transfers the property into an LLC. He then gifts 99 percent of the LLC interests into three IDGTs, 33.333 percent for each of his children. The appraiser discounts the interests by 40 percent for lack of marketability, control and minority share interests. Assume the LLC operating agreement and the IDGTs have been properly drafted to accomplish Henry's goals.

What just happened? The value of the gift is only \$600,000 for each of the IDGTs so Henry has only consumed \$1.8 million of his exemption to transfer out the \$3 million property from his estate. His children's trusts distribute \$70,000 of net revenue annually to each of them, but Henry pays the taxes on that income (assuming a 35 percent marginal tax bracket, he pays a total of \$73,500 of taxes annually, which are not considered a gift from Henry to his children.) This continues for Henry's lifetime.

This is exactly the type of transaction that the proposed legislation attempts to thwart. The proposed legislation's language eliminates these strategies upon the enactment of the legislation into law, so individuals who are looking to take advantage of the law should do so now, before the proposed legislation is passed into law. No one knows for certain whether the legislation will become law, but by the time that becomes evident, it will be far too late to put together this type of planning, which takes careful consideration on the part of the client, as well as the coordination of various professionals.

My IDGT strategy example is but only one of several different ways that IDGTs can be used for gift, estate and income tax planning. IDGTs can be used with insurance and stocks and bonds for example. If one can implement and fund the strategy prior to any legislation's enactment date, it's likely that the trust will be grandfathered in for the favorable treatment under current law. There are a variety of nuances, however, that could result in losing the grandfathered effect, which are too detailed to describe in this post.

Another factor spurring active planning is the proposed reduction of the federal estate tax exemption from its current \$11.7 million down to \$6 million, the exemption amount that will occur anyway on January 1, 2026 when the current law sunsets, assuming no further legislation is enacted between now and then.

Happy planning!

©2021 Craig R. Hersch. Learn more at www.floridaestateplanning.com.✴

Nonprofit Names Coordinator

Earn to Learn Florida (ETLF), a 501(c)3 nonprofit whose mission is to empower income-challenged students to complete college, has named Shirley Nichols as the matched savings program coordinator.



Shirley Nichols

"The matched savings program allows students and their families who income-qualify to deposit up to \$500 into an Earn to Learn Florida savings account each year," said Brenda Tate, ETLF CEO. "Their savings are then matched 8:1 by Earn to Learn Florida. They match their total available funds for financial assistance up to \$4,500 per academic year."

Matched savings funds can be used for tuition, books, fees and other approved educational-related expenses. In partnership with Florida Prepaid College Foundation, Earn to Learn Florida purchases STARS (Scholarship Tuition for At-Risk Students) contracts to double the impact of non-government funds available for financial assistance at the 8:1 ratio.

"Shirley's extensive history of working in higher education and her strong

community and social service skills make her an excellent fit for this position," said Tate. "In collaboration with the entire Earn to Learn Florida organization, Shirley provides frontline interaction and service for matched savings student applicants and participants. She also maintains cooperative relationships with interested parties, including but not limited to school district personnel, higher education administrators and community-based college access professionals."

"Student engagement and follow-up are necessary ingredients in the quest to provide opportunities and scholarships for students," said Nichols. "My greatest pleasure is to see students overcome barriers to achieve their goals."

Nichols most recently worked at Claflin University in South Carolina as a student support coordinator in career development. She has a master of education degree in business education from Georgia Southern University and a bachelor of science degree in business education from Winthrop University.✴

In-Person Group Meetings Return At Valerie's House

Valerie's House, the non-profit organization that helps children grieve the loss of a loved one, has resumed in-person group therapy sessions after a six-week hiatus due to the spike in

COVID-19 cases.

"The number of new families seeking grief counseling is increasing every week. About 20 percent of them are families that have lost a loved one to COVID-19," said Valerie's House Founder and CEO Angela Melvin.

Valerie's House is implementing safety precautions at all of its locations, including requiring all employees to be vaccinated and wear masks during group therapy sessions. Families, however, will not be required to be vaccinated.

"We don't want anything to stand in the way of a child that needs grief counseling, especially since vaccination isn't available for most children right now," Melvin said.

About 400 children and family members participate in the group therapy sessions at the three Valerie's House locations in Fort Myers, Naples and Punta Gorda. Sessions are held Monday through Thursday evenings.

In addition, Valerie's House is now providing grief support groups for students, teachers and staff at several Lee County schools that requested the help. Counselors are conducting grief support groups at several schools, most recently adding Cypress Lake High School, Franklin Park Elementary School and Harns Marsh Middle School in Lee County; Immokalee Middle School in Collier County; and Myakka Elementary in Punta Gorda.

Valerie's House provides a safe, comfortable place for children and their families to heal together following the

death of someone they love. Valerie's House offers support groups and other activities at a home on 1762 Fowler Street in Fort Myers and a home in Naples at 819 Myrtle Terrace. Valerie's House also holds group meetings at First United Methodist Church in Punta Gorda. Valerie's House is a United Way partner agency and is fully supported by community donations.

For more information, visit www.valereshouse.org.✴

Chronic Pain Workshops

Lee Health Solutions, a department of Lee Health, will hold a free six-week workshop, entitled Chronic Pain Self-Management. The virtual sessions will be held on Wednesdays beginning October 27 from 9:30 to 11:30 a.m.; and Fridays beginning October 29 from 9:30 to 11:30 a.m.

The research-based program originally developed by Stanford University can help participants become empowered to improve their quality of life. Learn how to more easily manage medications; understand the benefits of exercise; manage symptoms of stress, pain and fatigue; and make smarter decisions related to healthy eating. Participants will also receive a copy of the book *Living a Healthy Life with Chronic Pain*.

For more information or to register, call 424-3121.✴

Volunteers Sought For Tax Season

The United Way of Lee, Hendry, Glades, and Okeechobee is seeking volunteer tax preparers, interpreters and greeters to help the Volunteer Income Tax Assistance (VITA) sites during the 2022 tax season. With the support of trained, IRS-certified volunteer tax preparers, VITA sites provide free tax preparation to individuals and families earning less than \$66,000 per year throughout the five-county area of Lee, Hendry, Glades, Okeechobee and Charlotte counties.

Volunteers of all ages and levels of experience are welcome, though it is preferred that volunteers be comfortable working with a computer. There is a special need for bilingual Spanish speakers. Flexible hours are available January through April. Volunteers will receive specialized IRS certified training, including learning how to prepare basic tax returns, using online tax preparation software, and learning about tax deductions and earned income tax credits that benefit eligible taxpayers. In addition, experienced agents, certified financial planners and non-credentialed tax return preparers can

earn continuing education credits when volunteering as a VITA tax preparer.

Last year, 147 volunteers helped file more than 6,659 federal tax returns, bringing over \$9.7 million in federal tax refunds and credits back to the local community through the United Way VITA program. In addition, United Way VITA clients saved the cost of tax preparation by a commercial service, which totaled over \$2.3 million.

"Dedicated and passionate volunteers are the key to the success of the United Way VITA program. VITA volunteers not only make a financial but also a social impact in the lives of people in our community," said Patrice Cunningham, volunteer center vice president. "Our volunteers truly enjoy the camaraderie of a like-minded group and tell us they look forward to returning each season."

There will be online orientations and training classes for new volunteers in November. Small, in person, social distanced classes will be available as well. For tax professionals or experienced volunteers, an online training and certification tool is available. Register at www.unitedwaylee.org/vita-volunteer, or contact Mary Meador at marym@unitedwaylee.org or 433-7206 for more information.✱

Teachers Receive Golden Apple Nominations

The Foundation for Lee County Public Schools (FLCPS) received over 6,000 nominations for the 35th annual Golden Apple Teacher Recognition Program. Of those 6,000 nominations, 1,730 Lee County district educators were nominated and are now eligible to apply to have the opportunity to become a 2022 Golden Apple Teacher.

The Golden Apple Teacher Program is a way to recognize and honor excellence in teaching while also sharing the great work teachers in The School District of Lee County do each year. It also allows students and members of the community to show their appreciation for educators who have made a difference and lasting impact on their life.

"This community owes a debt of gratitude to all of our outstanding educators in the Lee County School District. The teaching profession plays an integral role in the shaping of our community to be a great place to live, work and raise families," stated Marshall T. Bower, Esq, president and CEO of the FLCPS. "Honoring them and shining the light on the profession is as important now as it ever was."

Nominated teachers are invited to submit an application for the award and continue through a rigorous selection process. The Golden Apple Selection Committee, made up of community and business leaders, is charged with the arduous task of reviewing and narrowing down the applications to

100 teachers of distinction and then 30 finalists. Those finalists are personally interviewed and observed in their classrooms, and six teachers are selected as the Golden Apple Award recipients, representing all of the great teachers in The School District of Lee County.

The recipients will be honored at the Golden Apple Teacher Recognition Banquet, a black-tie affair being held at Caloosa Sound Convention Center & Amphitheater on April 29, 2022.✱

Nutrition Office Relocated

The Florida Department of Health in Lee County announces the relocation of the local Women, Infant, and Children (WIC) office to 5220 Lee Boulevard, Unit 8, in Lehigh Acres. The new location opened September 27.

"This location is ideal for our clientele because it's centrally located and on a bus route for easy access by all Lehigh residents," said Lori Riddle, WIC director.

For more information on the WIC program in Lee County, visit <http://lee.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/wic/index.html> or by calling 344-2000.

WIC is a nutrition program for women who are pregnant or breastfeeding or who have recently been pregnant with infants and children under age five.

WIC provides the following at no cost: healthy foods; nutrition education and counseling; breastfeeding support; and referrals to health care, immunizations, and community services.✱

School District Board Member Message

submitted by Melisa Giovannelli

Excitement can always be felt with the start of a new school year. New teachers, new classes, and extracurricular activities lend excellent social outlets and growth opportunities. Seeing adorable photos of children and teacher's classrooms decorated in anticipation of the first day are sure to bring a smile.

The 2021-22 school year started with all great things in mind, but unfortunately a new level in the pandemic, that posed enormous challenges, hit hard. It has been an honor for me to serve the students, staff and parents of Lee County during this time, and I am so grateful that our students are attending school in person. The devotion and dedication of our superintendent, leadership team and district staff is unprecedented.

Suzy Kassem, Harvard University graduate and popular American poet, has been quoted worldwide from *Forbes*



to Ted Talks, to religious leaders and politicians about leadership. She says, "Choose a leader who will invest in building bridges, not walls. Books, not weapons. Morality, not corruption. Intellectualism and wisdom, not ignorance." Ms. Kassem's words stir up emotion and ring ever so true in Lee County this year.

Our current superintendent stepped into a difficult role when he took the position on June 15. Lee County has encountered challenging situations in the health pandemic, but with the leadership of Dr. Savage, the law has been followed accurately and timely. I am honored to serve with Dr. Savage, who is a proven "bridge builder" as he has responded morally and ethically to the challenges he has faced. Let's remember to thank our staff as we encounter them, and be appreciative for a district making in-person learning a top priority.

Melisa W. Giovannelli is the School District of Lee County board member for District 2.✱

Graduates

Taylor Bristol of Fort Myers and Reshad Washington of Cape Coral recently graduated from Valdosta State University in Valdosta, Georgia.

Bristol received a bachelor of business administration degree in management, while Washington received a bachelor of business administration degree in marketing.✱

CARING MEDICAL FLORIDA & THE HAUSER NECK CENTER

3 UNIQUE SPECIALISTS IN REGENERATIVE & CHIROPRACTIC MEDICINE TREATING:

- CERVICAL SPINE DISORDERS
- CHRONIC NEUROLOGICAL SYMPTOMS
- JOINT AND SPINE PAIN
- OSTEOARTHRITIS
- POST-SURGICAL JOINT PAIN
- SPORTS INJURIES



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

Frankly Speaking



by Howard Prager

Congrats to the Red Sox, the first team into the league championship series. Interesting stories from the baseball playoffs: the former Milwaukee team (the Braves) are playing the current Milwaukee team (the Brewers). As told in the *Milwaukee Sentinel*, “Fewer than 13,000 people attended the final Braves game at (Milwaukee) County Stadium, a 7-6 loss in 11 innings to the Los Angeles Dodgers on a day when the Braves successfully knocked future Hall of Famer Sandy Koufax out early. Traveling back, the first game at County Stadium was in 1953, when Bill Bruton’s 10th-inning home run sent the delirious crowd of 34,000 fans home happy. Warren Spahn pitched all 10 innings that day. After the final game, the stadium bugler played *Taps*. “This may be the end of the 13 best years of my life,” said Eddie Mathews, the most popular Braves player during the franchise’s 13-year run in Milwaukee and the only player to span its entirety. “I haven’t felt this way since we came back from winning the 1957 World Series and that crowd greeted us at the airport.” The Milwaukee Braves tenure was marked by no-hitters, unforgettable

players, a championship and not a single losing season. Their departure left a wound that was partially healed in 1970 when Bud Selig brought the bankrupt Seattle Pilots to town and the Milwaukee Brewers were born. For the first time, the two franchises are meeting in the 2021 National League Division Series. Milwaukee’s past meets Milwaukee’s present.”

The second story is about the two oldest managers in the playoffs, Tony La Russa of the White Sox and Dusty Baker of the Astros. La Russa is 77 now, and Baker is 72. La Russa and Baker played just one game together, at the very end of the 1971 season. La Russa was nearly done as a player, and Baker would last 15 more seasons. By the end, when Baker was with the Athletics in 1986, La Russa was his manager. As reported in the *New York Times*, “We were once teammates,” La Russa said. “The only problem we’ve ever had is when we’re in the same division. Other than that, we’ve never had problems.” They were in the same division for a long time: eight years in the National League Central between 2003 and 2011, when La Russa managed the St. Louis Cardinals and Baker guided the Chicago Cubs and the Cincinnati Reds. Their rivalry simmered then, with friction from hit batters, bench-clearing brawls, All-Star Game snubs and managerial mind games. That intensity is reflected in their record against each other: Baker now leads the rivalry, 106-105, after the first three ALDS playoff games.

Texas A&M stunned the college

football world Saturday night beating No. 1 Alabama. Now three of the four teams that regularly are in the top 4 all have losses. The unranked Aggies, coming off back-to-back losses to Arkansas and Mississippi State that dropped them out of the AP Top 25, led most of the game against top-ranked Alabama but then fell behind late before ultimately tying the game and then winning on a walk-off field goal, 41-38. This upset by Texas A&M ends multiple impressive Alabama streaks, according to ESPN and The Sporting News.

100: Alabama’s loss ends an incredible streak of 100 straight victories against unranked opponents. The last to beat Bama was UL Monroe in 2007.

24: Nick Saban never lost in 24 previous contests to someone who had been on his coaching staff. Jimbo Fisher becomes the first coach to beat his former superior – and his first win against an AP No. 1 ranked team. Fisher was 0-6 before this victory. He coached with Saban at LSU from 2000 to 2004.

106: The loss also ended a 106-game run of AP No. 1 teams beating unranked opponents. The last time an unranked team beat No. 1 was in 2008 when Oregon State defeated USC, 27-21.

November 30, 2019: The date the Crimson Tide last lost a game – 680 days ago. Auburn won a fantastic 48-45 game.

The good news story of the week comes from ESPN and the lost and found department at Lambeau Field. Packers running back Aaron Jones lost a necklace containing a portion of his father’s ashes in the end zone when he scored four touchdowns in a 35-17 rout

of the Detroit Lions on Monday Night Football. Jones revealed the lost necklace to reporters after the game. His dad, who was always in the stands when his son played, had died earlier this year at age 56 from complications with COVID-19.

“He’d be happy. He’d be like, ‘If you lose it anywhere, lose it in the end zone,’” Jones quipped while in high spirits during a postgame interview. The pendant was black, which likely didn’t help in spotting it easily. At 1:45 a.m. on Tuesday morning, a reporter still at work in the very empty Lambeau Field noticed that Packers trainer Bryan “Flea” Engel was still on the field searching for the necklace. Engel ended up finding the football equivalent of a needle in a haystack, bringing the brief ordeal to a heartwarming end.

In an ESPN report, Jones expressed his gratitude the next day: “Thank you to him. He was out there until 1:45. It shows how much they care about us. He’s been helping me a lot since my dad passed, so he’s, like, been there for me. Our support staff is great here. They really care about the people.” Indeed, they care about their players, as evidenced later in the week when long-time Packers equipment manager Gordon ‘Red’ Batty sewed a small pocket in Jones’ jersey – right above where Aaron Jones’ heart will be – to hold the football charm containing the ashes. Classy.

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.✴

Seeking A Pair Of Caring Hands

Unique opportunity to work as a Caregiver for an active Senior who enjoys life enrichment activities and stimulating convos. I am looking for a caring & compassionate person to Care for my Mother. The right person will be outgoing, energetic, flexible, driver and adaptable. Work Schedule is 5 days a week and 5 hours per day. Salary is \$25/hr. Forward your email to Mark (chillington@gmail.com) for more details.



Mini Golf Tournament

The Fort Myers Beach Chamber will hold its 7th annual Mini Masters Mini Golf Tournament at Jungle Golf on Thursday, October 28. Check-in will begin at 3 p.m. at Bayside Grille.

This event is open to the public. Anyone may enter a team, however, space is limited to only 18 teams and five players each, so early registration is encouraged. Cost per team is \$175 and includes a round of 18 mini holes, appetizers at Bayside Grille, an awards

ceremony and opportunities to win raffle prizes and giveaways. Teams are encouraged to dress up in costumes for a chance to win a best dressed for Halloween team prize. If you just want to watch and mingle at Bayside Grille, sign up for the gallery for just \$10.

Register and pay for your team online at www.fortmyersbeach.org/events.com or at the chamber office at 2450 Estero Boulevard on Fort Myers Beach.

Jungle Golf is located at 17710 San Carlos Boulevard in Fort Myers. Bayside Grille is located at 17853 San Carlos Boulevard in Fort Myers. For questions, call the Chamber office at 454-7500 or email events@fmbchamber.com.✴

SPORTS QUIZ

- 1. “The Malice at the Palace” was a 2004 brawl involving players (and a few fans) of what two NBA teams?
- 2. What syndicated TV highlight show did New York Yankees broadcaster Mel Allen host from its start in 1977 until his death in 1996?
- 3. What Pro Football Hall of Fame running back had his No. 20 jersey retired by the University of Texas Longhorns in 1979?
- 4. What event, traditionally held on the first Saturday in August, is the first race of the Triple Crown of Harness Racing for Trotters?
- 5. What pontiff, an avid sportsman, was nicknamed “Lolek the Goalie” during his days playing youth soccer?
- 6. Name the U.S. duo who won the gold medal in ice dancing at the 2014 Sochi Winter Olympics.
- 7. What Texas Rangers pitcher threw a perfect game against the California Angels on July 28, 1994? (Hint: He shares a name with a country music legend.)

ANSWERS

- 1. The Detroit Pistons and the Indiana Pacers. 2. This Week in Baseball. 3. Earl Campbell. 4. The Hambletonian. 5. Pope John Paul II. 6. Meryl Davis and Charlie White. 7. Kenny Rogers.

Doctor and Dietician

Inflammation, Obesity And Osteoarthritis



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

Researchers have found links between eating a pro-inflammatory (bad inflammation) diet and increased fractures in women, as well as an increase in osteoarthritis in both men and women. As we age, pain and fractures are very real concerns, and smarter lifestyle decisions can help us stay strong and pain-free.

Certain foods are considered “anti-inflammatory” and good for you. Salmon, for example, is a well-known source of omega-3 fatty acids and has been shown to decrease systemic inflammation. The fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), can improve functional ability and reduce pain in a myriad of conditions, including osteoarthritis. Onions and garlic both possess anti-inflammatory agents (quercetin) that help with chronic pain. Blueberries and strawberries contain the antioxidant anthocyanin which can help in inflammatory conditions. Resveratrol is found in high concentrations in strawberry seeds, as well as red wine, which has cardiovascular-protective properties as well as anti-cancer properties.

Pro-inflammatory foods that should be avoided: Sugar is one of the top inflammatory foods. Others include trans and saturated fats, fried foods, processed meat, refined carbohydrates and artificial sweeteners/additives. Choosing fresh, whole foods instead of pro-inflammatory

foods as often as possible has far-reaching effects on our health, including our joints.

What about obesity and osteoarthritis (OA)? In the September 2021 issue of *Postgraduate Medicine*, “Obesity is a major risk factor for development and worsening of osteoarthritis. Managing obesity with effective weight loss strategies can improve patients’ osteoarthritis symptoms, functionality and quality of life. However, little is known about the clinical journey of patients with both osteoarthritis and obesity. This study aimed to map the medical journey of patients with osteoarthritis and obesity by characterizing the roles of health care providers, influential factors and how treatment decisions are made.” What did the researchers find? Ninety percent of patients are trying to lose weight. However, the study showed that less than 20 percent of physicians think their patients are motivated to lose weight.

What can be done? Here are some simple tips to consider:

1. Set realistic goals to lose weight slowly, around one to two pounds per week. Make lifestyle changes versus going on a “diet.”
2. Consistency. This applies not only to eating, but also to exercise. The older we get, the more we realize we must be consistent with our eating patterns and our exercise. Your weight and general health will reflect what you do and eat most frequently.
3. Exercise burns fat quickly and gives you energy.
4. Work on muscle building. Just doing small amounts of weight training and/or CORE training can make a big difference (especially for women). Muscle burns more than fat.
5. Metabolic rate. Raising your metabolic rate will use energy which either burns fat or stops fat from being stored. Exercise will raise your metabolic rate. We have also found that spicy/hot foods can also contribute.

Obesity not only stresses joints, but the fat you accumulate also creates inflammation. The decline in muscle mass and strength, known as sarcopenia, is strongly associated with frailty, cardiometabolic dysfunction, physical disability and even death. Successful approaches for fat loss while preserving lean and bone mass are critical to reduce aging- and obesity-related physical and metabolic complications and, at the same

time, avoid frailty and development of OA. Here you have it again – more reasons to eat fresh and keep moving. See you out there on the multi-use paths.

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

dearPharmacist

Here's How Cheese Causes Headaches



by Suzy
Cohen, RPh

Dear Readers:
I love cheese and eat all kinds of it, but that's because I am among the lucky ones who has no genetic problems processing it. Today I'm going

to talk a lot about cheese, just as one example to make the case against tyramine which causes headaches.

Cheese has tyramine in it, and that's bad for people who are prone to headaches and migraines. Tyramine itself is called a “monoamine” compound which means it has just one “amine” group in its structure.

Do you know what breaks down monoamines when we produce them or eat them through cheese? A special oxidase enzyme that makes these otherwise powerful chemicals linger around too long and cause discomfort. In the tyramine case, as you can surmise, we need a “monamine oxidase” or MAO enzyme to break down all the Parmesan cheese in your fettuccine Alfredo. If you don't have enough MAO, or you have a genetic propensity not to make enough of this specific enzyme, you will not be able to handle Parmesan and many other aged cheeses without soon getting a headache, high blood pressure or anxiety.

Researchers figured this out long ago in the 1950's when they developed antidepressant medications called MAO

inhibitors which obviously block MAO enzyme from doing its job and breaking down cheese. People who took the medicine experienced spikes in blood pressure, nausea, heart palpitations and/or headaches whenever they ate foods containing tyramine (like cheese).

No one is 100 percent sure why the tyramine triggers a migraine, but we have some ideas. We know that lowering tyramine in your diet is a good thing if you are headache prone. Another way to say this is that cheese is a migranade for some of you! That's a term I use throughout my book entitled *Headache Free*, available on Amazon.

The umbrella categories of foods that can trigger tyramine-related problems include those that are cured, fermented, aged, curdled or soured. These are also the same foods that are highest in histamine by the way. The following is a list of popular but problematic tyramine rich foods that you should avoid if you have MAO problems: Cheese (all of them, especially aged ones like brie, bleu, Parmesan, gorgonzola, Swiss); sauerkraut; sourdough bread; red wine; miso soup; bean curd; tofu and tempeh; soy and teriyaki sauce; salami; pickled herring; and tap beer.

So those who are prone to tyramine headaches are those who have slow (or down regulated) MAO enzymatic pathways like pregnant women, those with elevated estradiol and those with genetic hindrances in their MAO pathway. If you'd like to learn about helpful hacks for this condition, or simply read the longer version of my article, sign up for my free newsletter at www.suzycohen.com. Also, there is a lot of information and a low-tyramine diet available at www.headaches.org.

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

Fall-inspired Outdoor Tips



by Linda Coin

Fall is fast approaching, and you're likely planning as many seasonal activities as possible. Apple treats, pumpkin carving, trick-or-treating, and Thanksgiving are just a few of

the many ways to celebrate fall. You don't always have to leave your home to make the most of the season change, sitting outside in your backyard, lanterns aglow, while taking in the cooler fall breeze is one of the easiest ways to celebrate autumn

in all its glory. Before you head out on your outdoor area and indulge, it's time to redecorate! Your outdoor living space doesn't have to look like a beach getaway year-round; our year-round residents especially enjoy changing up the decor and design scheme to provide a transition to fall. It's also fun to turn your backyard into your own personal retreat this time of year.

The season change is always a splendid opportunity to admire Mother Nature and everything she has to offer. Fall comes with subtle landscaping changes in our locale, but there are still exciting textures, tones and other natural elements that shouldn't be ignored. Keeping your patio space clean year-round is essential for entertaining guests, but do your best to embrace the natural elements in your background and consider them inspiration for your patio design. The present foliage can act as a gorgeous backdrop against your outdoor dining arrangement, so keep this in mind when picking accessories.

Whether your patio or deck is the place you wine and dine friends or gather with your close family members, there's an opportunity to create an entertainment space that becomes something special for everyone involved. An outdoor sectional sofa is a great piece of statement furniture that brings your guests together. You can place this in the center of the patio as your dining set-up, or near a safe fire feature for something cozier.

Choose fall decor based on your personality. From pumpkins and haystacks to jack-o-lanterns and spooky skeletons, there are dozens of different color, design and decor combinations to consider during fall. Let your style preference guide your accessory and decoration choices when investing in everything from outdoor seating cushions, pillows and accent rugs to light fixtures and tabletop decor.

Play it safe with neutrals – Pumpkins, gourds, haystacks and cornstalks matched with shades of orange, brown, yellow and

red.

Go big and bold – Find classic fall decor in non-traditional colors and patterns which can transition through Thanksgiving.

Halloween or nothing – Skip traditional fall options and head straight for Halloween-inspired decor.

Many of those with a back patio can agree it's like a little blessing that having your own backyard oasis to relax after a long day or hang out with friends on the weekends and evenings is unmatched. If you've never incorporated decorations into the space or have a hard time transitioning from one season to the next, you might find it difficult to get started. Plan your vision, ideas and style ahead to get the project in motion. After establishing this outline, you will be able to establish a decorating plan to ensure your needs are met while emphasizing the beauty of fall.

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

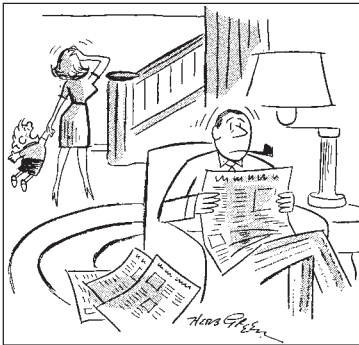


Emergency	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
HealthPark Medical Center	1-800-936-5321
Ft. Myers Chamber of Commerce	332-3624
Foundation for Quality Childcare	425-2685
Fort Myers Beach Chamber of Commerce	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 Chorale Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614	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



"I want to stay up until you tell Daddy
about the _____!"

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!

Flare
FANGLE

Start
BINGE

Capture
PARENT

Dilate
WINED

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Mirror is different. 2. Cup handle is missing. 3. Sleeves are added. 4. Chair is raised. 5. Arm is added. 6. Hair is different.

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

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

SEVEN
THREE WAYS

- ACROSS**
- 1 Verbal quirk from the 43rd U.S. president
- 8 Actor Gabe
- 14 "Go ahead" hand gesture
- 20 Diplomatic agreement
- 21 "Stop already!"
- 22 Workweek ender
- 23 Disturb calm piccolo players?
- 26 Alley —
- 27 Card game with melding
- 28 Chef Emeril
- 29 Rival of Bing
- 33 Singer
- 34 Wilson with the 1977 hit "Telephone Man"
- 35 Diner patron
- 35 Most agile men of the cloth persevere?
- 42 Moreno of film
- 43 Goddess of dawn
- 44 — Na Na
- 45 Noisy baby toys make an aspiring actress jump?
- 56 Hilo "hello"
- 57 Related to fat, in biochemistry
- 58 Neighbor of a Syrian
- 59 Tiny drink
- 60 Directive to Danno on "Hawaii Five-O"
- 62 French actor Delon
- 63 More sickly-looking buccaneers wander around?
- 71 Tiny bits
- 72 At minimum
- 73 Above, to poets
- 74 It links England and France
- 77 Retina part
- 79 Actor Romero
- 81 Shows where a few food-industry calves are hiding?
- 85 Rage
- 86 Suffix of sugars
- 87 Yale attendees
- 88 Threw away the most rigid filaments?
- 100 Salk vaccine target
- 101 "— pronounce you ..."
- 102 Make certain
- 103 Add to a database
- 106 Munich's state
- 109 Actor Romero
- 110 Doorkeeper's purplish-red uniform ID?
- 115 River through the Carolinas
- 116 Devoted fan
- 117 "Let's do this now"
- 118 Letter-shaped tracks in metalworking
- 119 Softhearted
- 120 Operating room knives
- DOWN**
- 1 Enshrouds in haze
- 2 Remove a lasso from, e.g.
- 3 Mental torpor
- 4 "— So Fine" (1963 hit)
- 5 Bank acct. earnings
- 6 Fr. nun, maybe
- 7 Former div. of Ford
- 8 More acute
- 9 Actor Aziz —
- 10 Anson
- Williams' role on "Happy Days"
- 11 Liza Minnelli's half sister
- Lorna
- 12 Water, in Peru
- 13 Sabres' gp.
- 14 In the recent past
- 15 Diane who played Helen in "Troy"
- 16 Hindu lutes
- 17 May 15, e.g.
- 18 Needlefishes
- 19 Wall Street market inits.
- 24 Exit incline
- 25 Lickable envelope part
- 30 Waist size
- 31 Actress
- Arcieri or Kenzie
- 32 Punta del —, Uruguay
- 34 To be, to Nero
- 36 Prof's aides
- 37 Alien-seeking proj.
- 38 Recounted
- 39 Dot on an ocean map
- 40 Silverstein of kiddie lit
- 41 Comic actor
- Jacques
- 45 Filing tool
- 46 Inter — (among others)
- 47 Summits
- 48 Splashes liquid on
- 49 — torch (luau light)
- 50 Mimicker
- 51 Lovey stuff
- 52 Riverbed deposits
- 53 Old Russian autocrats
- 54 Opera tune
- 55 Hindu queen
- 60 Chewed leaf stimulant
- 61 Spoken exams
- 62 Give — of approval
- 64 Fork point
- 65 39-Down off Scotland
- 66 Series of gigs
- 67 Jazz legend
- Fitzgerald
- 68 Ask, as a question
- 69 Char
- 70 Blow it
- 74 Lit — (univ. course)
- 75 Mr., in Berlin
- 76 Middle layer of the eye
- 77 Arizona city
- 78 Say to be so
- 79 — terrier (Toto, e.g.)
- 80 "It's nobody — business"
- 82 Arty area of NYC
- 83 Doc for pets
- 84 K-12
- 89 Swimsuit brand
- 90 Certain wasp
- 91 Best-of-the-best groups
- 92 Merrill of old movies
- 93 Shift, as attention
- 94 Glossy paint
- 95 1957 Jimmy Dorsey hit
- 96 Mattress size
- 97 Mom's sis
- 98 Saw things while asleep
- 99 Marsh plants
- 103 Pre- — (replace)
- 104 Scottish turn downs
- 105 Neutrogena shampoo brand
- 106 Expressed, as a farewell
- 107 Lots
- 108 Blue dye
- 111 Comedy bit
- 112 — loss
- 113 Rival of AOL
- 114 Misc. abbr.

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										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					

King Crossword

- ACROSS**
- 1 Sparkle
- 6 Word of denial
- 9 Early hrs.
- 12 — Carta
- 13 Japanese sash
- 14 Like sashimi
- 15 Surrounded by
- 16 Italian city where Marconi was born
- 18 Mexican entree
- 20 Optimistic
- 21 Honey holder
- 23 Jurist Fortas
- 24 De Mille of dance
- 25 Nepal's continent
- 27 Bakery lure
- 29 Italian port city
- 31 Italian city of canals
- 35 Soft leather
- 37 Pack cargo
- 38 Grinding tooth
- 41 Genetic letters
- 43 Storm center
- 44 Oil cartel
- 45 Pippa, to Kate Middleton
- 47 Italian city on the Adriatic
- 49 October birth-stones
- 52 Crone
- 53 — de deux
- 54 "— Be" (The Beatles)
- 55 "Quiet!"
- 56 Illustrations
- 57 Yorkshire city
- 6 More altruistic
- 7 Bassoon's kin
- 8 Up to
- 9 Inert gas
- 10 Parson's home
- 11 Convinces
- 17 Church key-boards
- 19 Humiliate
- 21 Painter
- Vermeer
- 22 Simile part
- 24 Soul, to Sartre
- 26 — -Lorraine
- 28 Pizza cooks
- 30 Where Lux. is
- 32 State repeatedly
- 33 Coquettish
- 34 Ram's mate
- 36 Most desert-like
- 38 Fluttery insects
- 39 Media mogul
- Winfrey
- 40 Janet of "Psycho"
- 42 Coral reef
- 45 Flag feature
- 46 Duel tool
- 48 Hot tub
- 50 Cover
- 51 Rds.
- DOWN**
- 1 "Today" rival, briefly
- 2 Felon's flight
- 3 Self-indulgent "journey"
- 4 "— Karenina"
- 5 Igneous rock

MAGIC MAZE ● BRUSH —

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

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

- | | | | |
|----------|------|----------|------------|
| Against | Cut | Kangaroo | Wood |
| And comb | Down | Off | Work |
| Aside | Fire | The dog | Your teeth |
| Bristles | Hog | Wolves | |



Stuffed Zucchini and Yellow Squash Parmesan

photo courtesy Fresh From Florida



Stuffed Zucchini and Yellow Squash Parmesan

- 2 medium zucchini or large yellow squash
 - ½ cup ricotta cheese
 - 1 ½ cups mozzarella cheese, shredded
 - 1 cup marinara sauce (your favorite)
 - ¼ cup Parmesan cheese, grated
 - ½ cup panko (Japanese breadcrumbs)
 - 2 tablespoons fresh basil or 1 teaspoon dried
 - Olive oil for cooking
 - Sea salt and fresh ground pepper, to taste
- Preheat the oven to 375 degrees. Cut off the stem side of the zucchini or yellow squash. Cut zucchini or yellow squash evenly in half lengthwise. Using a small spoon, scoop out the seeds

from each half to create room to hold other ingredients. Preheat a large sauté pan over medium-high heat. Add 1 teaspoon of olive oil to the preheated pan. Season the zucchini or yellow squash with salt and pepper. Place the zucchini or yellow squash skin side up in the sauté pan and cook for about 2 minutes on both sides. Remove from pan and place on a cookie sheet skin side down. In a small mixing bowl, combine panko, 1 tablespoon olive oil, chopped basil and Parmesan cheese. Season ingredients to taste with salt and pepper, and stir to combine. Evenly distribute the ricotta cheese and marinara sauce on top of the zucchini or yellow squash. Top the yellow squash and zucchini with the shredded mozzarella cheese. Evenly sprinkle the breadcrumb topping mixture on top of the zucchini or yellow squash. Bake the stuffed zucchini or yellow squash for 10 minutes or until topping is golden brown and cheese is bubbly. Remove from oven and let cool slightly. Serve warm.✧

PETS OF THE WEEK



Charlotte ID# A874496 photos provided Lee County Domestic Animal Services

Charlotte And Nova

Hello, my name is Charlotte. I'm a red 7-year-old female pit bull. I may be considered a 'Super Senior' in years, but I'm still a pup at heart. I have been at animal services for a few months and am overlooked because of my quiet, calm nature at my run. I like my canine friends here as well as the staff and volunteers. I greet everyone with a tail wag whether they are two-legged or four-legged. My adoption fee is \$25. Hi, my name is Nova. I'm a brown tabby 1-year-old female domestic



Nova ID# A880651

shorthair. I'm a bright star, so the volunteers think my name fits me perfectly. My shining personality puts a spark in your day and will brighten your mood just by being around me. I am playful, spunky and love to cuddle. My adoption fee is \$10, and you can adopt a feline friend for me at no additional charge. 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 11, 2021**

- Aries** (March 21 to April 19) Someone from your past could arrive with welcome news concerning your future. Meanwhile, avoid taking sides in a workplace confrontation until you have more facts to go on.
- Taurus** (April 20 to May 20) A decision about a relationship could have longer-lasting consequences than you might imagine, so be sure of your facts before you act. A trusted friend can help.
- Gemini** (May 21 to June 20) A strained relationship could be restored with more personal contact between the two of you. Letting others act as your go-between only adds to the ongoing estrangement.
- Cancer** (June 21 to July 22) Fresh facts could mean taking a new path toward a goal you've been hoping to reach. However, be sure all your questions are answered before you undertake to shift directions.
- Leo** (July 23 to August 22) This is a good week for all you fine Felines to turn your attention to some important

- considerations, such as your health, your job situation and the status of important relationships.
- Virgo** (August 23 to September 22) Avoid making a quick decision about a matter that needs more study. Keep your mind open for possibilities, even if they don't seem plausible – at least not yet.
- Libra** (September 23 to October 22) You might welcome the emphasis on openness in relationships that mark this period. But it's a good idea to avoid sharing personal secrets with people you hardly know.
- Scorpio** (October 23 to November 21) There are still some questions that need to be asked and answered before you can feel confident enough to make a potentially life-changing decision.
- Sagittarius** (November 22 to December 21) Some lingering effects from a now largely resolved workplace confrontation could make things difficult for you. Act on this before it becomes serious.
- Capricorn** (December 22 to January 19) You feel you're finally in control of your own life after months of making compromises and concessions you never felt comfortable with.

- Congratulations.
 - Aquarius** (January 20 to February 18) No sooner do you decide to pass on one job offer than another suddenly turns up. This one might not have everything you're looking for, but it's worth checking out.
 - Pisces** (February 19 to March 20) Congratulations. With Jupiter's strong influence dominating this week, don't be surprised to get some good news about a troubling financial matter.
 - Born This Week:** You are usually kind and loving. But you can be highly critical of those who don't measure up to your high standards.
- MOMENTS IN TIME**
- On October 19, 1796, a writer, mysteriously named "Phocion," slyly attacks presidential candidate Thomas Jefferson an essay published in *The Gazette* of the United States. Phocion turned out to be former Treasury Secretary Alexander Hamilton, who would write 25 essays lambasting Jefferson.
 - On October 18, 1867, the U.S. formally takes possession of Alaska after purchasing the territory from Russia for \$7.2 million, or less than 2

- cents an acre. Russia sold its Alaska territory to the U.S. rather than risk losing it in battle with a rival such as Great Britain.
 - On October 24, 1931, New York Gov. Franklin Roosevelt dedicates the George Washington Bridge over the Hudson River. The 4,760-foot long suspension bridge, the longest in the world at the time, connected New Jersey with Manhattan in New York City.
 - On October 23, 1942, Michael Crichton is born in Chicago. During his final year of medical school, Crichton published *The Andromeda Strain* (1969) and decided to write full time instead of practicing medicine.
 - On October 21, 1959, on New York City's Fifth Avenue, thousands of people line up outside a bizarrely shaped white concrete building that resembled a giant upside-down cupcake. It was opening day at the new Guggenheim Museum, home to one of the world's top collections of contemporary art.
 - On October 20, 1962, President John F. Kennedy holds secret meetings with advisers on the eve of ordering a
- continued on page 22



FRIDAY
Sunny
High: 87 Low: 76



SATURDAY
Partly Cloudy
High: 85 Low: 75



SUNDAY
Partly Cloudy
High: 84 Low: 72



MONDAY
Mostly Cloudy
High: 87 Low: 77



TUESDAY
Partly Cloudy
High: 86 Low: 74



WEDNESDAY
Mostly Sunny
High: 87 Low: 76



THURSDAY
Mostly Cloudy
High: 85 Low: 73

Redfish Pass Tides

Day	High	Low	High	Low
Fri	12:13 am	3:14 am	9:34 am	4:53 pm
Sat	12:19 am	4:37 am	10:57 am	5:34 pm
Sun	12:30 am	5:32 am	11:59 am	6:07 pm
Mon	12:43 am	6:17 am	12:51 pm	6:33 pm
Tue	12:54 am	6:55 am	1:37 pm	6:54 pm
Wed	1:05 am	7:31 am	2:20 pm	7:12 pm
Thu	1:18 am	8:04 am	3:01 pm	7:29 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	8:39 am	3:16 am	11:24 pm	4:55 pm
Sat	10:02 am	4:39 am	11:35 pm	5:36 pm
Sun	11:04 am	5:34 am	11:48 pm	6:09 pm
Mon	11:56 am	6:19 am	11:59 pm	6:35 pm
Tue	12:42 pm	6:57 am	None	6:56 pm
Wed	12:10 am	7:33 am	1:25 pm	7:14 pm
Thu	12:23 am	8:06 am	2:06 pm	7:31 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	8:55 am	3:15 am	11:44 pm	4:20 pm
Sat	10:34 am	4:33 am	None	5:21 pm
Sun	12:19 am	5:43 am	12:01 pm	6:14 pm
Mon	12:43 am	6:38 am	12:53 pm	6:58 pm
Tue	1:05 am	7:23 am	1:33 pm	7:36 pm
Wed	1:27 am	8:02 am	2:10 pm	8:11 pm
Thu	1:47 am	8:39 am	2:48 pm	8:42 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	2:23 am	6:30 am	11:44 am	8:09 pm
Sat	2:29 am	7:53 am	1:07 pm	8:50 pm
Sun	2:40 am	8:48 am	2:09 pm	9:23 pm
Mon	2:53 am	9:33 am	3:01 pm	9:49 pm
Tue	3:04 am	10:11 am	3:47 pm	10:10 pm
Wed	3:15 am	10:47 am	4:30 pm	10:28 pm
Thu	3:28 am	11:20 am	5:11 pm	10:45 pm

PROFESSIONAL DIRECTORY

CONSTRUCTION/REMODELING

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

GENERAL CONTRACTOR

D.BROWN
GENERAL CONTRACTORS LLC
CGC1517615
BBB
A BBB Accredited Business with an A+ Rating
NEW CONSTRUCTION & REMODELS
239-593-1998 | www.dbrownngc.com

TREE TRIMMING, ARBORIST

Arbor Specialist Since 1995
"Tell A Friend"
TREE WEST
• Tree Trimming • Tree Removal
• Stump Grinding
239-910-3256
info@treewestflorida.com
www.treewestflorida.com
P.O. Box 564, Sanibel, FL 33957
Licensed, insured, workers compensation

WINDOW CLEANING

JC Window Cleaning
239-203-5913
407-902-7845
Juan Penaloza
Residential-Commercial-New Construction
Pressure Washing, Window Cleaning and
Gutter Cleaning
LICENSED and INSURED
jccpcleaning@aol.com / jccpwindowcleaning.com

HOME SERVICES

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

AIR CONDITIONING

CAC1819960
ALLIED AIR SERVICES
HEATING • VENTILATING • AIR CONDITIONING
Home of The Comfort Club!

FISHING CHARTER

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

USCG
Licensed
& Insured
C: (239) 340-8651
www.captmattmitchell.com
email: captmattmitchell@aol.com

CLEANING SERVICES

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

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

Be Their Voice
Adopt-A-Manatee
and Make a Difference

1-800-432-JOIN (5646)
savethemanatee.org
Photo © David Schneider


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

WWW.ALLIEDAIR.BIZ

NOW SERVING
Sanibel & Captiva Islands!

CALL ANYTIME
(239) 217-4111

HVAC SERVICE | REPLACEMENTS
APPLIANCE REPAIR & DIAGNOSTICS
COMMERICAL/RESIDENTAL

*APPLIANCE SERVICES ON SANIBEL AND CAPTIVA.

END OF SUMMER AC TUNE-UP
Have you done your
AC Tune-Up Yet?

Progress Needed For Childhood Cancer Cures

Bridge To A Cure Foundation, leading advocate for childhood cancer cures, has released *We've Had Enough*, an emotive two-minute video created to inform and inspire public support for accelerating cures for childhood cancer.

The video, produced in partnership with the Children's Brain Tumor Network (CBTN) and the Pediatric Cancer Data Commons (PCDC), highlights the historic lack of progress toward childhood cancer cures, its impact on families, the immediate need for new breakthroughs, and the systemic approach that Bridge To A Cure Foundation and its partners are taking to remove barriers and accelerate scientific research.

The solutions proffered in the video take a systemic approach to removing the barriers that impede progress among the nation's bright and dedicated community of childhood cancer oncologists, scientists and researchers. They include the development of a robust, easily accessible national childhood cancer database; the creation of clinical trial protocols developed exclusively for children; and formation of new, desperately needed funding streams to advance the pace of childhood cancer research.

Robert Martin, founder of Bridge To A Cure Foundation, lost his granddaughter Clara to a form of brain cancer at just age 6 in 2017. "We created this powerful call-to-action video to grab the attention of a public that is inundated with marketing messages every day, because in the last 50 years, only four drugs have been developed

specifically for use in children with cancer, and there has never been a single drug developed for brain tumors – the deadliest form of childhood cancer," Martin lamented. "Cancer remains the No. 1 cause of death by disease among children. Bridge To A Cure Foundation and our partners are implementing a unique, multifaceted plan to fully equip the childhood cancer research community with the data and funding they need to succeed."

We've Had Enough video production was underwritten thanks to the financial and in-kind generosity of foundation donors and the creative community. To view the video, visit www.bridgetoacure.org.

From page 20

Moments In Time

blockade of Cuba. Kennedy had seen photographic proof that the Soviets were building 40 ballistic missile sites on the island – within striking distance of the United States.

• On October 22, 2012, Lance Armstrong is formally stripped of the seven Tour de France titles he won from 1999 to 2005 and banned for life from competitive cycling after being charged with using illicit performance-enhancing drugs and blood transfusions to help him win races.

NOW HERE'S A TIP

- Here's a tip for you waist-watchers out there: Wait until Halloween Day to buy the candy. That way the in-house sweets won't be haunting you throughout October. – JoAnn
- Now's the time to install weatherstripping or caulk for fall and winter. To find drafts, try this trick: Light a taper candle and run it very slowly along the cracks of your windows. When you see

the flame flicker, that's where you have a draft leak.

- A great use for those old knee-high stockings (no runs): Stuff with a mix of crystalized kitty litter and scent-boosting beads you can find in the laundry aisle. Stuff these in stinky shoes to freshen and deodorize. The litter wicks away moisture from sweaty feet and deodorizes, and the scent boosters last for a good long while.

• "Here is a sewing tip for your column: I prewash fabrics that tend to shrink before I use them to make clothing items. That way, the fit is more accurate." – GV in Indiana

- "Exfoliation can be easy if you already have a bag or jar of Epsom salts. Soak in a warm bath and rub the salts over your skin to gently scrub dead skin away. A little essential oil might help, too!" – DD in Florida

• "To keep sauces from splattering and dirtying the inside of your microwave, cover the food with a damp paper towel or a coffee filter." – EC in Utah

- Now you can have your tea and clean something, too. Teabags can be used to clean woodwork. Rub the wood softly with a damp bag.

STRANGE BUT TRUE

- Koi fish have been known to live up to 226 years.
- Singapore has a mandatory organ donation scheme for people over 21. Anyone choosing to opt-out of it is given lower priority to receive a transplant if they ever find themselves in need of one.
- In Chinese, the KFC slogan "finger lickin' good" translates to "eat your fingers off" in its literal interpretation.
- Dueling is still legal in Paraguay, as long as both parties are blood donors.
- The Boston University Bridge is the only spot in America where a boat can sail

under a train moving under a car driving under an airplane.

- In 2018, a 30-year-old woman in Canada was shot in her left breast. Her silicone breast implant deflected the bullet away from her vital organs and left her with only some broken ribs... and a damaged implant.

• Eighty-five percent of American shoppers go to their right when entering a store.

- In 2020, George Hood, a 62-year-old ex-Marine, set the world record for the longest abdominal plank, holding the position for 8 hours, 15 minutes and 15 seconds.

• Early astronomer John Herschel reported seeing winged people inhabiting the moon through his telescope.

- Prior to 1900, prizefights lasted 100 rounds.

• Three British friends set the world record for completing the longest-ever journey by taxi – a grand total of 43,319.5 miles in their 20-year-old black cab named "Hannah." The trip took them across four continents and 50 countries and generated a fare equivalent to \$108,269.73.

- According to Western University, 88 percent of divorced people use Facebook to keep tabs on exes, and a third post pictures to make the ex jealous.

THOUGHT FOR THE DAY

"If you can find a path with no obstacles, it probably doesn't lead anywhere."
– Frank A. Clark

TRIVIA TEST

1. **Television:** Which actor portrayed Kevin Arnold in the 1980s-90s sitcom *The Wonder Years*?
2. **Medical:** What is a more common name for rhinorrhea?
3. **Music:** How many members are in the

CLASSIFIED

COMMERCIAL RENTAL

**FOR LEASE
PRIME CAPTIVA
COMMERCIAL RENTAL**

Suitable for Restaurant with indoor and outdoor dining
Directly on Captiva Drive.
Rare Opportunity
\$8,250/ per month
Call 941-681-0233
10/1 * 10/22

VACATION RENTAL

Island Vacations
Of Sanibel & Captiva
Million \$ Views Await You!

- Cottages • Condos • Homes • Miles of Beaches & Bike Paths

239-472-7277
1-888-451-7277
1/4 * TFN

SERVICES OFFERED

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

FOR SALE

BIKE RACK
Sunlite SportLift HB-226
Receiver Bike Rack, never used.
Asking \$125.
John, 401-932-4383.
10/15 * 10/29

HELP WANTED

CAREGIVER
Unique opportunity to work as a Caregiver for an active Senior who enjoys life enrichment activities and stimulating convos.
I am looking for a caring and compassionate person to Care for my Mother. The right person will be outgoing, energetic, flexible, Driver and adaptable.
Work Schedule is 5 days a week and 5 hours per day. Salary is \$25/hr.
Forward your email to Mark (chillingtong@gmail.com) for more details.
10/15 * 11/19

VACATION RENTAL



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

ANNUAL RENTAL

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

HELPER
Are you elderly, disabled or just don't have free time?
I can help!
Just give me a call...
973-919-2116
12/11 * TFN

TOMMY BAHAMA FURNITURE
Desk & Chair, Media Cabinet, Lounge Chair & Ottoman, End Table, (2) Table Lamps, 52" Bronze Leaf Ceiling Fan.
Excellent Condition.
Photos Available.
\$950.
239-771-8160
10/15 * 10/22

FOR SALE

BIKE FOR SALE
Bria EB Balloon Matte 7 Aqua Blue 15"
Bike for male or female. Purchased at Billy's Bike Shop Sanibel in 2020 for \$650.
Less than 200 miles on it. \$400 firm.
352-255-5789
10/8 * 10/15

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

CYCLING SAFETY NOTES

- Ride to the Right
- Warn to Pass
- Wear a Helmet
- Use Lights at Night
- Always be Courteous

1. Fred Savage 2. Runny nose 3. Four
4. Francis Ford Coppola 5. New Zealand
6. Bruno Mars 7. Rocks 8. Africa
9. Fear of dogs 10. Missouri

1. Flange
2. Begin;
3. Entrap;
4. Widen

Today's Word
FENDER

A cartoon illustration of a green crocodile floating in a pond. The crocodile has a smug expression, with half-closed eyes and a small, satisfied grin showing a few teeth. A small dragonfly is perched on its snout. A large speech bubble coming from the crocodile's mouth contains the text "I'M THE KING OF THE WORLD!!!". The pond is light blue with several green lily pads and small green plants growing out of the water. The background shows a blue sky with a few white clouds and small birds. In the bottom left corner, the word "HORTOON" is written in a stylized font.

PUZZLE ANSWERS

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

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

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

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	1995	2,562	\$4,000,000	\$5,140,000	5
Chateaux Sur Mer Unrec	Sanibel	1975	1,530	\$3,650,000	\$3,500,000	28
Sunset Cove	Fort Myers	2001	5,458	\$2,700,000	\$2,600,000	6
Esplanade Lake Club	Fort Myers	2022	3,554	\$2,588,000	\$2,588,000	173
Hérons Landings II	Sanibel	2003	3,441	\$2,149,000	\$2,100,000	53
Kinzie Island	Sanibel	1992	3,539	\$1,995,000	\$1,880,000	134
Mcphe Park	Fort Myers Beach	2008	2,749	\$1,999,900	\$1,825,000	29
Vista Wildblue	Fort Myers	2020	2,800	\$1,499,999	\$1,499,999	3
Palms Of Mcgregor	Fort Myers	2007	3,153	\$1,339,990	\$1,340,000	107
Imperial Shores	Bonita Springs	1977	1,932	\$1,395,000	\$1,316,000	67



**"FOR THE SUN-KISSED &
SUN-DESIROUS ALIKE,
A VACATION ON A PLATE."**

The New York Times
Magazine

   
WWW.DOCFORDS.COM

**THE ORIGINAL
YUCATAN SHRIMP!**

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