



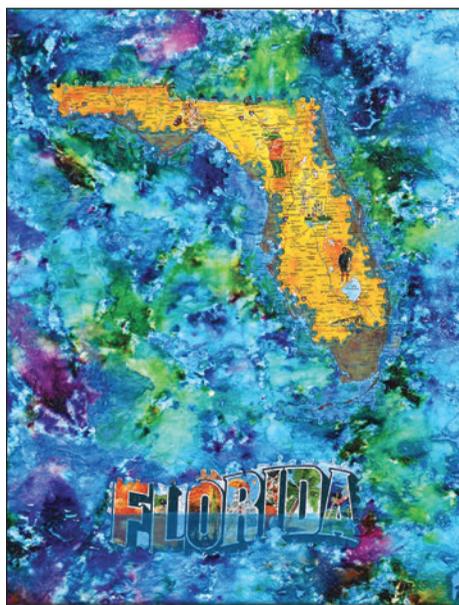
THE RIVER WEEKLY NEWS

FREE
Take Me Home

Vol. 18, No. 43

From the Beaches to the River District downtown Fort Myers

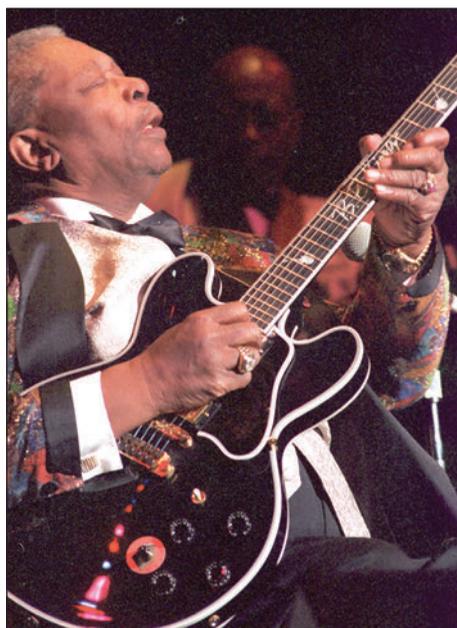
OCTOBER 25, 2019



Florida's Flooded Future by Patricia Turner
photos provided

Juried Works And Photojournalism At Art Center

Two exhibits will open at Sidney and Berne Davis Art Center (SBDAC) during Art Walk on Friday, November 1 from 6 to 10 p.m. Turf Wars: Art



BB King (2000) by Jaimie Kuser

Speaks For The Earth will feature a juried group exhibition and a collection of Clyde Butcher's work that illuminates the beauty of Florida in the Grand Atrium. The Capital Gallery will showcase a photojournalist exhibition, *A Moment In Time*, featuring Jamie Kuser, Amanda Inscore Whittamore, Andrew West and Kirk Erwin.

Weavers of Char-Lee members Rose
continued on page 22

Festival For Autism On The Beach



Participants at a previous Gulf Coast Surf & Beach Festival

photo courtesy www.surfersforautism.org

The Surfers for Autism organization, in partnership with Lee County Parks & Recreation and the Calusa Blueway, will host the 9th annual Gulf Coast Surf & Beach Festival at Crescent Beach Family Park on Saturday, October 26 from 9 a.m. to 4 p.m.

Surfers for Autism is an organization whose mission is to unlock the potential

of children and young adults with autism and other developmental delays through surfing. The event, including lunch, is free to the surfers, their families and registered volunteers.

"Watching locals and people from throughout Florida come together to help these surfers catch waves is pretty

continued on page 18



Artwork by Mimi Stirn images provided

Meet The Artists At ACT Gallery

Arts for ACT Gallery will host an opening reception and meet the artists session for its November exhibition during Art Walk on Friday, November 1 from 6 to 10 p.m.

The exhibit will highlight semi-abstract resin pours with MiMi Stirn in the main gallery. New works by naïve artist Kim Kraft Beckler will be shown in the White Gallery. New works from co-op artists will also be on display.



Artwork by Kim Kraft Beckler

Stirn's cherished tools are knives. However, she is a resin art master. Both knives and the resin are unforgiving yet clear and finite when used. Working within the acrylic family is enjoyable for her, but working with modeling paste and resin is where the art begins in free form while each application is a form of sculpting. Stirn's style centers on both working in

continued on page 8

Oktoberfest Premiere Downtown



Bavarian foods and beer will be featured

photo provided

Fort Myers Oktoberfest will make its premiere in the downtown River District from Friday through Sunday, October 25 to 27. Hours include Friday from 4 to 10 p.m., Saturday from 11 a.m. to 10 p.m. and Sunday from 11 a.m. to 6 p.m. There is no admission charge.

Presented by Paragon Festivals,

in partnership with the River District Alliance, the inaugural event will offer seasonal brews, traditional Oktoberfest live music in addition to local rock and roll favorites, beer games and classic Oktoberfest food.

Sample smoked sausages, roasted
continued on page 15

Historic Downtown Fort Myers, Then And Now:

Rare View On Jackson



by Gerri Reaves, PhD

There are plenty of historic photos of Jackson Street, but the perspective in this photo of the east side south of First is rare.

It might take you a moment to get your bearings in this snapshot, which was probably taken in 1941 or 1942, because all of the buildings in the photo on Jackson are now gone.

Nevertheless, the photo contains one especially helpful reference point: the western side of the Franklin Arms Hotel (upper right), now the Franklin Arms Building.

Anyone who remembers Fort Myers from that period might also recognize the sleek curving façade of Bay Drugs on the southeast corner at First (center left). That art moderne style building opened in March 1941. Notice the horizontal rows of tiles along the upper portion of the store.

The drugstore had a First Street address, but also had a Jackson Street entrance to its popular lunch counter and (later) package store.

Barely visible over the drugstore is the roof of the post office, today's Sidney & Berne Davis Art Center.

Moving south (right) along Jackson, we see the three-story Inter-County Telephone and Telegraph building.

Next to it is a two-story structure where various businesses were located over the years – note "Restaurant" written vertically on the front corner. However, Chris Demos's long-lived Crystal Lunch might be the best remembered.

The scaffolding seen in the historic photo indicates that the building was undergoing exterior renovations in the early 1940s.

Only part of the next building is visible, but that brick structure had a total of three storefronts in addition to a very large garage.

Forehand Tire Company and Hauser & Rinkel Auto Repairs, as well as an auto-storage



This northeastern view from Jackson and Main was taken in the early 1940s. The Franklin Arms Hotel sign is upper right. photo courtesy Bob Clark



This northeast view of Jackson Street from Main has changed completely since the early 1940s. The Franklin Arms tower is now hidden by the CenturyLink building.

photo by Gerri Reaves

garage with 24-hour service, were located there in the early 1940s.

As signage by the bench indicates, a taxi cab business was also located there.

The building's auto-related function is historically significant because that is the site where one of the town's first gas stations (indeed, likely the first), was located. The legendary mechanic Ben King opened a garage on the site circa 1910, moving his mechanic shop from the Jackson Street Dock.

He was considered to be something of a mechanical genius and was keenly interested in the new-fangled automobiles that first appeared on downtown streets in the first decade of the 20th century.

Today, that Jackson Street block is almost completely changed.

Bay Drug's attractive building was eventually demolished, after having several more names, Tilson's being the last. That corner has been vacant for several years, but is slated for a multi-story redevelopment project.

As for the telephone and telegraph company, it too is gone. Through a series of buyouts through the decades, the company evolved into today's CenturyLink, whose monolithic facades now create a cavern-like atmosphere on the street.

CenturyLink's building, which spans the block between Jackson and Lee, also occupies the former brick garage location.

One interesting bit of history about something that did survive: Hauser & Rinkel stayed in business until 2006.

Walk down Jackson Street and marvel at the changes since the World War II years. Then visit the following research centers and explore local history.

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

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

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

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

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Volunteers Sought For Holidays Without Hunger

Meals of Hope, the largest food pantry provider in Southwest Florida, is hosting the sixth annual Holidays Without Hunger meal packing event at North Naples Middle School on Saturday, December 14 from 9 to 11 a.m. and from 11 a.m. to 1 p.m., and at Lee County Civic Center on Sunday, December 22 from 9 to 11 a.m.

"Sponsors and volunteers from local businesses and organizations are the key ingredients to make Holidays Without Hunger a success," said Meals of Hope President and CEO Steve Popper. "We need their support not only for the many children who go without nutritious school meals over the long winter break, but also to help the increasing number of seniors and veterans in our community who struggle with food security."

With a goal of packaging one million meals, individuals and local organizations and businesses come together to donate funds and assemble simple, nutritious meals that are distributed for free through local schools, food pantries and food banks. Each bag contains enough food to provide six to eight meals.

A portion of meals packed at the Holidays Without Hunger event will be sent to the Bahamas to support continuing Hurricane Dorian relief efforts.

Holidays Without Hunger sponsors



Meals of Hope Holidays Without Hunger packing event

photo provided

receive special recognition at the event, on the Meals of Hope website, and in social media and news releases. To learn more, contact Community Relations Manager Bobbi Bird at bobbi@mealsofhope.org or call 596-8990, ext. 104.

Online registration will begin in early November at www.holidayswithouthunger.com and is limited to the first 3,500 volunteers – so register early to ensure your spot. Santa hats are provided to help volunteers get into the holiday spirit. For more information, call

537-7775.

Since 2007, Meals of Hope has grown to include a total of 13 food pantries – including six mobile pantries – that distribute fresh and nutritious food to approximately 1,000 families each week throughout Collier and Lee counties. As a partner agency with the Harry Chapin Food Bank, they distribute more than two million pounds of food each year as it fulfills its mission of inspiring and empowering communities to come together to end hunger.*

Goblin Gallop 5K Run/Walk For United Way

Lee County Electric Cooperative (LCEC) will be holding its 8th Annual LCEC Goblin Gallop 5K to benefit the United Way at Jaycee Park on Saturday, October 26. Registration/check-in begins at 7 a.m., and the race starts at 7:30 a.m. The Kids Fun Run will immediately follow the 5K.

Advance registration is \$25 for ages 18 and older, \$20 for ages 13 to 17 and \$15 for the Kids Fun Run for ages 12 and younger. Registration is \$30 for the 5K on the day of the event.

Last year's event raised over \$1,000 for United Way of Lee, Hendry, and Glades Counties with more than 100 runners, walkers, volunteers and supporters attending. For race and sponsorship information, visit www.uw.lcec.net/SitePages/5k.aspx, email 5K@lcec.net or call 656-2380.

LCEC holds an annual United Way Campaign, which includes corporate donations, employee donation pledges and monies collected through various LCEC fundraising events. All proceeds are donated to United Way who support a local service network of 96 agencies and over 260 programs that create positive change

Jaycee Park is located at 4215 SE 20th Place in Cape Coral.*

DANCE PARTY

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



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World Wine Tour At Shangri-La Springs

Coldwell Banker Residential Real Estate presents the 12th annual World Wine Tour, benefiting Ronald McDonald House Charities Southwest Florida, at Shangri-La Springs on Saturday, November 2. Beginning at 4:30 p.m., wine enthusiasts will tour and sip a variety of domestic and international wines, hand-selected by the owner of The Wine Store Naples. There will also be lite bites from participating local restaurants, a raffle and musical entertainment by Spotlight Entertainment of SWFL.

Guests that register early online have the exclusive benefit to book advance dinner reservations for Harvest & Wisdom for the evening of World Wine Tour. The restaurant is currently serving lunch but will open its doors to event guests for dinner after the event.

Admission to the event is \$75 per person. VIP tickets are available for \$125 per person, which include event entry, designated VIP to sample exclusive samplings of Shangri-La Spring's very own organic wine and beer, along with samplings from the new organic restaurant Harvest & Wisdom.

Shangri-La Springs is located at 27750 Old U.S. 41 Road in Bonita Springs. For tickets, visit www.rmhcswfl.org/events.*

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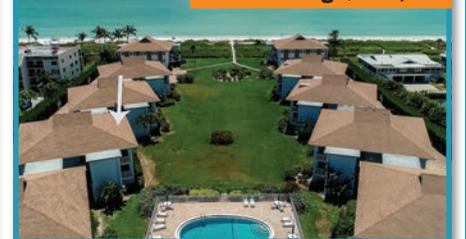
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Brewery Wins Bronze Medal

Fort Myers Brewing Company's signature chocolate stout titled Somebody Else's Dream won a bronze medal at the 2019 Great American Beer Festival, a professionally judged craft beer competition held recently in Denver, Colorado.

Fort Myers Brewing medaled in the chocolate beer category and was the only Southwest Florida brewery, and one of just eight in Florida, to medal at the 2019 competition.

"Florida is home to a thriving craft beer market, so being one of just a handful of breweries in our state to be recognized is quite an accomplishment," said Rob Whyte, who co-founded Fort Myers Brewing Company in 2013 with his wife, Jen. "Somebody Else's Dream has been a favorite brew for our guests since its debut, and it's incredible to know an international panel of beer experts feel the same way."

Earlier this year, Somebody Else's Dream won bronze at the Best Florida Beer Competition in Tampa. In 2018, the brewery's top-selling chocolate stout



Somebody Else's Dream photo provided

won a gold medal at the U.S. Open Beer Championships and a silver award at the World Beer Cup, an international competition often referred to as The Olympics of Beer Competitions.

The Great American Beer Festival's 33rd competition drew 9,497 entries from 2,295 breweries, along with 113 additional Pro-Am and 70 Collaboration entries, from all 50 states, Washington, DC, Puerto Rico and the Virgin Islands.✱

Heights Foundation Spooky Fundraiser

The Heights Foundation announces Black Jack, Black Cats and Boo'z, a fun evening to benefit educational programs for at-risk kids in Harlem Heights at The Heights Center on Saturday, October 26. The event will feature casino games including blackjack, craps, roulette and poker.

Guests will enjoy live music, a spooky signature cocktail, a silent auction, raffle and door prizes. Costumes are encouraged, and there will be prizes for the best costume and the gambler with the highest win total.

Tickets are \$100 per person and include \$100 in funny money, food and drinks. Event sponsors include Golisano Children's Hospital, Lee Health, Entech, Mutual of Omaha and Pristine Landscape.

"We are looking forward to a fun evening featuring casino games, costumes and cocktails," said Kathryn Kelly, president and CEO of The Heights Foundation. "In addition to having a great time, guests will support educational programs at The Heights Center including after-school, summer camp, our charter school and early learning center."

Additional sponsorships that include tickets to the event, recognition in event publicity and at the event are available.

The Heights Center is located at 15570 Hagie Drive in Fort Myers. For more information visit www.heightsfoundation.org/halloween or call Karen Lesza at 482-7706.✱

In addition to the educational outreach of the Youth Choir, the Mastersingers is proud to sponsor other projects serving the community, such as the DeMaster Scholarship program for vocal soloists in middle and high school, and the Sanibel-Captiva Trust Prize for Choral Composition.

"Excellence in choral music has been at the heart of the Mastersingers organization since its inception. We strive for that in our concert performances, and we hope to ensure that it continues, by sponsoring programs for young singers and aspiring composers," said Robert Beane, area businessman and one of the founders of the group. "Putting together an event like Shall We Dance is the ultimate synthesis of what we're about - promoting the arts in Southwest Florida."

M&N Dance Studio is located at 12450 Metro Parkway in Fort Myers. For more information and tickets, visit www.mastersingersfm.com.✱

Brew HaHa Fundraiser

GiGi's Playhouse Down Syndrome Achievement Center in Fort Myers is hosting a Brew HaHa fundraising event at Millennial Brewing Company on Saturday, November 2 from 2 to 8 p.m.

The community is invited to join in the fun to include a variety of craft beers, food trucks, live music, games, silent auction items and a raffle. Admission to the family friendly event is free.

The funds raised at the Brew HaHa will help GiGi's Playhouse Fort Myers offer educational, therapeutic and social programs for individuals with Down syndrome from birth to adulthood along with support for their families. These programs help our participants learn to read, improve their health and wellness, improve fine and gross motor skills, and practice their social skills.

"Differences do not discriminate. We are all one birth, one diagnosis or one other life-defining moment away from being different, or from loving someone who is," said GiGi's Playhouse founder Nancy Gianni. "We will never stop fighting for those who struggle for lasting acceptance."

Millennial Brewing Company is located at 1811 Royal Palm Avenue in Fort Myers. For more information, visit www.gigisplayhouse.org/fortmyers.✱

Animal League Garage Sale

On October 26 from 8 a.m. to noon, Haven on Earth Animal League (HEAL) will host a community garage and bake sale fundraiser in Cross Creek Estates.

All proceeds will go toward veterinary procedures and other care required for the many rescue cats and kittens that HEAL provides for until they are adopted. More than 30 homes will be participating in the sale.

Cross Creek Estates is located at 12831 Allendale Circle in Fort Myers. For more information, email www.havenonearthanimalleague@yahoo.com.✱

Tickets Available For Mastersingers Fundraiser

The Fort Myers Symphonic Mastersingers is hosting a fundraising event titled Shall We Dance at the M&N Dance Studio on Sunday, November 10 from 2 to 5 p.m. The afternoon will feature dance demonstrations by the studio's professional staff, music from vocal scholarship winners, and fine hors d'oeuvres from Jamie and Jacob Catering.

The genesis for this season's fundraiser was a fusion of the arts last season when dancers from the studio joined the Mastersingers Chamber Chorus in a concert program. M&N Dance Studio is owned by Martin Cardoso and Noelia Guerrero, award-winning dancers and highly regarded dance instructors who hail from Argentina. After years of teaching dance, they were able to realize their dream and open their own studio, where individual and group lessons provide an optimum dance experience, fusing fun and comfort with quality dance instruction.

Tickets for the fundraiser are \$75 for a single or two for \$140. Proceeds will be used to support the area's premier choral organization. Now in its 19th season, the Mastersingers brand has grown to include an 80-plus voice adult chorus, 26-member chamber ensemble, and the City of Palms Youth Choir that involves area youth from third through the 12th grades from schools throughout Southwest Florida.

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 Mark Hasson & Tina Tusack 954.696.1524



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 Mike Sadler 239.826.7630



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\$473,600 MLS 219052435
 Erik Vandenburg 239.292.6436



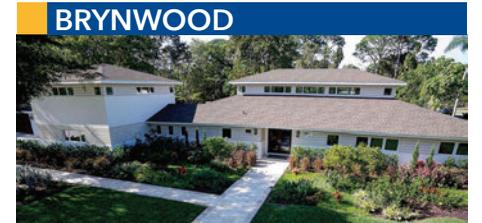
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\$645,000 MLS 219063675
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15511 KILBIRNIE DR., FT. MYERS
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 Debby Welsh 239.292.8839



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 Bari Fischer 239.872.7333

Fort Myers Art:

Prominent Artist Opens Studio In South Bronx



by Tom Hall

Marcus Jansen has opened a second studio in the emerging Mott Haven/Port Morris section of the South Bronx, not far from where his journey began 51 years ago. Jansen

will join the South Bronx Independent Artist Coalition on East 132nd street starting in November.

While Jansen will continue to maintain his main headquarters in his 7,500-square-foot warehouse in Fort Myers, he has decided to return to his native South Bronx to contribute to the growth that is beginning to take place there.

"I think it's exciting," Jansen said. "The South Bronx has always been a cradle for creativity. I hope my art can contribute just a bit to that. It's the birthplace of Hip Hop and graffiti art culture that has changed the art world permanently, and it's nice going back to my roots."

The studio will be directed by Sarah Sagarin, who is part of a group of artists and artisans who work in the South Bronx neighborhoods of Port Morris and Mott Haven.

It will be part of the South Bronx Independent Artists Coalition, which was founded in 2018 with the goal of broadening the artistic community by connecting, supporting, and promoting South Bronx artists with events and programming throughout the year.

Jansen and his family lived between Boynton and Story Ave in the Soundview area of the Bronx in the



Artwork by Marcus Jansen

early 1970s and spent his first years there before moving to Queens and later Germany, where he was educated. After serving in the Armed Forces in Iraq during Desert Storm, Jansen returned to New York, selling his early work on street corners in lower Manhattan. He successfully presented his street-and-graffiti-influenced art in exhibitions at renowned international museums while pioneering urban landscape paintings in the late 1990s.

Today, Jansen is considered one of the most important painters of his generation, according to critics and scholars. He is collected by the likes of Singer Nicole Scherzinger, NBA Superstar Carmelo Anthony, Hollywood actor John Ortiz, top 200 collector list members Amy and John Phelan and Collector Peggy Cooper Cafritz. His commissions include corporations such as Absolut Vodka, Warner Brothers,

image courtesy www.artswfl.com

Illuminum, FIFA World Cup and Ford Motor Company. He is represented by galleries in London, Paris, Vienna, Dusseldorf, Shanghai and here in the United States. His first U.S. solo museum traveling exhibition starts in 2020.

Apply For Naples National Art Show Through October 28

The Naples Art Association is

currently accepting applications for inclusion in its three outdoor art festivals – The Naples New Year's Art Show 2020, Naples National Art Festival and The Downtown Naples Festival of the Arts – through Monday, October 28.

Naples National is consistently voted among the top 25 art festivals in the country by *Sunshine Artist* magazine and was ranked No. 24 last year. As one of the oldest festivals in Collier County, Naples National is counted by the local community as among its premiere, must-see events, thanks to the high quality of art, the engaging personalities of the artists and the festive atmosphere. The show is held in scenic Cambier Park and along Eighth Street South, one block from downtown Naples' premier shopping and dining district. It will be held on Saturday and Sunday, February 22 and 23, 2020 from 10 a.m. to 5 p.m.

Festival officials will accept 194 artists. The application fee is \$35, and the booth (10-feet-by-10-feet) fee is \$625.

Cambier Park is located at 755 Eighth Avenue South in Naples. Applications are available online at www.zapplication.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.**

Alliance Director Rescheduled To Guest Bartend

The Alliance for the Arts is teaming up with Coastal Dayz Brewery as Alliance Executive Director Lydia A. Black serves as guest bartender at the brewery on Thursday, October 29 from 6 to 8 p.m. All tips from the evening will be donated to the Alliance. This event is rescheduled from October 10.

"We are excited to once again partner with Fort Myers' newest local brewery to support our local arts and craft beers," says executive director Lydia A. Black. "Brewing beer is a form of creative and artistic expression and we see this as a chance to connect artisans with the amazing people who support them and show love to our talented local makers."

The event comes alongside the announcement of the Alliance for the Arts annual Arts On Tap Fundraiser on November 9. Now in its third year, Arts On Tap is a taste of creativity in the Alliance gallery featuring the craft of local brewers including Coastal Dayz. Additional crafters include Big Blue Brewing, Eight Foot Brewing, Millennial Brewing Company, Momentum Brewhouse, Naples Beach Brewery, Palm City Brewing and Point Ybel Brewing Company.



Lydia Black bartending at Coastal Dayz in 2018 photo provided

Arts on Tap is sponsored by Briers CPA, Custom Packaging and Products, Dorcey Law Firm, EnSite, GMA Architects & Planner, Owen-Ames-Kimball Company, Priority Business Solutions, Megan & Jon Romine, Seminole Casino Hotel and Winged Foot Title.

Coastal Dayz Brewery is located at 2161 McGregor Boulevard in Fort Myers. For more information on Alliance for the Arts, visit www.artinlee.org.*



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Guardian Ad Litem Foundation Seeks Trivia Buffs

Guardian ad Litem Foundation, 20th Judicial Circuit, is inviting all trivia buffs in Southwest Florida to its next Trivia Nite at Bokampers Sports Bar & Grill on November 7. Appetizers will be served at 5:30 p.m., and the trivia contest will begin promptly at 6:15 p.m. Spectators are welcome.

Trivia categories can include arts and entertainment, sports, science and nature, geography, history and riddles. Prizes will be awarded to the top competitors, and Guardian ad Litem also will hold a 50/50 drawing at the event.

The 2018 Trivia Nite raised \$7,145 to support the foundation initiatives and programs. Cost to participate is \$50 per person and includes an extensive appetizer buffet and drinks. Participants can enter as individuals or teams. Entry fees can be paid online at www.voicesforkids.org or at the event.

Proceeds from the event will help Guardian ad Litem Foundation provide funds to recruit, train and support volunteer advocates who offer a voice on behalf of abused, neglected or



This six-person winning team at 2018 Trivia Nite included first row from left, Elise Altman, Jennifer Siegal-Miller Jessica Press and Ashley Solomon (holding envelope); and back row from left, Karyn Samuel and Emily Traylor. photo provided

abandoned children in the courts, schools and child welfare system. The foundation also provides funds to purchase basic necessities, clothing, movie tickets and theme park tickets for

children, as well as pay for tutoring and participation in youth sports and clubs.

Sponsorship opportunities start at \$250 and include event tickets, marketing and public recognition.

Bokampers Sports Bar & Grill is located at 8990 Fontana Del Sol Way in Naples. For more information, call 533-1435 or email rdyer@galfoundation20.org.

Activities Offered At FSW Fall Tip-Off

Florida SouthWestern State College (FSW) Bucs basketball fans can celebrate opening day during FSW's fall tip off celebration at the Suncoast Credit Union Arena on Saturday, November 2 from 1 to 3 p.m.

Family-friendly activities will include pumpkin and face painting, a pumpkin patch, photo booth and music. Food trucks will also be onsite for purchase. The first 150 people in attendance will receive free admission to both basketball games.

The FSW Bucs basketball doubleheader begins at 3 p.m. with women's basketball followed by the men's team game beginning at 5 p.m.

The Suncoast Credit Union Arena is located at 13351 FSW Parkway in Fort Myers. Visit www.fswbucs.com to see full basketball schedules, purchase tickets or learn more about FSW athletics.

Kindergarten Pre-Registration Deadline Nears

The deadline for the 2nd annual kindergarten pre-registration period is fast approaching. The deadline to fill out the required forms early is Friday, November 1.

"We encourage parents to take advantage of this opportunity," said Executive Director of Student Enrollment Soretta Ralph. "Registering now means avoiding the lines often associated with our traditional enrollment period in January, the ability to choose your child's elementary school online and find out their school assignment a week earlier."

More than 542 students have signed up just over halfway through the pre-registration period. Last year, 950 students were registered early for kindergarten.

Parents must pre-register their children at the Student Enrollment Office inside the Lee County Public Education Center, 2855 Colonial Boulevard in Fort Myers. Enrollment specialists are available to assist parents from 9 a.m. to 4 p.m. Monday through Friday.

The documents required to pre-register include:

- Physical exam (dated within the last year)

- Florida Certificate of Immunization
- Proof of address

- Original birth certificate

- Social Security Card (if available)

- Custody documents (if applicable)

Once pre-registered, a student number will be assigned. Parents are then advised to tour the elementary schools in their zone. A pre-printed

application will be mailed in January, allowing parents to go online and rank their schools in order of preference to finalize student enrollment. The first application period will be from January 13, 2020 to February 28, 2020.

Students entering kindergarten in August 2020 must be age 5 on or before September 1, 2020.

FSW Hosts Pop-Up Adventure Play

Florida SouthWestern State College's (FSW) School of Education will host Pop-Up Adventure Play at the Practice Field from 1 to 4 p.m., on Saturday, November 9. The event is free and open to children of all ages. Preregistration is recommended.

"At Pop-Up Play, children are invited to play however they wish with everyday materials that can be used in many different ways, such as cardboard boxes, paper towel tubes and art materials," said Dr. Julia Kroeker, professor of Early Childhood Education at FSW. "These materials are open-ended and have limitless possibilities; a box could be a racecar, a castle or a slide."

"Child-directed play has numerous benefits for children in all areas of development, including fostering problem-solving and communication skills, physical development, creativity and more. When children choose what and how to play, they are motivated by their own interests to learn and grow."

FSW's Practice Field is located across from the Lockmiller Child Care Center at 8099 College Parkway in Fort Myers. For more information or to register, contact Dr. Kroeker at 489-9382 or email jkroeker@fsw.edu.

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Along The River

Edison and Ford Winter Estates will host the first **Rhythm on the River concert** of the season with the Journey tribute band, Faithfully, this Friday, October 25. Sponsored by Best Value and Humana, the concert will take place in the river pavilion along the Caloosahatchee. Gates open at 5:30 p.m. and the concert starts at 6 p.m.

Faithfully has become a popular tribute band and has received international recognition. With John Allen as lead vocalist, the group performs Journey's biggest hits as well as fan favorites.

The river pavilion offers a water view and a chance to see the sunset. Guests should bring a folding chair. There will be a cash bar and refreshments available for purchase. No coolers are permitted. Parking is available in the main Edison Ford parking lot.

Tickets may be purchased online for \$25 or \$20 for Edison Ford members. Tickets at the door will be \$30.

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

The Lakes Park Fall Festival at **Lakes Regional Park** continues this weekend with the 10th annual Scarecrows in the Park display. Fall decorations will be scattered around the park during the festival. There will also be a Pumpkin Patch and the Halloween Express Train available during designated



A previous Scarecrows in the Park Best Overall Display winner

photo courtesy www.lakesparkenrichmentfoundation.org

days and times. The festival runs through Sunday, October 27.

Proceeds will benefit park-enhancing projects and programs funded and managed by the Lakes Park Enrichment Foundation. There is still time to vote for the People's Choice award for the Scarecrows in the Park display.

Lakes Regional Park is located at 7330 Gladiolus Drive in Fort Myers. For more information, visit www.lakesparkenrichmentfoundation.org, email info@lakespark.org or call 533-7575.

The 10th annual **Stone Crab**

Festival kicks off stone crab season at **Tin City** this weekend. The festival, named for the popular shellfish, involves seafood, live entertainment, arts and crafts vendors, discounted cruises aboard the Naples Princess and extreme rentals at Pure Naples. It's also your chance to explore the shops, sites and activities in and around the Naples waterfront area. Stone crab season began on October 15.

The party starts this Friday, October 25 at 5 p.m. with the traditional cracking of the first Stone Claw followed by live music at Tin City by the Bob Marley Tribute featuring YVAD.

Tin City Waterfront Shops are located at 1200 5th Avenue South in Naples. For more information, visit www.stonecrabfestival.com.

Love Your Rebellion celebrates the spookiest time of the year with **Sonic Masquerade** at **Nice Guys Pizza** this Saturday, October 26 from 9 p.m. to noon. Sonic Masquerade is a one-night only cover show featuring Southwest Florida musicians paying tribute to their favorite bands. Attendees have the opportunity to win \$50 to Nice Guys Pizza by entering the costume contest.

This year's Sonic Masquerade lineup includes a Blink182 cover set from ska punks Bargain Bin Heroes. The night also features a Beach Boys cover set from indie act Sex Luthor. Plus, Mystic Spiral – featuring Love Your Rebellion founder Angela Page – returns to cover the Deftones.

Sonic Masquerade will also feature exclusive craft cocktails that are based on drink favorites from members of the Deftones, Blink182 and the Beach Boys. Nice Guys Pizza is donating 10 percent of the proceeds from cocktail sales to Love Your Rebellion. Nice Guys' donation and the \$5 entrance fee will benefit Love Your Rebellion's 2019-20 music, art and writing programs. To learn more about Love Your Rebellion, visit www.loveyourrebellion.org.

Eventgoers are invited to come dressed in their best Halloween costume to participate in the costume contest. Sign up will be at the door, and entering the costume contest is free.

Nice Guys Pizza is located at 1334

Cape Coral Parkway East in Cape Coral.

For more information, visit www.facebook.com/events/703732686770447.

Correction

In last week's issue of *The River Weekly News*, there was a error in the photo caption for the review of *Rocky Horror Show* at New Phoenix Theatre. Those pictured were Sam Bostic and Nikki Hagel. We apologize for the error.

Cooking For The Arts Interactive Dining Experience

The Sidney & Berne Davis Art Center (SBDAC) is hosting an interactive dining experience on Saturday, November 2. Cocktail hour begins at 6 p.m. with dinner at 7 p.m.

Cooking for the Arts: An Evening in Peru features authentic Peruvian cuisine and cocktails. The event is a fundraiser benefiting SBDAC's education programming.

Now in its sixth year, Cooking for the Arts invites guests to prepare their own five-star meal with guidance from chefs with G3 Catering. Follow along with the chefs as you and your guests take turns cooking a four-course meal, featuring a selection of Peruvian delicacies.

Cooking for the Arts is sponsored by WGPU, Clinger, Sizemore & Associates – Merrill Lynch, and Henderson Franklin, Attorneys at Law.

Cost is \$250 per couple or \$1,000 per table of eight.

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

From page 1

ACT Gallery

circular and straight line motions while respecting Fibonacci sequences in the placement of each element. Bright light, layers of color and use of metallic pigments are her standard. What she does differently from what she was taught is dirty brushing.

Stirn holds a degree in business and art from the University of Phoenix and is a certified marketing strategist through Cornell University. When not in the studio, she is a business consultant for the Florida Small Business Development Center at Florida Gulf Coast University (FGCU).

Beckler is a naïve artist that has won numerous awards. She is trained in commercial art. Her works are in corporate, personal and celebrity collections here and abroad. She paints on canvas, gourds and furniture.

This exhibit continues through Monday, December 2.

Arts for ACT Gallery is located at 2265 First Street in downtown Fort Myers. For more information, visit www.artsforactgallery.com.



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Foundation Seeks Donations And Volunteers

The Heights Foundation/The Heights Center is seeking organizations and individuals to participate in the Bountiful Blessings Thanksgiving Outreach.

Volunteers are needed on Friday, November 22 and Saturday, November 23. Donations can be dropped off Monday through Friday from 9 a.m. to 5 p.m. until Wednesday, November 20. The outreach event will be held on Saturday, November 23. The Heights Center is located at 15570 Hagie Drive in Fort Myers.

Organizations and individuals interested in donating or to sign up for a volunteer time slot, contact Melissa Barlow at 482-7706 or melissa@heightsfoundation.org.

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 2018, partner agencies, businesses, philanthropic organizations and more than 100 volunteers provided turkeys and groceries to more than 300 families benefitting approximately 1,500 unique individuals.

"Holiday memories often center around a meal; the joy of preparation and being together as a family," said



Outreach volunteers for The Heights Foundation Thanksgiving

photo provided

Kathryn Kelly, president and CEO of The Heights 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."

The greatest need is for donated turkeys and rice or monetary donations to purchase those items. Additional food items needed include canned yams, boxed stuffing, boxed potatoes, canned

vegetables (green beans, peas, corn, and mixed vegetables), canned gravy, cranberry sauce and cake mix.

All donations are tax deductible. Monetary donations can be made on the web at www.heightsfoundation.org/donate.*

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Church Document To Be Addressed

The Rev. Dr. Richard Bliese, an associate pastor at Emmanuel Lutheran Church, will be the guest teacher regarding the Joint Declaration on the Doctrine of Justification at Peace Lutheran Church on Wednesday, November 6 at 11 a.m.



Rev. Richard Bliese

Rev. Bliese is an accomplished leader, teacher, innovator and visionary with extensive ministerial experience over three continents, with 30 years of leadership, non-profit and entrepreneurial experience in more than 15 different organizations. He has a deep teaching and consulting expertise nationally and internationally in theological education and congregational ministry.

Dr. Bliese has served as a missionary pastor, professor, seminary president and consultant to the greater church. He holds a master of divinity from Christ-Seminary Seminex, a master of theology from the Lutheran School of Theology in Chicago, and a PhD in theology from the Lutheran School of Theology in Chicago.

The Joint Declaration on the Doctrine

of Justification is a document created and agreed to by the Catholic Church's Pontifical Council for promoting Christian unity and the Lutheran World Federation in 1999 as a result of extensive ecumenical dialogue. It states that the churches now share "a common understanding of our justification by God's grace through faith in Christ." To the parties involved, this essentially resolves the 500-year-old conflict over the nature of justification, which was at the root of the Protestant Reformation. Lutherans and Roman Catholics adopted the resolution on Reformation Day in Augsburg, Germany in 1999. The World Methodist Council adopted the declaration on July 18, 2006. The Anglican Communion adopted the declaration in 2016. The World Communion of Reformed Churches adopted the declaration in 2017.

Peace Lutheran Church is located at 15840 McGregor Boulevard in Fort Myers. For more information, visit www.peaceftmyers.com.✳

Feed The Need Pacing Party

Fort Myers Christian School (FMCS) has set its fundraising goal of \$75,000 and 10,000 meals to support its school through an innovative "food-raising" packing project called Feed the Need. The one-day, student-led food-packing party event will be held on Friday, October 25 from 8:30 a.m. to noon.

Feed the Need is a food-raiser that provides needed funds for Fort Myers Christian School with a portion of the funds raised going toward providing healthy meals for hungry children and families through a partnership with Haven of Hope International's Heart of Florida Youth Ranch, the Harry Chapin Food Bank and Community Cooperative.

"The Feed the Need packing party was one of the highlights of our school year last year. The joy on our kids' faces, knowing they were helping others, was a blessing to everyone that attended," said Fort Myers Christian School Principal Mel Mitchell. "We can't wait to do it again this year."

The Harry Chapin Food Bank is the largest hunger-relief network in Southwest Florida, serving Charlotte, Collier, Glades, Hendry and Lee counties.

"We are happy to be a part of this initiative, which will help us in our mission to lead the community in the fight to end hunger," said Richard LeBer, Harry Chapin Food Bank president and CEO.

Feed the Need's other partner, Haven of Hope International's partner home the Heart of Florida Youth Ranch, is located in Southwest Florida and works to serve children suffering the loss of parenting due to abandonment, neglect, abuse and death by equipping children and families at risk to live more effective, healthy and fulfilling lives.

"We appreciate FMCS being a community of hope to children here locally and globally. Thanks to the compassion of this community, we will

be able to help meet the dietary needs of children here in Florida and beyond," said Haven of Hope International Founder Alice Skaff.

NBC2 News anchor Peter Busch will be honorary emcee for the second year in a row with Principal Mel Mitchell.

"I was blown away last year by how passionate the kids were about making a difference," said NBC2 News anchor Peter Busch. "I'm so excited to once again be a part of this wonderful event."

This year, FMCS has set aside a portion of the food to go to the Bahamas. Paul Orbe of Boca Bargoons will transport food for families that continue to struggle from the impact made by Hurricane Dorian.

Each Feed the Need meal bag is fully nutritionally balanced, designed by dietitians at General Mills specifically for malnourished children. Each bag contains hydrated vegetables, soy or beans for protein, 19 essential vitamins and minerals, and pasta for carbohydrates and energy.

"We are proud to be a partner with Fort Myers Christian School's initiative this year to pack 10,000 meals for hungry families," said Tracey Galloway, CEO for Community Cooperative. "We are on the front lines working every day to help hungry neighbors find their next meal."

If you or your business is interested in getting involved through a sponsorship or donation, visit www.fortmyerschristianschool.org/feed-the-need.✳

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.

BAT YAM-TEMPLE OF THE ISLANDS
Friday Shabbat at 7 p.m. www.batyam.org, 2050 Periwinkle Way, 579-0296.

BETHYESHUA 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.

BREAD OF LIFE MINISTRIES
Sunday 10:30 a.m. 16581 McGregor Boulevard, 267-3166.

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.

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

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

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

CYPRESS LAKE BAPTIST
Sunday 9:45 and 11 a.m., 7 p.m.; Wednesday 6:30 p.m. 8400 Cypress Lake Drive,

481-5442.
CYPRESS LAKE PRESBYTERIAN
Sunday 8, 9, 10 and 11 a.m. www.clpc.us, 8260 Cypress Lake Drive, 481-3233.

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

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

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

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

FIRST UNITED METHODIST CHURCH
Sunday 9:30 a.m. and 5:30 p.m. www.fumcftmyers.org, 2466 First Street, 332-1152.

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

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

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

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

JESUS THE WORKER CATHOLIC
Friday and Saturday, 7 p.m.; Sunday 8, 10 a.m. and 6 p.m., 881 Nuna Avenue, 481-1143.

KINGDOM LIFE
Sunday 10:30 a.m., 2154 McGregor Boulevard, 218-8343.

LAMB OF GOD
Sunday 7:45 and 10 a.m., [\[church.net\]\(http://church.net\), 19691 Cypress View Drive, 267-3525.](http://www.lambofgod</p>
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NEW BEGINNINGS CENTER
Friday 6:30 and 7 p.m. nbcministry@embarqmail.com, facebook.com/nbcministry, 8505 Jenny Cae Lane, 656-0416.

NEW COVENANT EYES
Monthly 9 a.m., www.newcovenanteyes.com, 1900 Park Meadows Drive, 220-8519.

NEW HOPE BAPTIST
Sunday 11 a.m.; Wednesday 7 p.m. 16120 San Carlos Boulevard, Unit 10, 985-8503.

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

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

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

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

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

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

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

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

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

344-0012.
SAINT MICHAEL LUTHERAN
Saturday 5:30 p.m.; Sunday 8 and 10:45 a.m., 3595 Broadway, 939-1218.

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

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

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

TEMPLE BETHEL 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.

THE NEW CHURCH
Sunday 11 a.m., www.newchurchflorida.com, 10811 Sunset Plaza Circle #401, 481-5535.

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.zionfcm.org, 7401 Winkler Road, 481-4040.✳

CROW Case Of The Week:

Double-Crested Cormorant



by Bob Petcher

The double-crested cormorant (*Phalacrocorax auritus*) is a large water bird with a long S-shaped neck and a prehistoric look. While it is related to the frigatebird,

this swimming bird looks more like a cross between a goose and a loon, and sometimes is confused for the latter.

The cormorant gets its name from its double crest that is only visible on adults during breeding season. The cormorant crests are black in most regions, except for Alaska where they are white.

The double crested cormorant is an accomplished diver and uses its hooked bill to catch small fish underwater. It can be seen in both freshwater and coastal waters.

When not plunging below the water surface, the most widespread cormorant in North America is often seen on a rock or other surface with its wings spread out. This drying stance is usually performed when the bird is taking a break from fishing. It must take the time to dry itself because it has less preen oil than other birds, and its feathers can get quite soaked

from diving excursions. Unfortunately, it does not have the ability to shed water like a duck.

At CROW, a juvenile double-crested cormorant was admitted from a beach on Sanibel. The patient was unable to act normally or evade capture. Upon examination, the cormorant had clear struggles breathing and noticeable swelling of the head and neck area, which was said to be associated with a leaking of air in the body. To investigate the source, CROW medical staff performed an endoscopy procedure through the trachea to search for a possible tear causing the air leak. For the procedure, a small incision was made below the last rib to place a breathing tube directly in the air sac, allowing breathing during the tracheal procedure.

Roughly 10 days after the procedure, the patient is doing much better.

"The swelling has gone down in the head and neck area. There still is a small amount of air swelling remaining, but the draining tubes under the skin appeared to work well to continuously drain the air out from underneath the skin," said Dr. Megan Cabot, CROW veterinary intern. "The incision allowed us to place a breathing tube in the air sacs inside of the body, instead of through the trachea where we normally place a breathing tube for surgery. The air sac tube allowed breathing while we scoped the trachea. This incision was closed after the procedure because the bird's trachea appeared unaffected."

Since there was no tear in trachea, the source of the leak was believed to be coming from an air sac that is located



Patient #19-4220 sporting its air sac tube after the surgical procedure

photo by Brian Bohlman

at the base of his neck, according to Dr. Cabot.

"We suspect this cormorant sustained an unknown trauma, as air sac ruptures are often caused by blunt force," she said.

CROW medical officials are optimistic but guarded moving forward with the patient.

"Since the draining tubes were placed in the skin of the neck, air swelling has remained mostly resolved," added Dr. Cabot. "Today (October 19), we pulled the

tubes and will monitor over the next few days to make sure the cormorant does not swell up again with air."

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.

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Adaption



by Capt. Matt Mitchell

Changing weather patterns are all part of our fall fishing season. Learning to adapt to the day's conditions is just part of every successful

fisherman's repertoire. Often we have to switch up the day's plan because of weather, no matter how good the fishing was the day before. Some days even just a slight wind or tide change can make all the difference in the world.

tide being the deciding factors on what and where to fish. Red light shoal in Pine Island Sound has been one of my favorite places to fish over the past few weeks with fish feeding here on either tide. This has been a great place to start a trip and quickly bend the rods on a variety of species. Setting up the boat in the four- to six-foot depth range and pitching a few handfuls of live shiners gets the fish feeding. Though all the bait that was on this shoal for the past few weeks has moved, the many species of hungry fish – including trout, snapper, jacks, ladyfish and even the occasional gag grouper – have remained.

Despite Tropical Storm Nestor washing out the weekend, there could be a silver lining. Winds and rain hopefully will help break up some of the patchy red tide that's been killing fish from Fort Myers Beach south and blowing a few dead fish into San Carlos Bay. Once past the power lines, the sound has remained in pristine condition, though seeing even just a few dead fish floating quickly brings back thoughts of the nightmare red tide of last year.

Locating diving pelicans in the sound has been the easiest way to find shiners as the changing conditions have these bait schools moving on almost a daily basis. Several mornings this week, I had to scramble to get my bait as it had disappeared from where I had caught it just the day before. Pushing the morning pick-up time back a half hour has taken the stress out of daily bait catching. Until the clocks fall back, the first weekend of November is usually pretty dark until almost 7:30 a.m.

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. ✨

Once loaded up on shiners, the options have been almost endless with the wind direction and phase of the



Mary Laser from St. James City with a big redfish caught while fishing with Capt. Matt Mitchell this week photo provided

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Native black mangrove's bark has a subtle intricate beauty photos by Gerri Reaves

Plant Smart

Whose Bark?

by Gerri Reaves

When we want to identify a tree, we typically rely on factors such as overall shape and height, leaves, or flowers to identify it.

However, noticing the bark can be especially helpful in identifying some trees.

Pictured here are three native and one nonnative species. See if you can identify them.

Black mangrove's (*Avicennia germinans*) black or dark gray bark has a subtle intricate design created by the fissures dividing it into a block-like pattern.

This member of the verbena family is a signature tree in subtropical and tropical tidal zones.

It can reach up to 50 feet, and with an extensive system of horizontal cable root several feet below ground, it is highly storm resistant. So well does it protect the shoreline that it's protected by law.

It's known for the curious vertical



Gumbo limbo's peeling bark is its best known characteristic

pneumatophores, finger-like roots that project from the mud above the high tide line. Those breathing tubes enable the tree to breathe when water surrounds it.

The leaves' ability to excrete salt also helps it survive fluctuations in salinity.

Gumbo limbo's (*Bursera simaruba*) peeling reddish bark makes it one of the best known of native trees. The bark, nevertheless, varies greatly from tree to tree. Some are silvery, while others are bronze or almost orange.

Reaching as high as 60 feet, this tree can resemble living sculpture, so lovely are the curving or distorted shapes of the branches.

Highly salt and drought tolerant, it also excels in being a food source for a variety of birds. In the wild, it grows in coastal hammocks.

Green buttonwood (*Conocarpus erectus*), a relative of white and black mangroves, inhabits coastal prairies and brackish swamps on the landward side of the mangrove zone.

The twisted or gnarled trunks of older specimens lend them a silvery sculptural look that might remind some people of mesquite trees. Older trees



Older green buttonwoods have gnarled trunks with deep furrows

have rough bark with vertical furrows.

Like black mangrove, it too protects shorelines. It can grow up to 60 feet high and is highly storm resistant and tolerant of drought and salt.

Torell's eucalyptus's (*Eucalyptus torelliana*) bark is definitely ornamental and distinctive, but you don't want this native of the Australian rainforests in your landscape. It's enormous and fast-growing, reaching up to 100 feet tall.

Once widely used as a windbreak tree, it is no longer recommended because of invasive tendencies.

The upper trunk and branches shed



Torell's eucalyptus' bark is attractive, but his tree is not recommended for Florida because of its invasive tendency

the bark in sheets, revealing a pretty gray-green surface. The layers of peeling bark create overlapping swathes of soft pastels.

When acquainting yourself with the many characteristics of trees, don't forget to notice the bark. Not only can it be distinctive, even ornamental, but it helps determine how trees interact with other plant and animal species, particularly epiphytes.

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

VIP Winners For Scarecrows In The Park

The Lakes Park Enrichment Foundation and Lee County Parks & Recreation have announced the VIP winners of the 10th annual Scarecrows in the Park competition, one of the featured attractions at the Lakes Park Fall Festival.

The VIP Award winners this year are:
Best Youth Group Created Display – St. Francis Xavier Catholic School, *Fall Friends*, sponsored by Cypress Point Senior Living

Most Creative Display – Elite Runner Youth Running Club (ERYRC), *You Can RUN But You Cannot HIDE*, sponsored by VanDyk Mortgage

Best Halloween Theme – Lehigh

Elementary School, *Our Happy Place*, sponsored by GameTime

Best Business/Organization Created Display – CycleStation Fort Myers, *Debbie Phone Home*

Best Overall Display: Riva Del Lago Condominium Association, *Two Ghouls and a Hurst*

Judges for the VIP portion of the competition included Jesse Lavender, director of Lee County Parks & Recreation; Lt. Angelo Vaughn, Lee County Sheriff's Office; Amanda Skrzypchak, anchor/reporter at NBC-2; and Pam Hayford, editor at *SWFL Parent & Child Magazine*.

People's Choice voting will run through October 27. Fall Festival attendees are encouraged to cast their votes by placing a chip in the bucket corresponding with their favorite scarecrow display. More than 11,000 votes were cast in last year's People's Choice competition. ✨

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Osprey Platforms Being Replaced



Carlos Hernandez donated labor and equipment for the repairs photos provided submitted by Anne Mitchell

Volunteers with The International Osprey Foundation (TIOF) have begun the task of repairing osprey platforms in preparation for another nesting season beginning in January.

TIOF President Susan Tucker has been able to gain help from Carlos



From left, Jim Columbo, Angel Almazan, Susan Tucker, Nelson Maradiaga and Bob Tucker

Hernandez of Tree Trimming Doctor and his crew to set the new platforms high on top of the poles. TIOF member Jim Columbo made the 40-inch-square platforms with metal mesh bottoms designed to hold the nests in place. Columbo is using instructions for building the platforms as suggested on TIOF's website, www.ospreys.com.

He has made at least 15 new platforms to date.

"We now sign them on the side of the platform with our TIOF name, the year we installed it and Jim's signature.

It is a really nice way to advertise our organization and acknowledge the person who built it," said Tucker.

Last month, Hernandez and his crew, along with Columbo, Tucker and her husband Bob Tucker, replaced platforms on Woodring Road, Venus Drive, Martha's Lane and Bay Drive on Sanibel. They also added a predator guard on the second platform at the Woodring site. Hernandez brought his bucket lift to help in setting the heavy platforms in place.

Tucker said, "The four platforms



Jim Columbo with two of about 15 new platforms he has built to date

were in very poor condition and it was important to get them replaced and ready before nesting season. It would have been unsafe for a nesting pair to use them this season."

She said she was very thankful for the assistance of Hernandez, who provided labor and use of equipment free, and for Columbo's contribution. Platform repair is an ongoing task. There are at least eight more platforms that need maintenance, she added.

If you know of any, contact Tucker at tiof@outlook.com.✳

Open House At Garden Center

All Native Garden Center, Nursery and Landscape in Fort Myers will celebrate its 19th birthday and the beginning of its 20th year with an open house on Sunday, October 27 from 10 a.m. to 3 p.m.

In appreciation of its valued customers, All Native will give away one free native wildflower of choice to each guest.

All Native will be joining dozens of other native plant growers at the Florida Association of Native Plant Growers annual trade show on November 7 and 8.

Visit www.afnn.org for more information.

For information on the upcoming series of seminars focused on native plants, butterfly gardens, bird, bee and wildlife habitats, visit www.nolawn.com.

All Native Garden Center is located at 300 Center Road in Fort Myers. For more information, call 939-9663.✳

Benefit For Shy Wolf Sanctuary

Tickets are now available for WolfStock to be held at Riverside Park on Saturday, November 16 from 4 to 8 p.m. The brewfest and food

truck event, featuring performances by The Ben Allen Band and local musician Justin Ross, will benefit Shy Wolf Sanctuary.

A full line-up of local breweries will be on hand, many serving brews named for Shy Wolf residents. Event-goers can sample Misun Brew, an offering from Naples Beach Brewery, or Yuki Dark Dessert Stout, brought to you by Palm City Brewing. Other breweries include Crazy Dingo Brewery, Fort Myers Brewing, Momentum Brewhouse, Oil Well Craft Beers, Point Ybel Brewing Company, Riptide Brewing Co., Millennial Brewing and Big Top Brewing Company.

Ten local food trucks will also be selling their fare, including: JD's Chuck Wagon, Kiss My Ice, Wicked Streatery, Nawty Hogg, Gator Johns, Kings Tacos, Dave's Cosmic Subs, Bear Dozen Donuts, Dynamite Street Eatz

and I Love Curry.

All proceeds from the event will support Shy Wolf Sanctuary Education and Experience Center and will help with the funding needed to start the build-out on land that was just purchased for the new Sanctuary & Education Center.

"This is the first time we've done an event of this magnitude" said Shy Wolf Founder Nancy Smith. "Hopefully it will introduce the sanctuary and the work we do to a different audience than those we've come in contact with previously."

Tickets for WolfStock are \$40 in advance and include a tasting cup and event T-shirt.

Riverside Park is located at 10450 Reynolds Street in Bonita Springs. For more information and tickets, visit www.shywolvesanctuary.org/events/wolfstock2019.✳



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Book Review

Let Justice Descend



by Di Saggau

A few months ago, I was fortunate to get a preview copy of Lisa Black's latest book *Let Justice Descend*. It goes on sale October 29. The book is a haunting journey to the dark side

of justice. This is the fifth Gardiner and Renner thriller by forensic scientist and *New York Times* bestselling author Lisa Black. Maggie Gardiner is a forensic expert who studies the dead, and her partner, Jack Renner, is a homicide cop who stalks the living. Together, they probe dangerous links involving a dead senator, dirty election politics and an environmental disaster in the making.

When they investigate the bizarre murder of the senator, they find she has many secrets to hide. United States Senator Diane Cragin is electrocuted on her own doorstep, three days before a key election. This is a shocking twist on an already brutal political race. Cragin's chief of staff is quick to blame her rival Joey Green, a city development director who's had his hand in every till in town for over 20 years.

Maggie and Jack have their own theories, especially after discovering a fortune in cash in the senator's safe. They discover that counting money is only fun when it's yours. And they wonder why this large amount of cash exists. As they follow the money through the treacherous landscape of Cleveland politics, they find many more millions in play and many more suspects.

As Jack says, "Anyone can be dangerous, when they have what they think is a good reason." He should

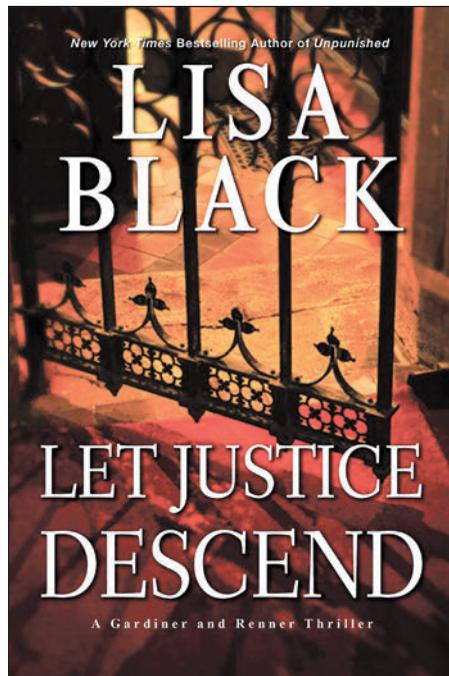


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know. Meanwhile a *Herald* reporter is very close to finding out why Jack acts as both detective and executioner. With each passing hour, the stresses of the impending election expose new fractures and corruption at the city's highest levels. And as more murders mount up, Maggie and Jack's only hope of stopping a killer is an alliance that's growing very fragile.

Included in the book is a segment about VR Labs to which Fort Myers gave an incentive grant of \$4.7 million to make nutritional drinks and employ over 200 people. Unfortunately, this never materialized. The author weaves this story into the book as well as an investigation by the EPA into a town's drinking water. I found the book to be an interesting read. Black is a certified crime analyst for the Cape Coral Police Department so she knows how to describe crime scenes. The book is fast-paced with a conclusion that is surprising and also satisfying. The psychological suspense is what keeps you reading. I suggest you pick up a copy.*

School Smart



by Shelley M. Greggs, NCSP

Dear Readers, As we approach one of the biggest holidays of the year, Halloween, many feelings may be elicited.

Most kids and many adults enjoy this day and dressing up in costume, however there are a significant number of children who dread Halloween. They hate getting dressed up and are fearful for a number of reasons. Some kids and their parents may also feel embarrassed about their lack of affection for this widely loved day and not fitting in like everyone else.

There is no need to be embarrassed! Halloween can be a real stressor. While many children do enjoy Halloween and

the requisite festivities, plenty of others find the holiday quite challenging. For kids who are shy or have challenges acting appropriately, dealing with surprises and disappointments, following directions, getting along with peers and resisting the impulse to consume all their spoils on the spot, Halloween can be a disaster.

There are some things that you can do to address a child's anxiety about Halloween. As you know, routine and anticipatory guidance does help those with anxiety. Make sure your child understands exactly what will happen and what is required of him. Go out early to avoid the "mayhem" of later hours and give as much information about the timetable as possible. If a little chaos is unavoidable, kids with anxiety will likely be reassured by a return to routine at home afterwards, like a regular bedtime story or activity.

There are some real fears associated with Halloween for young children who still have trouble distinguishing fantasy from reality. They could get a

very unpleasant surprise, particularly if they have specific phobias or anxiety associated with Halloween images like witches or monsters. Also, parents should be aware that older children passing into their "tweens" are developing a better understanding of death especially in light of all the school shootings. The holiday could be unsettling for them.

Make sure that the costume your child will wear, especially if she or he has sensory issues, will meet their needs. For some kids, particularly those with sensory issues, the wrong item of clothing can destroy a wonderful night – for you and for them. Many parents have concerns about the sexy or gruesome Halloween costumes marketed to kids. So be cautious with the costume choices.

Halloween is supposed to be fun but going out or dressing in costume isn't required. The comfort and joy of your child should come first. If this isn't the year for your child to trick or treat or be able to handle extended activities with peers, there is always next year. Make sure that the teacher is aware of your child's apprehension. You may want to ask her if she or he can miss the party at school.

If you choose to stay at home, have a clear agreement about who will speak at the door, so that anxious kids know what's expected of them. Should you decide to stay in, your child can still participate from a safe place and gain some social experience, even if it's not a lot. Remember, this night is supposed to be fun, but it can also be a learning experience for a child that allows them to

enjoy it more fully in the future.

You may just want to make up your own customs for the day. Pumpkin carving, pizza for dinner and spending the evening together at home as a family may just be the right thing to do for your child this year. If having your own routine makes both you and your child less anxious about Halloween, celebrating it your own way may make this holiday much more enjoyable.

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

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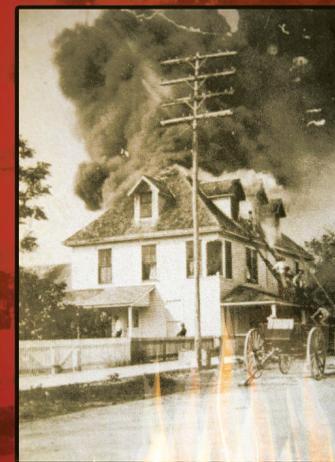
Oktoberfest

meats, sauerkraut, cabbage and pretzels amid authentic German music and dancing. There will be live musical performances by local and regional musicians in rock, soul, funk, R&B, blues and samba, as well as a marketplace of arts, crafts, products and services.

Fort Myers Oktoberfest will be held at 1400 Hendry Street in downtown. For more information and a schedule of performances, visit www.seafoodfestivals.com/S-64-Fort+Myers+Oktoberfest+Festival.html.*

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SWFL Pride Draws Largest Crowd In Event History

The 11th annual Southwest Florida Pride Festival, which was recently held at the Alliance for the Arts, was attended by more than 6,000 people, the event's largest crowd ever.

The festival included more than 100 local businesses and organizations who support the LGBTQ community as well as live entertainment, including performances from Billboard-charting dance artist Pepper Mashay and Rupaul's Drag Race contestant Farrah Moan.

For more information about Southwest Florida Pride and upcoming events, visit www.prideswfl.com.*



Bernice Monroe and Christina Monroe
photos courtesy Jason Boeckman



Pepper Mashay



Amanda Lesperance and Kelly Carle



From left, Dahria Vwamahon, Ian Callahan, Rahsaan Simon and Elle Smith



From left, Melissa Warf, Casey Warf, Roxanne Howell and Lisa Reilly



From left, Cello Casanova, Chelsea Price and Kyle Gallagher



From left, Nick Clements, Sara Vitale, Trisha Regius and David Schubert

Sheriff's Office Title Sponsor For CAC Fundraiser

The Children's Advocacy Center (CAC) recently announced the Lee County Sheriff's Office (LCSO) as Title Sponsor for the agency's inaugural Rescue Runway fundraiser at Bell Tower Shops on Saturday, November 9 from 11 a.m. to 2 p.m.

Sherriff Carmine Marceno is known for his work in the fight against child abuse and animal abuse. To show his support, LCSO has aligned itself with CAC as the Title Sponsor of its Rescue Runway fundraiser. Deputy Chance the Dog will even be one of the judges. "As an official member of the sheriff's department, Deputy Chance is wagging his tail in excitement to meet the contestants at Rescue Runway," said an LCSO spokesperson. Deputy Chance is a rescue dog that was found abused and abandoned and has since been deputized. CAC invites the community to show



From left, Stephanie Davis, Cole Peacock, Rachel Pierce, Jennifer Galloway, Marc Collins, Jessica Walker and Julie Boudreaux, photo provided

off your dog; enter them into contests and let them strut their stuff down a real runway at Bell Tower's center court.

Contests for Best Costume, Owner Lookalike, Trick, Kisser and Ugliest; and not to be missed, the Crowning of King

& Queen Rescue Royalty. Featuring judges Norman Love, Jenn Galloway of Gulf Coast Humane Society, Marc Collins and Deputy Chance the Dog. Emceed by ABC's Rachel Pierce and *Florida Weekly's* Stephanie Davis. Thank you to event co-chairs Cole Peacock and Jessica Walker.

Since 1981, Children's Advocacy Center of Southwest Florida, Inc. (CAC), a United Way partner agency, has worked to improve the lives of children and their families through a coordinated response to child abuse and neglect, offering them a safe and friendly environment in which to heal. CAC provides abuse determination services as well as therapeutic counseling, parenting education and prevention programs in Lee, Hendry, Glades and Charlotte counties. All services are provided free of charge. For more information, call 939-2808 or visit www.cac-swfl.org.

Bell Tower Shops is located at the corner of Daniels Parkway and U.S. 41 in Fort Myers. For entry and sponsor details, email rizzio@cac-swfl.org or call 939-2808.*

CROW Director Presents Research On Red Tide

The Clinic for the Rehabilitation of Wildlife (CROW) Medical and Research Director Dr. Heather Barron recently presented a research talk and two masterclasses at ExoticsCon, a conference for veterinary professionals, held from September 29 to October 3 in St. Louis, Missouri.

The research talk, titled Use of Intravenous Lipid Emulsion Therapy as a Novel Treatment for Brevetoxicosis in Double-crested Cormorants (*Phalacrocorax auritus*), centered around CROW's research which showed that an intravenous lipid emulsion (ILE) solution was a safe and effective treatment for brevetoxicosis, or red tide poisoning. Birds who were given the ILE treatment resulted in a survival rate that was significantly higher with more rapid resolution of clinical symptoms compared to birds who received traditional methods of treatment.

"Sanibel is a bit of an epicenter for red tides and CROW sees patients affected by it every year," said Dr. Barron. "That gives us a unique opportunity to have this be an area of research focus and learn ways to better treat wildlife affected by it."

Dr. Barron and the other researchers collaborating on the study, which was funded by NOAA's National Centers for Coastal Ocean Science (NCCOS) Harmful Algal Bloom Event Response Program and the Association of Avian Veterinarians (AAV), have yet to publish the full findings, but hope to do so soon.

In addition to presenting CROW's red tide research, Dr. Barron also presented two masterclass sessions. She presented Floods, Fires, Spills and Blooms – The Avian Practitioner and Natural Disasters with Dr. Michelle Hawkins and Avian Wound Management with Dr. Rebecca Duerr from International Bird Rescue in California.

The research talk and both masterclass sessions were sponsored by Lafeber Company and Emerald, LLC.*

Nonprofit Day For Philanthropy And Public Relations

The Southwest Florida chapter of the Florida Public Relations Association will host Nonprofit Day, a half-day seminar featuring public relations best practices to help enhance the reach and impact of Southwest Florida's philanthropic organizations, at Holiday Inn Fort Myers Airport at Town Center on Thursday, November 7 from 8 a.m. to noon. This event is an opportunity for Southwest Florida's charitable organizations – and those interested in learning more about the community's charity landscape – to learn from local experts.

The seminar, with the theme The Giving Season will provide attendees with takeaways, practical information and tools to help extend the "giving feeling" all year-round and combat challenges, such as donor fatigue, communication issues and ever-changing tax laws.

Speakers for Nonprofit Day include: Eric Anderson, communications and social media coordinator, The Salvation Army

Julio Barina, CPA, tax manager, Markham, Norton, Mosteller, Wright & Company, PA.

Duane Higgins, director of development, Lee Health Foundation

Jill Palmer, executive director, American Red Cross Florida's Southern Gulf Chapter

In addition to the presentations from dynamic speakers, Nonprofit Day offers a unique networking opportunity. Nonprofit public relations, marketing and development professionals, and public relations professionals looking to learn more about development and fundraising can network with others who share similar goals for their organizations.

Sponsors for the event include iPartner Media and Holiday Inn Fort Myers Airport at Town Center. Cost is \$30 general admission; \$20 for students (includes breakfast).

Holiday Inn Fort Myers Airport at Town Center is located at 9931 Interstate Commerce Drive in Fort Myers. For more information and to register, visit www.fpraswfl.org/2019-fpra-nonprofit-day-the-giving-season.*

Help Fill Holiday Stockings For The Military

Every year, the American Red Cross Holiday for Heroes campaign provides the community an opportunity to send messages of thanks and holiday cheer to veterans and military members.

These items and messages are donated by the community and placed inside holiday stockings hand-sewn by volunteers. For more than 10 years, Red Cross volunteers have cut and sewn hundreds of stockings in the Naples and Fort Myers areas.

This year, the Red Cross has expanded the campaign throughout the South Florida region, where lead partner Arthrex, Inc. and other sponsors will assemble and deliver these stuffed holiday stockings for military members who are away from their families during the holidays.

"I have personally been on a one-year deployment to the Middle East, and I can say from experience how much these efforts mean to our service members," said Heidi O'Sheehan, director of Service to the Armed Forces (SAF) in South Florida. "When you are far from home, especially around the holidays, you begin to feel forgotten and very detached, so to receive a care package or even a brief note of appreciation and well wishes from

someone back home who doesn't even know you personally is just incredibly powerful and touching. It makes you feel connected and reminds you that the sacrifices you and your family are making are for a worthy cause and are not forgotten. I think that is an incredible gift to give a service member or veteran."

Last year, more than 1,000 stockings were delivered to soldiers serving overseas and Florida's Southern Gulf Chapter of the Red Cross received a letter from Cassandra Wyatt, the station manager at Camp Lemonnier in Djibouti, sharing her appreciation and gratitude for the care packages.

"Your support lends strength and fortitude while they are away from home," said Wyatt. "Many of the service members and organizations will "re-gift" items to other members as well as drop off items to be shared with the deployed population, especially those further deployed into greater hardship areas."

The community can help support this campaign by donating the following items: drink and hot cocoa mix (individual packets); power bars; gum, mints, hard candy (no chocolate); individually packaged/travel size snacks (nuts, trail mix, beef jerky, crackers, cookies); non-perishable meat (individual packets of tuna, chicken, salmon; not canned); lip balm; small packs of baby wipes; small puzzle books, playing cards, yo-yos, hacky sacks; and cards and letters of appreciation (do not write your last name, address or personal contact information; use wording that will encompass the holiday spirit without reference to race or religion as these will go to a diverse group of service members; do not put your cards or letters in an envelope).

Donations must be dropped off by Wednesday, November 6 at the designated drop off locations.

For a list of drop off locations or to learn more about the program, visit www.redcross.org/holidayforheroes.*

Will Power

Stress Can Kill



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

Dr. Rangan Chatterjee authored a new book, *The Stress Solution*, offering advice on countering the damaging effects of chronic stress. In it he details patients who, despite following intense diet and exercise programs, struggle with serious health issues like heart disease and Type 2 diabetes.

Dr. Chatterjee counseled one 53-year-old businessman patient to focus on the root cause of his problem: chronic stress. The patient was putting in long hours and skipping sleep. Dr. Chatterjee told him that constant stress can wreak havoc on blood sugar levels, urged him to practice meditation and yoga,

and to shut off his screens 90 minutes before bed each night. Six months later, the businessman's blood sugar levels improved almost to normal.

I could have been a poster boy for Dr. Chatterjee. Regular readers of this column know that I recently had to undergo open heart triple bypass surgery despite my healthy diet and passion for exercise. My doctors told me that stress and genetics played a huge role in my condition.

A typical day for me began at 6 a.m. and often stretched to 11 p.m. Even when I ate dinner with my family, I'd retire to my home study to log in to my work system to finish projects, answer emails and delegate work to my team.

I enjoy my work, and everyone's career has some element of stress. What I didn't realize is that I was pushing my body beyond its limits. I'm back at the office now, having made internal changes to better deal with day to day life.

"A lot of people are oblivious to the effects of stress," Dr. Chatterjee said in one of his Feel Better, Live More podcasts which tops the iTunes rankings.

When one of my law school classmates, Mark Stein, now a Miami intellectual property attorney, learned of my surgery, he called with well-wishes. During our conversation, he asked if I meditated. I told him this was something that I had planned to do but never got around to.

The next day I received a package from Amazon with a book entitled *Practicing Mindfulness – 75 Essential Meditations to Reduce Stress, Improve Health, and Find Peace in Everyday* by Maththew Sockolov. Mark later explained to me this is an excellent book for beginners, as he's used the techniques for more than 25 years.

I've seen clients who suffer from stress, even retired ones. One of my retired law partners, John Sheppard, once told me, "I'm busier and more stressed in retirement than I ever was in my law practice!"

One of the things that stresses out clients is not having a plan in place in case they get sick or die. Thinking about one's own mortality can be stressful by itself, so people put it off. Rather than relieving anxiety, it appears that hiding from it only makes it worse.

Other clients appear to believe that once they've signed their estate planning documents, they've somehow set in motion a sequence leading to their own demise! I can't tell you the number of times that I've sent drafts out to clients, but they hesitate for months or even years before reviewing those documents with me and actually signing them to put them into effect.

Given Dr. Chatterjee's findings, it isn't a wild assumption to believe that the buildup of stress in not planning for the inevitable would somehow make the inevitable more imminent, rather than the other way around. Our clients almost always feel an overwhelming sense of satisfaction and calm after signing their documents, as they know they now have peace of mind over their affairs.

In any event, you have a sympathetic ear when discussing these issues with me now. While I don't wish open heart surgery on anyone, the experience has broadened my understanding of what many of my clients have been through, and opened my eyes to the fears and stresses associated with taking care of your loved ones, planning for a future that you may not be a part of.

Hopefully, of course, all of us live a long and healthy life. My doctors have assured me that I'm expected to live a normal life, and that my new pathways to my heart will likely improve my vitality for many years going forward.

If you're under a lot of stress, check out the books and other resources I suggest here. Others can't remove the stress from your life, but you can certainly take steps to become more resilient and take action to increase the pleasure in your life going forward.

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Center Secures Sizable Arthrex Training Grant

Florida SouthWestern State College (FSW), the state fiscal agent for Quick Response Training (QRT) grants, has secured a \$1.3 million grant for Arthrex to train 363 new hires.

"This is a significant grant for Arthrex, FSW and our region," said Dr. Robert R. Jones, vice president of economic development and external affairs at FSW. "The funds will be used for customized supervisory and management training."

"Arthrex is very appreciative of our partnership with FSW and the state of Florida. The grant supports Arthrex's continued growth and investment in Southwest Florida," said Kathy Sparrow, senior vice president of human resources at Arthrex.

Arthrex is an orthopedic medical device company, and a leader in product development, medical education and a pioneer in arthroscopy, having developed thousands of products and surgical procedures in orthopedic medicine worldwide. The company's corporate headquarters is located in Naples, with global divisions in Munich, Germany and Singapore. It also has several subsidiaries and distribution centers throughout the eastern and western hemispheres.

FSW is the state fiscal agent for QRT grants in Southwest Florida. This is the fourth QRT grant awarded to Arthrex in the last three years. By working closely with CareerSource Florida in Tallahassee, and the local Workforce Board, FSW and Arthrex have been successful in securing \$3.2 million in QRT funds to train over 1,300 new hires since July 2017. This funding not only directly benefits the

companies receiving training funds, but also results in a local economic benefit.

The QRT grant lasts for one year and is targeted on the highly-customized training programs that companies need to improve the skill base of new hires. These programs can be instructed by specialists from the company itself or by one from FSW's extensive portfolio of subject matter experts.

In addition to this Arthrex QRT grant, three other FSW grants have been awarded since July 2019. These were Gartner for \$525,000, ScotLynn for \$150,000 and Cigent for \$116,000. Since 2013, FSW has secured over \$13 million in QRT funding to train over 8,000 new hires.

For more information about FSW Corporate Training, visit www.fsw.edu/corporatetraining.✧

Bank Partners With Habitat For Global Build 2019

Habitat for Humanity of Lee and Hendry Counties and Bank of America came together recently for Bank of America's sixth annual Global Build.

A record number of nearly 2,800 bank volunteers worked this week alongside homeowners to help build, rehabilitate and repair homes. This year's Global Build, the largest to date, will help address affordable housing needs in 108 communities across 10 countries.

Financial Center Managers from Bank of America branches in Fort Myers, North Fort Myers and Cape Coral helped paint the interior and exterior of a home on Majorca Palms in Fort Myers, a Habitat partner community. As new builds begin

across Lee and Hendry counties for 2019-20, Habitat's vision is to build neighborhoods amongst its homeowners.

"Affordable housing is fundamental for promoting economic mobility among individuals and families," said Gerri Moll, Southwest Florida market president for Bank of America. "Engaging our volunteers in partnership with Habitat for Humanity of Lee and Hendry Counties is one of the many ways we are helping build more sustainable communities in the region as part of our approach to responsible growth."

Meeting the need for safe, affordable and sustainable housing remains a significant challenge in Lee County, where 50 percent of renters and nearly 30 percent of homeowners expend more than 30 percent of their income on housing. According to the Department of Housing and Urban Development (HUD), anyone spending more than 30 percent of their income on housing is "cost burdened," and as a result may sacrifice nutritious food, healthcare and other necessities to make ends meet.

As a Global Build, the work done in Fort Myers coincided with projects in Australia, Canada, Hong Kong, Indonesia, Japan, Korea, Singapore, South Africa and across the United States

"Bank of America volunteers came together to participate in a Global Build initiative. Their work helps create pathways to affordable homeownership for families in Lee County," said Sara Jordan, corporate impact officer at Habitat for Humanity of Lee and Hendry Counties. "Knowing that this is part of a global effort only deepens the impact and emphasizes the importance of our vision of a world where everyone has a decent place to live."

Habitat and Bank of America have partnered for more than 30 years, helping homeowners build or improve the places

they call home. Each year, Bank of America volunteers give more than 40,000 hours to Habitat in their communities through board service, home build initiatives and financial literacy training for future Habitat homeowners.

Besides volunteerism in Lee and Hendry Counties, Bank of America also supports Habitat's local mission with grant funding and by hosting financial education courses for homeowners in the North Fort Myers corporate office.✧

From page 1

Festival For Autism

awesome," said Mike Hammond, the Calusa Blueway coordinator with Lee County Parks & Recreation. "Volunteers have as much fun as the surfers."

Surfers, their families and volunteers will also be invited to participate in a Sunday Funday on October 27. Sunday Funday will include tours of the Ostego Bay Marine Science Center and the U.S. Coast Guard station. Registration for Sunday Funday will take place at the Surfers for Autism event on Saturday.

To ensure everyone's safety and allow each participant ample time for surfing, the event will be capped at 200 participants. Visit www.surfersforautism.org to register.

Volunteers are needed and do not have to be a surfer to help. If interested in volunteering, register at www.surfersforautism.org.

Crescent Beach Family Park is located at 1100 Estero Boulevard on Fort Myers Beach.

For more information about Lee County Parks & Recreation, locations, amenities and special events, visit www.leeparks.org, call 533-7275 or email leeparks@leegov.com.✧

Rotary Club Makes Donation



From left, Ian Keith, Erik Elsea and Skip Camp

photo provided

Rotary Club of Fort Myers President Ian Keith recently presented a \$25,000 donation check to Erik Elsea, representative and ShelterBoxUSA 2018 Ambassador of the Year. The donation will be used by ShelterBoxUSA to provide emergency shelter and supplies to families devastated by natural disaster and conflict.

During a matching gift campaign goal of \$10,000, members of the Rotary Club of Fort Myers surpassed the goal and raised \$25,000 for ShelterBoxUSA, a Rotary International Project Partner.

"Being part of an organization like Rotary, which aligns itself with vital partners to make the world a better place is such a rewarding experience. I'm humbled to see our club members make this commitment to transforming lives

and rebuilding communities," said Keith.

Elsea, past president of the Rotary Club of Cape Coral, solo paddled the entire length of the Mississippi River in 2018 to raise funds and awareness for ShelterBoxUSA with the expedition connecting more than 70 Rotary clubs, raising more than \$70,000 to date, and earning Elsea Rotary's highest honor in District 6960, the Service Above Self Award.

ShelterBoxUSA supplies aid in the form of a green box filled with essential tools and family-sized tents specially designed to withstand the elements and provide people with temporary shelter. Also included in the box are items that help transform shelter into a home, like cooking sets, solar lights and activity sets for children.✱

Support Needed For Abuse Victims

Abuse Counseling & Treatment, Inc. (ACT) is launching a special Spreading Our Wings campaign, asking the community's help to build on existing outreach services and extend important training programs to prevent and minimize the impact of domestic violence and sexual assault.

ACT plans to raise \$2.4 million to offset the cost of purchasing the Second ACT Thrift Store building it has rented for 10 years. The purchase will allow ACT to expand its various outreach programs to support victims and survivors of sexual assault, domestic and dating violence, stalking and human trafficking. Last year, ACT answered over 15,000 calls through its 24-hour hotline and helped more than 7,000 community members with their confidential services, including emergency shelter, counseling, economic empowerment and job-skills training, children's services, legal advocacy, and other free programs.

"So many people count on us to help them through their darkest moments, and the Second ACT Thrift Store is a vital component of our services that allows us to provide that help," ACT CEO Jennifer L. Benton said. "But this isn't just about owning the building. It's about empowering people to overcome

desperate circumstances and move forward with the life they deserve."

Proceeds from the thrift store help fund ACT's three shelters, which helped 690 victims of domestic violence and their children in 2018. They also go toward outreach counseling programs and providing informational resources for victims and survivors.

Second ACT is also much more than simply a thrift store. ACT uses the store as a job training ground so clients can gain work experience while staying at one of the shelters. The building is also ACT's primary storage space for essential items like furniture, bedding, clothing, dishes and other household items, which is not only used for shelter residents upon intake, but also is available for them when they leave to start a new beginning for their family. Additionally, the purchase will allow ACT to open an outreach program at the facility, expanding its outreach to the community.

"Our generous supporters, past and present, and the compassionate people of Southwest Florida have a new opportunity to help us change lives for the better," Benton said. "We're looking forward to working together with everyone to fulfill our mission."

ACT has helped more than 80,000 people since it was founded in 1978.

To learn about all the ways to be a part of the Spreading Our Wings campaign, visit www.actabuse.com.✱

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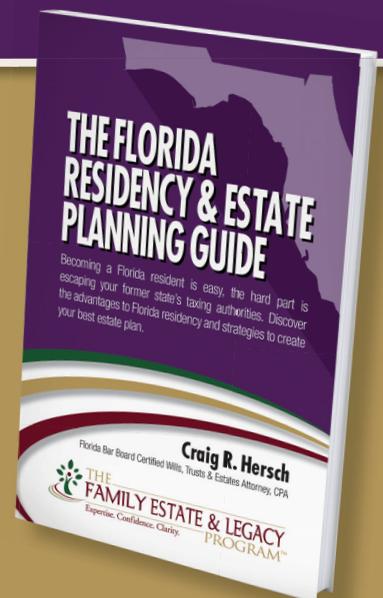
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Financial Focus

Not Too Soon For End-Of-Year Financial Moves



by Jennifer Basey

We've still got a couple of months until 2019 draws to a close, but it's not too early to make some end-of-year financial moves. In fact, it may be a good idea to take some of

these steps sooner rather than later.

Here are a few suggestions:

Boost your 401(k) contributions – Like many people, you might not usually contribute the maximum amount to your 401(k), which, in 2019, is \$19,000, or \$25,000 if you're age 50 or older. Ask your employer if you can increase your 401(k) contributions in 2019, and if you receive a bonus before the year ends, you may be able to use that toward your 401(k), too.

Add to your IRA – You have until April 15, 2020, to contribute to your IRA for the 2019 tax year, but the more you can put in now and over the next few months, the less you'll have to come up with in a hurry at the filing deadline. For 2019, you can put up to \$6,000 in your IRA, or \$7,000 if you're age 50 or older.

Review your portfolio – It's always a good idea to review your investment portfolio at least once a year, and now is as good a time as any. But don't make any judgments based solely on your results over the past 10 months. Instead, look carefully at how your portfolio is constructed. Is it still properly diversified, or has it become overweighted in some areas? Does it still fit your risk

tolerance, or do you find yourself worrying excessively about short-term price swings? These are the types of factors that might lead you to make some changes, possibly with the help of a financial professional.

Don't forget about your RMDs – Once you turn age 70½, you generally need to start taking withdrawals – the technical term is “required minimum distributions,” or RMDs – from your traditional IRA and your 401(k) or similar plan. After the first year in which you take these RMDs, you must take them by the end of each year thereafter. If you don't withdraw at least the minimum amount (calculated based on your age, account balance and other factors) you face a penalty of 50 percent of what you should have taken out – a potential loss of thousands of dollars. So, take your RMDs before December 31. The financial services provider that administers your IRA or 401(k) can help you determine the amount you must withdraw.

Think about next year's opportunities – It happens to almost all of us: A year has passed, and we haven't taken the actions we had planned. So, start thinking now about what you want to do in 2020 from a financial standpoint. Can you afford to ratchet up your investments in your retirement plans? If you have children or grandchildren, have you started saving for college? Have you considered ways to protect your financial independence if you ever need some type of long-term care, such as an extended nursing home stay? If these or other items are on your financial to-do list, start planning now to get them done next year.

Time goes quickly – so don't get left behind without having taken the steps to keep moving toward your financial goals.

This article was written by Edward Jones for use by your local Edward Jones financial advisor. Jennifer Basey is a financial advisor in Fort Myers. She can be reached at jennifer.basey@edwardjones.com.

volunteering professional services to provide aid to the homeless, asking your employer or school to host or sponsor a fundraising event, or donating funds to a non-profit shelter, food pantry or FPL's Care to Share program.

The Lee County Homeless Challenge serves as an educational program that focuses on developing personal awareness about the realities of homelessness.

The Lee County Homeless Coalition is a non-profit organization comprised of community and faith-based service providers, local businesses, people who are currently experiencing or who have experienced homelessness, and other advocates committed to ending homelessness. The coalition's mission is to advocate, educate and promote awareness of issues and obstacles facing homeless individuals in Lee County through community collaboration, planning and implementing solutions.

To help or learn more, contact Janet Bartos, executive director of the Lee County Homeless Coalition, at 322-6600 or visit www.leehomeless.org.

Superior Interiors

Add A Modern Twist To Your Family Room



by Trinetta Nelson

Whether you use the family room on a regular basis or it's the place you save for the holidays, this space can be a fun canvas to design and decorate to wow your guests

and make your family members feel cozy. If your current setup is more on the traditional side and you want to achieve an updated look, modern contemporary may be the right choice for you.

Modern design is all about creating a sleek feel in a room without taking away from the warm and inviting tone that a house should provide. It's about paying attention to fine lines, pops of color, mismatching furniture and other unconventional details to complete the living space. If this sounds like the perfect choice for your family room, consider the following tips to make it happen.

White is generally the traditional backdrop color for any space looking to achieve a modern style. It allows you to put simplicity on display and showcase the furniture, accessories and decor around the room. Consider white walls in the family room in a shade-like eggshell or vanilla.

Use the white foundation to your advantage by decorating with black and one other bright, bold color. Yellow maximizes the contemporary vibe, while a shade like red or blue can add a feel that's more toned down and intimate. Think about these colors as you choose artwork, throw pillows and countertop decor.

Just like colors add dimension to the living space, shapes can do the same. Choose artwork and other decor that emphasizes squares and other polygons that make use of the fine lines that complement modern decor so effortlessly. Think about this when picking furniture as well; the right style sofa and coffee table can make or break the modern vibe.

Beyond the shapes of your furniture, you need to consider the textures you want to use throughout the family room. It's common to assume that everything needs to match to create a space that flows, but that's the beauty of modern design – it's all about thinking outside of the box and stepping outside of your comfort zone. Perhaps choose different styles of chairs to place throughout the room to break things up.

Clutter is your enemy when it comes to modern design, especially on the walls. Instead of placing dozens of pieces of artwork all over the walls, find one large print to hang. Keep it simple; even a blank canvas with one impactful stroke of black can make a major statement.

Modern design is the epitome of minimalism. It's the idea of less means

more so leaving empty space throughout the room can help you achieve the style to the greatest extent. Don't feel obligated to decorate every square inch of your family room. Instead, leave some empty spaces in the corner, on the walls and around the furniture.

Redesigning a room can be an overwhelming task when you don't have the experience to change up the theme from scratch. If you're feeling stressed about your next project, contact a design professional to evaluate your living space and discuss your options. From there, the professional will provide insight based on his or her experience, your personal style and some of the latest modern trends.

Trinetta Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindceden.com.

Montage Women's Club Meeting Notice

The Montage Women's Club is a social and philanthropic club open to all women residing in Lee County. Club members meet on the fourth Thursday of each month at The Landings Yacht, Golf and Tennis Club. Meetings begin at 11:30 a.m. with lunch, followed by a program.

Within the organization are various interest groups for members' participation. Membership is open to both year-round and seasonal residents.

The November meeting will be held a week early (November 21), due to Thanksgiving. Members and guests are asked to arrive early at 11 a.m. A licensed massage therapist will be giving mini-back chair massages and a licensed aesthetician will be giving “hand facials.” The therapist will speak on the health benefits of massage therapy prior to the business meeting.

The Landings Yacht, Golf and Tennis Club is located at 4425 South Landings Drive in Fort Myers. For more information or to make a reservation, call 481-7765.

Camera Club To Meet

All photography enthusiasts are invited to attend a Fort Myers Camera Club meeting at the Cypress Lake United Methodist Church Fellowship Hall on the first and third Fridays of each month from November 1 through April 3. The meetings are held from 7 to 9 p.m.

Anyone interested in photography at any level is welcome. Mentor programs, outings, competitions and exhibitions, guest lecturers and more provide members with opportunities to improve their photography skills and make new friends.

The Cypress Lake United Methodist Church Fellowship Hall is located at 8570 Cypress Lake Drive in Fort Myers. For more information, visit www.fortmyerscc.com.

Homeless Coalition Challenge

The Lee County Homeless Coalition encourages the community to take the Homeless Challenge during Hunger and Homelessness Awareness Month to generate increased community awareness for those living on the streets in Lee County.

The 2019 Homeless Challenge will take place on Saturday, November 23 from 10 a.m. until 8 p.m. During this event participants will become familiar with the social services network and methods of everyday survival for those who live on the streets. This challenge will provide participants with an experience that has the power to effect change.

Recommendations from the Lee County Homeless Coalition include collecting or donating non-perishable food or clothing, volunteering to serve meals at Lee County free meal sites,

Local Coast Guard Auxiliary Unit Anniversary

Coast Guard Auxiliary Flotilla 91 Fort Myers Beach is celebrating 14 years of service to the maritime community of the Fort Myers Beach area. The United States Coast Guard Auxiliary is the volunteer uniformed auxiliary service of the United States Coast Guard.

Congress established the auxiliary on June 23, 1939, as the United States Coast Guard Reserve. On February 19, 1941, the organization was re-designated as the United States Coast Guard Auxiliary. The purpose of the auxiliary is to assist the Coast Guard as authorized by the Commandant, in performing any Coast Guard function, power, duty, role, mission, or operation authorized by law.

The award-winning Flotilla 91 Fort Myers Beach is known for its support for recreational boating safety in the Fort Myers Beach, Estero Bay, San Carlos Bay and Sanibel Island areas with more than 24,000 volunteer hours of direct support to Coast Guard Station Fort

Myers Beach, more than 2,000 hours in public education classes and more than 100,000 volunteer hours of service to the community since its inception in October 2005. These numbers represent a huge financial savings to both the Coast Guard and taxpayers.

The dedicated and highly trained volunteers offer boating safety classes, free vessel safety checks, station augmentation and many other support programs.

Citizens with an interest in maritime operations can join. Prior military or previous boating experience is not required. There are many positions that do not involve boating such as cooks, radio watchstanders, marine safety, environmental protection, clergy services and so much more. The only caveat is you must be at least age 17, pass a background check, willing to learn, able to contribute your time and talents. If you do not have the time, you are welcome to support the Coast Guard auxiliary financially by becoming an auxiliary associate member through the Coast Guard Auxiliary Association. Find out more at www.aux91fmb.org or nationally at www.cgaux.org.✳

Tax Collector Honored As ENPY's Finalist

Lee County Tax Collector Larry Hart's tireless efforts on the board for the United Way of Lee, Hendry, Glades and Okeechobee Counties earned him the distinction as a finalist for nonprofit board member of the year at the 3rd annual Nonprofit Performance Yearly Awards (ENPYs).



Larry Hart

Hart was honored for his many years of service for the United Way, including twice serving as chair for the organization's annual campaign, which now benefits 96 partner agencies each year. Under his leadership in 2006 and again as one of six co-chairs in 2016-17, the two campaigns generated over \$16 million.

The ENPYs, presented by the Cape Coral Community Foundation, recognize the outstanding work of individuals and organizations in the nonprofit world dedicated to improving the quality of life in their various

communities. Hart was recently recognized, along with 32 other individuals in 11 categories, at the ENPY Awards Luncheon at Crowne Plaza Bell Tower in Fort Myers.

As a board member, Hart continues to be a strong voice for the agency, which reaches thousands each year through its many service programs in each of the Southwest Florida counties.

"I am proud to be part of an organization which continues to benefit communities and those in need in remarkable and extraordinary ways," Hart said. "There is no greater reward than helping others – and it is something I have been committed to my entire life."

Earlier this year, the Lee County Tax Collector's office was honored by United Way of Florida with the 2018-19 Public Sector Giving Award for leading local contributions for the recent United Way campaign. The LCTC's average per capita contributions was \$160.70 to lead the state and was part of a record \$10.4 million raised through the local campaign.

Hart was elected Lee County Tax Collector in 2012 after being appointed to the position by Gov. Rick Scott. He served as assistant tax collector for 11 years following a 22-year law enforcement career highlighted by him becoming the first African American police chief for the City of Fort Myers.

To view Hart's full biography, visit www.leetc.com.✳

LCEC Leader To Retire, Successor Appointed

After a well thought-out selection process, the Lee County Electric Cooperative (LCEC) Board of Trustees appointed Denise Vidal to the role of executive vice president and chief executive officer. "I am honored by the board's confidence in me. I couldn't ask for a better team. With the help of co-workers and the trustees, we will continue to serve our members responsibly," said Vidal.

Having worked for LCEC in a variety of departments and leadership roles including chief financial officer (CFO), Vidal has a broad understanding and knowledge of the LCEC business model, the utility industry and the environment in which LCEC operates. She has an impressive track record for cultivating relationships and maintaining financial strength while always

supporting the LCEC mission to deliver reliable electricity, competitive rates and quality service.

"Vidal has vast experience and knowledge of the LCEC business and is a great fit for the leadership competencies that were evaluated as part of the selection process: strategic vision, business acumen, integrity, value-driven decision-making, leading by example and corporate stewardship. We are excited that she accepted the position," said LCEC Board President Russell Priddy.

Dennie Hamilton recently announced his November retirement so that he can enjoy the next chapter of his life. "He has been a remarkable leader and responsible for leading the organization throughout his distinguished 12-year tenure as CEO," said Priddy. "We are indebted to Dennie for greatly advancing our ability to adapt to change, advancing our integrated business planning process and serving as a champion for living the LCEC values and giving back to the community."✳



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Play Ball?!



by Howard Prager

The ball is or is not juiced, that is the question. During the season, many teams broke home run records including the Minnesota Twins, which broke the baseball's team

record for home runs in a season with 307. They also won the RBI total with 906 and were second in team batting average at .270 – second to the Yankees. Yet, I've been wondering why there are so many spectacular catches when teams and players are scouted so much and players are well-positioned. The ball is simply not carrying the way it did during the season. Cooler days and nights? Are the balls different at all? I can only guess, but you can see not just the fielder reactions to fly balls and having to run more, but look at the fans, players, hitters and pitchers

reactions. Fly balls that were home runs during the season are not going out or as deep as they were. Something is different.

In the meantime, let's see what the long layoff does for the Nationals, who will have been waiting almost a week since winning the pennant. Houston has had only three days off, although that's enough for both teams to start their best pitchers. Teams who have five or more days off are 6-6 in winning the World Series. Given that they came into the series as the wild card team, Washington probably sees 50/50 as good odds. And speaking of stats, Houston was first in batting average allowed to the opposing team and in strikeouts, along with being third in home runs and RBIs. That's why they were presumed to be the best team in the postseason, until they faced resilient and tough competition in Tampa Bay and New York. This week, we will have seen what happens when elite pitching staffs face off with each other, one with a lot of rest and the other with not nearly as much.

College football is all about upsets, even in the Top 10. Hello Wisconsin.

You didn't just lose to an underdog, you were 31-point favorites. This is the largest upset this season when Illinois hit a last second field goal to win 24-23. South Carolina over Georgia was big the week before, but I don't believe the point differential was as great. Another exciting finish last weekend was the six overtimes between Virginia Tech and North Carolina. New NCAA overtime rules this season require each team to try for a two-point conversion beginning in the fifth overtime. This takes special teams out of the picture, which was helpful because both teams already had missed two field goals in OT. Virginia Tech prevailed 43-41.

Fun item of the week. The college football dance off. Coastal Carolina played Georgia Southern, and between the 3rd and 4th quarters, the Southern players started dancing to the music on the field. According to the Washington Post, "As it usually does, Southern played a song over the loudspeakers and as "Mo Bamba" began, its players raised four fingers to signify the quarter and began dancing in a tradition that the team calls "bringing the juice." Coastal Carolina players, trailing 10-7

at the time, were not pleased and started doing the same on their side of the field. There was no fighting or physical conduct, with players around 20 yards apart, but the referees were in no mood for frivolity. Three players had previously been flagged for unsportsmanlike conduct and the dancing penalties meant they were ejected. The refs all started throwing flags, and in total ejected seven players altogether. In a driving storm, Coastal Carolina tied the game and went to three overtimes before Georgia Southern won on a field goal. Perhaps next year in overtime, the NCAA should change their rules again and consider dance-offs. It would be a great way for both the marching bands and the teams to shine, and with less risk of injury besides. Just no penalties to my fellow sousaphone players, please!

*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.**



Habitat Board Member Paul Martin at a previous Golf Fore Homes event photo provided

Golf Fore Homes Tournament To Benefit Habitat

The 3rd annual Golf Fore Homes Tournament will be held at The Verandah Golf Club on Friday, November 22. Registration is now open for the four person, 18-hole scramble with an 8:30 a.m. shotgun on Verandah's championship Whispering Oak course.

The event will benefit Habitat for Humanity of Lee and Hendry Counties. For \$125 per player or \$500 per foursome, tournament registration includes a golfer swag bag and prizes for a hole-in-one, closest to the pin and

longest drive.

Multiple sponsorship opportunities, ranging from \$750 to \$10,000, are available for businesses or organizations interested in supporting a popular golf tournament benefiting Habitat for Humanity's important mission of delivering safe, stable homes to local families.

Golf Fore Homes 2019 sponsors include USI Insurance Services; Barraco and Associates, Inc.; Seagate Development Group; and Dr. Steve & Connie McIntosh.

The Verandah Golf Club is located at 12211 River Village Way in Fort Myers. For more information, contact Habitat for Humanity Community Event Manager Rachel West at 800-5246 or rachelw@habitat4humanity.org.*

SPORTS QUIZ

1. Who broke Hideki Matsui's major-league record for most career home runs by an Asian-born player (176)?
2. Ted Kluszewski hit 40 or more home runs three times during his 15-year major-league career. How many times did he have a batting average of .300 or better?
3. When was the last time the UCLA football team won a conference championship?
4. Who is the all-time leader in career points scored for the Philadelphia 76ers franchise?
5. Name the last player before Jaden Schwartz of the St. Louis Blues in 2019 to have two hat tricks in one NHL playoff year.
6. Who was the first player to score a goal in five different Women's World Cups?
7. In 2019, Egan Bernal of Colombia became the third-youngest cyclist (22) to win the Tour de France. Who was the youngest?

ANSWERS

1. The Texas Rangers' Shin-Soo Choo did it in 2018. 2. Seven times. 3. It was 1998. 4. Hal Green, who was 19 years, 350 days old when he won it in 1904. 5. Detroit's Johan Franzen, in 2008. 6. Brazil's Marta (2003-2019). 7. Henri

From page 1

Art Center

Young and Marci Mills put out a call to artists to participate in a group show that focuses on the environment. This group of juried artwork will be juxtaposed with a collection of Clyde Butcher photographs entitled Living Waters, on loan from the Aquatic Preserve Society. Also included in the exhibition is a 60-foot installation titled *Currents of Destruction* that will be displayed on the exterior of the SBDAC building. The weavers guild and the public created large fiber rings symbolizing cyanobacteria pollution to call attention to the problem of water pollution in Southwest Florida, and to create a buzz about the exhibit inside.

Awards and prizes will be announced for the Turf Wars juried exhibition during opening night following a Trashion Fashion Show at 7 p.m. featuring recycled, repurposed, reimagined material that has been transformed into wearable art and accessories.

There will also be free workshops from 1 to 3 p.m. every Wednesday in November. On November 6, participate in helping create a four-foot-by-30-foot, hands-on environmental mural painting

with Zan Lombardo titled *Way Will Open*. On November 13, be a part of an interactive lecture and discussion titled Climate Change And Global Warming with Nobel Peace Prize winner Dr. Terry Root. On November 20, join Susan Hedge for Principles Of Creation, a gallery talk that relates artwork in the gallery to existence; the nature of things.

In the upstairs Capital Gallery, get an in-depth look at some meaningful and historical images captured and take notice of the story being told in the photojournalism exhibit A Moment In Time. Photojournalism is a different kind of art. Many of its creators do not see themselves as artists, but as truth-tellers who bristle at the notion that they could be creating salable art objects. Yet their work is realism in its purest expression, straight from nature – it is creative, it withstands the test of time, it moves and inspires you to see things differently.

The exhibition runs through November 25. General admission is a \$1 entry donation.

The Sidney and 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.*

Beautifulife:

Pass The Ball

by Kay Casperson



My youngest daughter loves to stay active and usually gets involved with whatever sports she can. This year, she played on The Sanibel School girls basketball team, which was her

first real participation in that sport. She picked it up pretty quickly and learned quite a few great lessons about the game, but one thing, in particular, stood out for me. Passing the ball in this game is very important, as well as who you give the ball to. If you keep the ball to yourself and try to do it all, in most cases, you will be blocked or stopped in your tracks.

Of course, this rule applies to many sports, but when your child is participating in something, you pay a bit more attention to it so you can support them along the way. So, while realizing the importance of this simple rule of passing the ball in this game, I also started to think about the importance of "passing the ball" in other aspects of our lives.

I know for sure that many of you are like me and want to take on so many things at one time. It is not always easy to say no or to juggle all the different aspects of life seamlessly. So, instead of trying to take on the world yourself and end up dropping a few balls, why not pass one or two of them to others once in a while so you can feel like a winner more often?

What does it mean to pass the ball? Let me give you a few examples and suggestions:

You are spending too much time on things for your business that you know someone else could do. Add an extra job or two to another team member or sub it out, so you can focus on the essential things that will make a difference.

You are driving too much because your kids and family rely on you to get them places. Why not pay someone to help out with the driving? If you calculate the amount of time you spent away from other things and the expenses to get there, you may find out that it can even save you money.

Your house and yard responsibilities are taking up a significant amount of your daily and weekly time, and you never feel like you get it all done. There are people that can help either once a month, once a week, or even daily if you need them, and are focused on that particular task and are well worth the investment.

You are a chairperson or committee member for a nonprofit organization, and you are feeling overwhelmed with making all the decisions and meeting deadlines. Take some time to reach out to others who would be a good fit for your organization and ask for help. Sometimes people need an extra nudge to get involved, but are willing to jump in if asked a few times.

Regardless of what ball needs to be passed at any given day, you can bet there is one, and you can either keep it, try to juggle it, risk losing it or ultimately pass it to someone else. It is not possible to win

at this game called life all by yourself, and learning to "pass the ball" is an essential step in moving towards having your most balanced and beautiful life.

My affirmation for you this week is: "I will take a look at the various aspects of my life to see which balls I can pass on to others to help me stay focused, be productive and accomplish all that I set out to do."

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

Treatments For Cancer Patients

For patients battling all forms of cancer, including breast cancer, treatment has typically centered on eliminating the disease through surgery, radiation and chemotherapy. However, many patients benefit from an integrated, multidisciplinary approach for recovery and emotional well-being.

To support this important connection and provide the best possible care for cancer patients in Southwest Florida, Lee Health's Regional Cancer Center (RCC) and Healthy Life Centers have launched an integrative health program tailored to cancer patients. The goal is to complement their cancer treatment and bring optimal healing and well-being to their life journey.

"Our integrative services provide patient-centered care that focuses on the entire person throughout their 'cancer journey,' not just their illness," said Dennis Bruens, Lee Health vice president for oncology and palliative care. "We treat the whole person to provide patients who are in cancer treatment or cancer survivorship with every necessary tool to help them cope with the barriers and side effects of diagnosis and treatment. This patient-oriented approach considers the whole person – body, mind, spirit and lifestyle."

The Integrative Health Program at RCC offers a variety of services, including:

Hypnotherapy – Hypnosis works as part of a treatment program for several psychological and medical conditions stemming from a cancer diagnosis. Hypnotherapy can also facilitate other types of therapies and treatment, especially pain management.

Acupuncture – Acupuncture, a traditional Chinese medicine practice, seeks to rebalance the body's energy fields. The practice is based on the belief that when an imbalance occurs, the flow of energy is disrupted and disease may occur. In support of conventional medicine, acupuncture can help diminish the painful effects of cancer treatment, reduce stress, anxiety, depression, brain fog and neuropathy.

Massage Therapy – Massage therapists apply highly individualized massage treatments to comfort, nurture and support cancer patients wherever they are in their treatment journey. Sessions can help ease anxiety, reduce treatment-related pain, improve energy levels, improve sleep and manage nausea from cancer treatments.✧

Non-Surgical Treatment For Facial Wrinkles

A new non-surgical option to correct facial wrinkles has been approved by the U.S. Food & Drug Administration (FDA) and will be explained at a free seminar conducted by facial plastic surgeon Dr. Stephen Prendiville at Connors Steak & Seafood on Friday, November 1 at 11:30 a.m. .

"Genius" is a radio frequency micro-needling device that delivers radio frequency energy to a variety of depths, regardless of skin type. It can be used for several facial rejuvenation treatments, including skin tightening, acne scarring, stretch marks, scars and improvements in skin texture, according to Dr. Prendiville.

Dr. Prendiville is the first facial plastic surgeon in Florida to offer the new Genius, which was developed by Lutronic, a global aesthetic laser medical device manufacturer.

"We're excited to be the first in Florida to offer this new treatment. The advantage of Genius radio frequency micro-needling is that patients can get these dramatic results without laser resurfacing and virtually no downtime," said Dr. Prendiville, who also is



Stephen Prendiville photo provided

the medical director of the Assuage Luxury Spa in Fort Myers and North Naples.

"Patients can apply makeup after just 24 hours and it is safe for all skin types."

Using before and after pictures of actual patients, Dr. Prendiville also will discuss the latest advances in facelifts, eyelid lifts, nose surgery, lasers, and reconstructive surgery.

continued on page 24



Trash & Treasure Sale

Hosted by Island Seniors, Inc.

at the Center 4 Life.

Find us at the corner of
Palm Ridge & Library Way



Island Seniors are currently looking for donations of your clean "gently used" items. The sale is a huge event for the Island Seniors/Center 4 Life and all the proceeds help support their programs such as; kayaking, fitness, technology, games, pot lucks, arts and so much more.

Drop off is available Monday through Friday
between 9:00 a.m.- 3:00 p.m.



• Household items • Furniture • Hardware/Tools

• Kitchen Gadgets • Sporting Goods • Jewelry • Purses



Trash & Treasure Sale
Saturday, November 9, 2019
9:00 a.m. - 2:00 p.m.

dearRPharmacist

Peppermint Is A Cool Solution For Irritable Bowels



by Suzy Cohen, RPh

Dear Readers: Many people have lost their joy in eating, and that's because they have Irritable Bowel Syndrome (IBS), which includes many symptoms including bloating, abdominal pain,

fatigue, sleep problems and suppressed immunity. One hallmark symptom is that which affects your ability to eliminate. I'm referring to diarrhea, or constipation, or alternating between the two.

An actual diagnosis of IBS is based upon your duration of symptoms that must be six months or more. If you're tired of the problem, and sad because you have to toilet-map every trip to the mall, then maybe peppermint is something you should try.

Peppermint is a beautiful plant that has been medicinally treasured for centuries. Known botanically as *Mentha piperita*, peppermint is actually a hybrid. It's the hybrid baby of its parents watermint and spearmint.

Most people know that applying peppermint essential oil to your temples can help with a headache, and that peppermint gum and candies freshen your breath. Mint leaves can be infused into a pitcher of ice water for instant freshness, not to mention antibacterial and anti-fungal effects. I think that's where mint excels for people; it has been proven to help with Small Intestinal Bacterial Overgrowth (SIBO) and IBS.

Peppermint is available at any health food store (soft gels and liquid extracts) and

supermarket (usually as a tea). You can also buy it in the produce section of some supermarkets as fresh whole leaf. The supplements of peppermint oil (enteric coated) are considered a relatively safe, effective traditional holistic remedy. I'm not referring to essential oil, I'm referring to a dietary supplement of peppermint oil that acts as a smooth muscle relaxant inside your intestines, as well as an antispasmodic herb. It is also known to help with gas, bloating and minor cramping.

The latest study published in the August 27, 2019 issue of *Gastroenterology* was conducted in part, to evaluate the safety and efficacy for peppermint in people with IBS. They used two different formulations that would go to certain parts of the intestine. They got about 190 people to agree to participate, across several hospitals in the Netherlands. This trial ran from 2016 to 2018.

The enteric coated (small intestine release) preparation of peppermint did in fact prove to help reduce abdominal pain, discomfort and general IBS severity.

Here's a few words of caution. The enteric coated form is ideal because plain peppermint oil can irritate the stomach lining and make heartburn and ulcers worse. The enteric coating protects the peppermint oil so that it can get down lower to your intestines (rather than breaking down in your stomach).

Avoid peppermint if you have gastroesophageal reflux disease (GERD), which is a disorder of the lower part of your esophagus. My rationale is because peppermint relaxes your esophageal sphincter and will allow acid to reflux upwards. That's what you are trying to avoid. So antacids and peppermint supplements should not be combined. There are other warnings, so please ask your doctor if this type of herbal remedy is good for you.

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. ✨

system's 3D high-definition vision system. This system gives surgeons a crystal clear picture of the operation site while maneuvering the robotic instruments that have far greater flexibility than the human hand. Due to its precision, patients receive smaller incisions during the procedure. Patients who qualify for robotic surgery, based on their condition and the size and location of the tumor, typically return to their previous lifestyle faster and with less pain than patients undergoing traditional surgery.

Launched in 2014, the da Vinci XI robot is the fourth generation of Intuitive Surgical's robotic surgery system, and one of the most advanced robotic surgery options on the market. Surgeons at HealthPark Medical Center have already been utilizing the da Vinci XI, and adding a robot to Lee Memorial Hospital increases Lee Health's investment in providing the most technologically advanced health care options for Southwest Florida.

For more information about robotic surgery at Lee Health, or to learn what types of surgeries are currently available via the da Vinci system, visit www.leehealth.org/surgery/davinci-surgery/index.asp. ✨

Doctor and Dietician

Cold And Flu Season



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

Since cold and flu season is already roaring, let's talk immune system. Whether you choose to get the flu shot or not, you can do a lot of things to stimulate your body's immune system so that you can better fight those nasty germs.

Never underestimate the power of natural remedies from grandma. Make "Jewish penicillin," aka chicken soup. Studies have actually shown chicken soup to improve immune function. So, don't knock it. I also add two large pieces of grated turmeric root (yes, found at Bailey's), six to eight cloves chopped fresh garlic, juice and zest from one lemon, and fresh chopped kale and spinach to the usual soup ingredients of

chicken, onion, celery, carrots, seasoning and broth. I feel stronger already!

Additional tips to supercharge your immune system (this is best taken two to three days prior to a full-on cold/flu when first exposed) consist of the following supplements, taken throughout the day versus all at once: two to 10 grams of Vitamin C as tolerated (easiest to accomplish with organic Vitamin C powder, available from Amazon); five to 15 grams of Vitamin D; and 20 to 40 grams of Vitamin A. Yes, this is mega-dosing, so please do not take this as medical advice without consulting your provider. But if you do not take enough, the effects will not be as good. Reduce the dose to one per day of each after a few days. We also add elderberry extract and immune support mushroom extract (we like Host Defense MyCommunity Extract).

We also gargle with hydrogen peroxide to kill what's in the back of the throat, take organic raw honey mixed with organic Bragg's apple cider vinegar (also great for coughs), push fluids, get good sleep, eat fresh food (always!), and reduce sugar intake. Say good-bye to those germs for good!

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

Alzheimer's Resource Center Receives Grant

The Claiborne and Ned Foulds Foundation has chosen The Alvin A. Dubin Alzheimer's Resource Center as a recipient of a retained grant in the amount of \$2,600. The grant will be used for programming and educational efficiency to purchase laptop computers to increase mobile functionality, flexibility, productivity and the overall efficiency of the Social Workers.

"We are extremely grateful to the Foulds Foundation for empowering our organization, through mobile technology, to be better equipped to provide services to our caregivers in the field," said Robin Goldstone Garcia, executive director of the Alvin A. Dubin Alzheimer's Resource Center.

The Claiborne and Ned Foulds Foundation make grants for projects that are of general benefit to the residents of Lee County. The foundation was established in 1981 by the late Ned and Claiborne Foster Foulds, who moved to Fort Myers in 1958. Ned Foulds was a graduate of Harvard University and retired as a junior executive of the airtemp division of the Chrysler Corporation. Mrs. Foulds was a Broadway star during the 1930s known under her maiden name of Claiborne Foster and starred in more than 20 plays. In recognition of their achievements, the Foulds left their estate in trust to be administered by Bank of America as a 501(c)3 foundation in perpetuity to benefit charitable causes.

A local advisory board reviews all qualified applications and makes annual recommendations to the trustee as to which organization should receive funding and the amount of the grant.

The Alvin A. Dubin Alzheimer's Resource Center, a United Way partner agency, provides information, support and education for individuals with Alzheimer's disease or related memory impairment and their caregivers in Lee and Hendry counties.

The Dubin Alzheimer's Resource Center is located at 12468 Brantley Commons Court in Fort Myers. For more information, visit www.alzheimersswfl.org. ✨

From page 23

Treatment

In addition to a light lunch, attendees will be able to make an appointment for a free consultation with Dr. Prendiville.

All surgeries are performed at Dr. Prendiville's state-of-the-art Surgical Center adjacent to his office in South Fort Myers at 9407 Cypress Lake Drive. The Surgical Center is accredited by the American Association for Accreditation of Ambulatory Surgical Facilities (AAAASF), which is the largest accrediting body for outpatient surgical facilities in the United States. For more information about Dr. Prendiville, visit www.drprendiville.com.

Connors Steak & Seafood is located at Gulcoast Town Center at 10076 Gulf Center Drive in Fort Myers. The seminar is free, but reservations are required by calling 437-3900. Space is limited. ✨

Robotic Surgery Helps Patients Recover Faster

Lee Memorial Hospital is now utilizing an advanced robot for certain types of oncology surgeries at the hospital. The da Vinci XI robot allows doctors to operate by making smaller, more precise incisions, which greatly reduce the stress and trauma patients experience as they recover from surgery.

"Bringing this advanced technology to Lee Memorial Hospital means that more patients are able to receive innovative treatment close to home," said Dr. Scott Wolf, vice president of operations and chief physician executive at Lee Memorial Hospital. "The da Vinci robot is an impressive piece of technology, and we look forward to continuing to expand its uses in an effort to get surgery patients back to their everyday lives as quickly as possible."

The device utilizes robotic arms, and is controlled by the surgeon through the

PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Fi Fi And Ginger



Fi Fi ID# A794508

Hello, my name is Fi Fi. I am a 4-year-old female domestic shorthair who is a sweet tabby that is very curious and knows who I like through my keen sense of smell. I will give your hand a good once over, and once you have gotten my approval, I am your instant best friend. I am very fond of having my ear rubbed (it gets my motor running every time). I get along with my feline friends, so take advantage of our adopt one get a feline friend free special!

My adoption fee is \$10, so adopt me and get a feline friend at no additional charge.

Hi, I'm Ginger. I did not come to animal services from the best conditions as you might have guessed, but this has not dampened my spirits at all. I am a 5-year-old female chihuahua mix who is a loving, little lap dog that is just waiting for my new person to come and find me and give me the home I so richly deserve. I have already started to get some fur back now that I am



Ginger ID# A794743

at the shelter, so I know I will blossom in the right home.

My adoption fee is \$40.

October is 'Adopt a Shelter Dog Month' which makes it the perfect opportunity to celebrate and adopt a shelter dog. Animal services along with the American Society for the Prevention of Cruelty to Animals (ASPCA) will celebrate along with adopters using the hashtag Dogtober on social media. This is another great way to show the adoptable pets available at area shelters.

Adoption fees will be reduced on all dogs 6 months of age and older to just \$40 for the entire month of October. Cats and kittens are just \$10.

*The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit Lee County Domestic Animal Services at www.leegov.com/animalservices or call 533-7387.**

Haven on Earth Animal League

Baby Grey And Peloton



Baby Grey

Hi There! We are Baby Grey and Peloton. While we aren't biological siblings, we've spent our entire lives together, so we would really like to get adopted together. Baby Grey is a 5-month-old male and Peloton is a 4-month-old female. We've been neutered and spayed and have all of our vaccinations. We are very playful and sweet.

Baby Grey likes to give kisses, and will cuddle and sleep with you – just like a human child. Baby Grey needs a lot of attention and really needs to

have another kitty around to help keep him company and play with him. Peloton is very easy going. Baby Grey has extremely soft fur and feels like a marshmallow, while little Peloton is sleek and shiny. Peloton has a white tip at the end of her tail. Baby Grey is a little timid at first, but with a gentle touch, he warms up quickly. He is still learning not to chew on fingers, so he would do best in a home without small children.



Peloton

*We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email haveneearthanimalleague@yahoo.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	339-8046
Audubon Society	472-3156
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Coral Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
NARFE(National Active & Retired Federal Employees	482-6713
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy	939-1338
Southwest Florida Music Association	561-2118
Kiwanis Fort Myers Beach	765-4254 or 454-8090
Kiwanis Fort Myers Edison	694-1056
Kiwanis Fort Myers South	691-1405
Iona-McGregor	482-0869
Lions Club Fort Myers Beach	463-9738
Lions Club Fort Myers High Noon	466-4228
Lions Club Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
Organ Transplant Recipients of SW Florida	247-3073
POLO Club of Lee County	477-4906
Rotary Club of Fort Myers	332-8158
Sanibel-Captiva Orchid Society	472-6940
United Way of Lee County	433-2000
United Way 211 Helpline (24 hour)	211 or 433-3900

AREA ATTRACTIONS

Bailey-Matthews National Shell Museum	395-2233
Burrough's Home	337-9505
Calusa Nature Center & Planetarium	275-3435
Edison & Ford Winter Estates	334-7419
Fort Myers Skate Park	321-7558
Imaginarium Hands-On Museum & Aquarium	321-7420
JN "Ding" Darling National Wildlife Refuge	472-1100
Koreshan State Historic Site	239-992-0311
Langford Kingston Home	239-334-2550
Ostego Bay Foundation Marine Science Center	765-8101
Skatium	321-7510
Southwest Florida Historical Society	939-4044
Southwest Florida Museum of History	321-7430
True Tours	945-0405

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

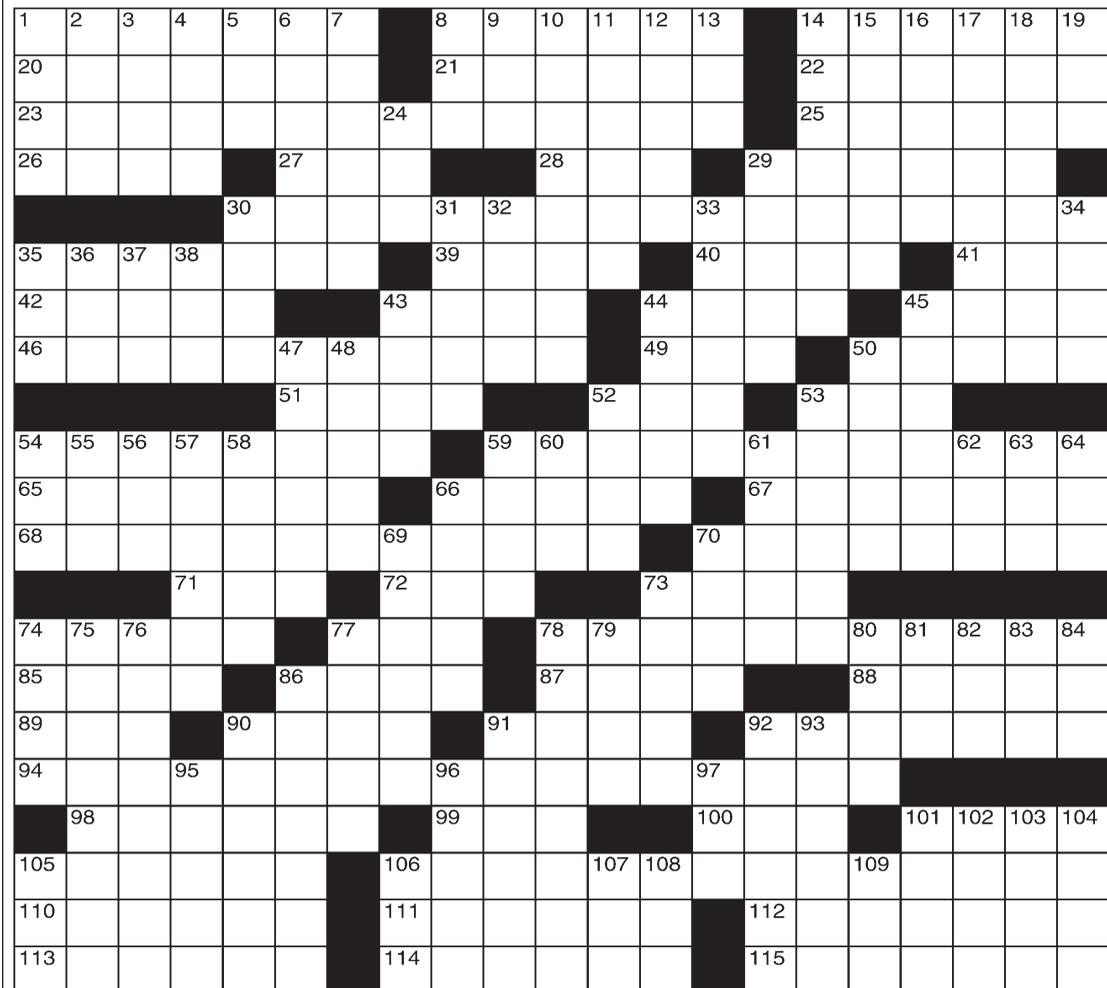
PUZZLES

Answers on page 28

Super Crossword

WHAT DO THEY ALL HAVE?

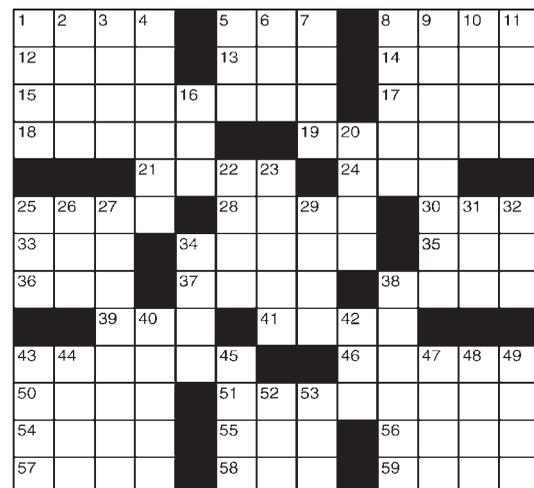
- ACROSS**
- 1 Designer
 - 8 Put in cipher
 - 14 Cocky walks
 - 20 United, e.g.
 - 21 In a Ziploc bag, e.g.
 - 22 "The Gift of the Magi" writer
 - 23 Zippers
 - 25 Contacts, e.g.
 - 26 Lotto variant
 - 27 "... cup — cone?"
 - 28 — kwon do (martial art)
 - 29 "Taps" co-star Timothy
 - 30 Data entry needs
 - 35 Aftermaths
 - 39 "Where are — now?"
 - 40 Hinge (on)
 - 41 Aunt, in Argentina
 - 42 Fill with joy
 - 43 Lay — thick
 - 44 Fonda of film
 - 45 Just know
 - 46 Office cabinet items
 - 49 Center of similes
 - 50 Military chaplain
 - 51 Cake level
 - 52 Lamb bearer
 - 53 Ireland's — Lingus
 - 54 Last half of a typical golf course
 - 59 Some aluminum recyclables
 - 65 Hwy. number lead-in
 - 66 Elbowed, say
 - 67 A number of
 - 68 Dictionary lookup facilitators
 - 70 Affirm the truth of
 - 71 Ammo for air rifles
 - 72 Even one
 - 73 "Take —!" ("Congrats!")
 - 74 Big name in direct sales
 - 77 "I got it!"
 - 78 Chrome, Firefox and Safari
 - 85 Shop
 - 86 Lackluster
 - 87 1990s Israeli president
 - 88 Video's counterpart
 - 89 Bardic tribute
 - 90 — Field (Mr. Met's home)
 - 91 Rhine feeder
 - 92 Enrollments
 - 94 Café crowd
 - 98 Like a constellation
 - 99 Siouan people
 - 100 Hirt and Gore
 - 101 Biblical son of Isaac
 - 105 Tug at
 - 106 Theme of this puzzle
 - 110 Colorful ring in the eye
 - 111 Well-drilling apparatus
 - 112 Pantheon members
 - 113 Corn seed
 - 114 Spend time in, as a hotel
 - 115 One tearing up the road
 - 12 Bo of "10"
 - 13 Masthead names, for short
 - 14 Like sugar, but not oil, in water
 - 15 1982 Richard Pryor film
 - 16 — -car (airport service)
 - 17 Not collated, e.g.
 - 18 More stylish
 - 19 Pt. of OS or GPS
 - 24 Exhaust
 - 29 Doglike carnivore
 - 30 Symbol on a music score
 - 31 Pronounce
 - 32 Hammer-wielding god
 - 33 Slate cleaner
 - 34 Store event
 - 35 Ump relative
 - 36 Gridiron star Manning
 - 37 "My gal" of song
 - 38 Off-roading vehicle, briefly
 - 43 Brainstorm, in Brest
 - 44 Chattered
 - 45 Ludicrous comedies
 - 47 Inflammation of the ear
 - 48 Flax product
 - 50 Tick off
 - 52 Holiday lead-ins
 - 53 "Terrible" toddler time
 - 54 Except for
 - 55 Grayish hue
 - 56 Grand — wine
 - 57 Mortal — (video game series)
 - 58 Lumpy, as fabric
 - 59 Squarish, as a car
 - 60 Stretch (out)
 - 61 Mary of "Dodsworth"
 - 62 Gallery stuff
 - 63 Turner who led a revolt
 - 64 — -mo replay
 - 66 Punishment-related
 - 69 Ball-shaped bloom
 - 70 Truncated wd.
 - 73 Red as —
 - 74 Bow-wielding god
 - 75 Was certain
 - 76 One trying to pin a rival
 - 77 Cowboy singer Gene
 - 78 Arsenal array
 - 79 Pound the poet
 - 80 Clowns
 - 81 World lighter
 - 82 College URL ending
 - 83 Tear apart
 - 84 Ship's call for help
 - 86 Active by day
 - 90 Singing King
 - 91 Chief Hun
 - 92 Cone, cube and sphere
 - 93 Arched body part
 - 95 Osprey claw
 - 96 Like a well-pitched inning
 - 97 How sashimi is eaten
 - 101 Sermon conclusion?
 - 102 Pronounced
 - 103 Have — in one's bonnet
 - 105 Its cap. is Islamabad
 - 106 Lean- — (hovels)
 - 107 1998 Angelina Jolie biopic
 - 108 Certain NCO
 - 109 Rush along



King Crossword

ACROSS

- 1 "Lord of the Rings" actor Ian
- 5 Spigot
- 8 Jet forth
- 12 Cruising
- 13 Court
- 14 Baserunner's goal
- 15 Locale for a 1920s "sitting" fad
- 17 Settled down
- 18 Kingdom near Fiji
- 19 Creators
- 21 "Carmina Burana" composer
- 24 Directory data (Abbr.)
- 25 Humorous utterance
- 28 Temporary gift
- 30 Scot's hat
- 33 Illustrations
- 34 Flower of New Mexico
- 35 "I — Camera"
- 36 Lingerie item
- 37 Physical
- 38 Vivacity, in music
- 39 Genetic letters
- 41 Ogler's look
- 43 Jungle expedition
- 46 Romantic dance
- 50 Send out
- 51 Worm holder
- 54 Leftovers
- 55 To and —
- 56 Writer
- 57 Wan
- 58 Evergreen type
- 59 Horse-drawn carriage
- 7 Verse
- 8 Drum major's hat
- 9 Directing principle
- 10 Eastern potentate
- 11 Drenches
- 16 Standard
- 20 Pavlova or Paquin
- 22 Change
- 23 Central
- 25 Poke
- 26 Blunder
- 27 Beachcomber's find
- 29 Top
- 31 Parisian pal
- 32 Name in
- 34 Calendar quota
- 38 Lullaby composer
- 40 Smartly dressed
- 42 Biblical verb suffix
- 43 Antitoxins
- 44 Iowa city
- 45 Dubious
- 47 Ark builder
- 48 "The Naked Maja" artist
- 49 Suitable
- 52 Anger
- 53 Piglet's mom



DOWN

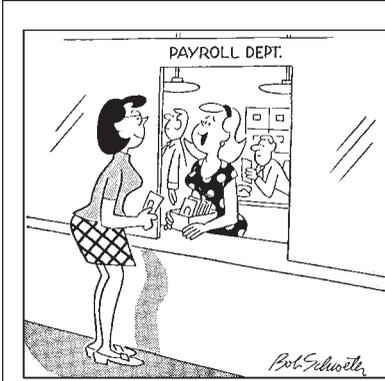
- 1 Sword handle
- 2 Norway's capital
- 3 Slender
- 4 Housefly larva
- 5 Pair
- 6 "You've got mail" co.

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

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

- Airship
- Kinship
- Ownership
- Starship
- Deanship
- Ladyship
- Queenship
- Township
- Gunship
- Lordship
- Reship
- Worship
- Kingship
- Mayorship
- Rulership



"I don't get paid much, but knowing how much the _____ make is a great benefit."
Answer on page 30

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!

Adroit

Genetic

Adorn

Finish

TODAY'S WORD

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

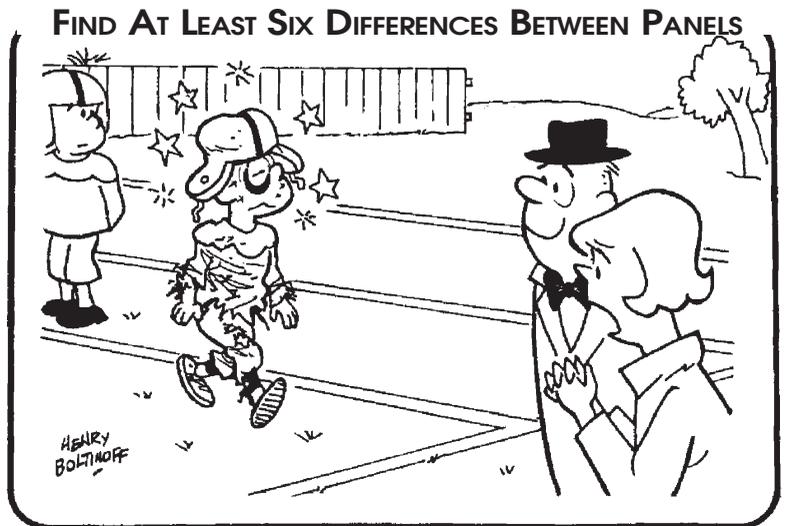
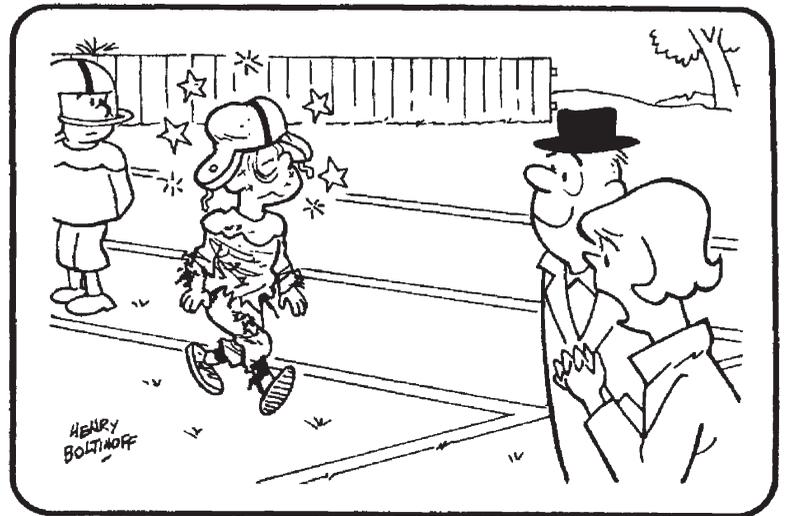
SUDOKU

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

Answer on page 28

HOCUS-FOCUS

BY HENRY BOLTINOFF



Differences: 1. Shoes are black. 2. Man has a bowtie. 3. Tree is moved. 4. Face guard is missing. 5. Boy has black eye. 6. Fence is shorter.



Citrus Pecan Bars

Crust
1/2 teaspoon orange zest, grated
5 sticks unsalted butter, room temperature

3/4 cup sugar
3 extra-large eggs
3/4 teaspoon pure vanilla extract
4 1/2 cups all-purpose flour
1/2 teaspoon baking powder
1/4 teaspoon salt

Topping
2 pounds pecans, coarsely chopped
1 cup Orange Blossom honey
1 1/2 teaspoons orange zest, grated
1/2 teaspoon grated lemon zest
1 pound unsalted butter
3 cups light brown sugar, packed
1/4 cup heavy cream

Preheat oven to 350 degrees. To prepare crust, beat the butter and granulated sugar in the bowl of an electric mixer fitted with a paddle attachment, until light, approximately 3 minutes. Add the eggs, vanilla, and orange zest and mix well. Sift together the flour, baking powder,



Citrus Pecan Bars

and salt. Mix the dry ingredients into the batter on low speed until just combined. Do not overmix. Sprinkle the dough and your hands lightly with flour. Press the dough (it will be very sticky) evenly into an ungreased 18x12x1-inch baking sheet,

making an edge around the outside. Bake for 15 minutes, until the crust is set but not browned and allow to cool.

For the topping, combine butter, honey, brown sugar, and zest in a heavy-bottomed saucepan. Cook over low-heat until butter

is melted. Raise the heat and boil for 3 minutes; remove from heat and carefully stir in heavy cream and pecans. Gently pour over crust. Bake for 25 to 30 minutes or until the filling is set. ✪

photo courtesy Fresh From Florida

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long Salang Tunnel in Afghanistan, killing an estimated 3,000 people, mostly Soviet soldiers traveling to Kabul. Believing it to be an attack, troops closed both ends of the tunnel, trapping people inside.

STRANGE BUT TRUE

- It was Austrian philosophical author Robert Musil who made the following sage observation: "It's not the genius who is 100 years ahead of his time but average man who is 100 years behind it."
- Here's a sign of our increasingly cluttered lives: When the National Association of Professional Organizers was formed in 1985, it had five members. Today there are more than 3,500 registered organizers with the group.
- Despite many people's assumptions, the word "bayou" doesn't come from French; it's from the Choctaw word "bayuk."
- Those who study such things say that in tunnels that have lighting on the sides rather than above, the placement of those lights can influence the likelihood of people speeding. Evidently, the farther apart the side lights are placed, the faster drivers go.
- Florida famously harbors many species of orchid – and one of them smells so bad that it's been known to make bees sick. It's called the Violent Stench.
- In February of this year, a Japanese man named Yuya Yamada broke his own Guinness World Record for the largest hula hoop spun around the body three consecutive times – the hoop in question measured 17.72 feet in diameter.
- If you harbor overmuch ill will toward your mother-in-law, you could be described as "pentheraphobic."
- It was Britain's Prince Albert who originated the boutonniere. It seems that while they were courting, Queen Victoria offered a small bouquet of flowers to her future husband. Prince Albert used his pocketknife to cut a hole in the lapel of his jacket and put the stems of the bouquet through it.

THOUGHT FOR THE DAY

"If you watch a game, it's fun. If you play at it, it's recreation. If you work at it, it's golf." – Bob Hope

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Babcock Ranch To Host Dragon Boat Challenge

Registration is open for the second annual Babcock Ranch Dragon Boat Challenge held in Founder's Square on Saturday, October 26 from 9 a.m. to 3 p.m.

Gather your friends, family members and coworkers to form a Dragon Boat team, or register as an individual and be assigned to a team to compete in the event that is part of the 2019 High Five Gulf Coast Mini Dragon Boat Series.

High Five Dragon Boat will provide teams with all the necessary equipment, including a boat, paddles and life vests. Mini Dragon Boats are 25 feet long, with five rows seating 10 paddlers, a drummer and a steersperson. Standard 42-foot boats that accommodate 20 paddlers will also be available.



Medalists at the 2018 Dragon Boat Challenge

photo provided

Teams can enter in racing categories including Premier Mixed, Women and Open, Senior Mixed, Women and Open. Breast cancer survivors can register individually and will be assigned to teams as part of the weekend-long PINKtober Celebration.

Each team will race the 400-meter course in three heats, with no elimination. Division winners will be recognized in a post-race awards ceremony.

Individual paddlers are \$60; team rates start from \$475. Team registration is open through Friday, October 18. All paddlers must be age 14 or older; drummers must be at least age 12. Entry fees vary by division.

Babcock Ranch is located at 42850 Crescent Loop in Lehigh Acres. For more information or to register your team, visit www.babcockranchdragonboatfestival.com.

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BACHELORS

Wildlife Trafficking Suspects Caught

The Florida Fish and Wildlife Conservation Commission (FWC) has charged two suspects for poaching thousands of Florida's native turtles from the wild and selling them illegally in Florida, with final destinations in international markets. These charges represent the state's largest seizure of turtles in recent history.

"The illegal trade of turtles is having a global impact on many turtle species and our ecosystems. We commend our law enforcement's work to address the crisis of illegal wildlife trafficking," said FWC Executive Director Eric Sutton.

"Putting a stop to this criminal enterprise is a significant win for conservation," said Col. Curtis Brown, head of FWC's Division of Law Enforcement. "Arresting people engaged in illegal wildlife trafficking supports our environment and legal businesses. It is especially positive and rewarding to be able to release many of the turtles back into the wild."

"We know that the global black market in live animals includes traffickers smuggling protected species of turtles out of the United States, usually for export to the Asian pet market," said Dr. Craig Stanford, chairman of the International Union for the Conservation of Nature's Tortoise and Freshwater Turtle Specialist Group. "This sinister and illegal trade threatens the future of many species of North American animals, and as one of the most threatened animal groups on the planet, turtles are at the forefront of our concern."

The illegal commercialization of wildlife ranks fourth behind guns, drugs and human smuggling and, in many instances, is connected due to the monetary gain. The International Fund for Animal Welfare estimates illegal wildlife trade in the U.S. at \$19 billion annual income.

The FWC launched an undercover investigation after receiving a tip in February 2018. Through surveillance and other investigative tactics, FWC investigators determined that a ring of well-organized wildlife traffickers was illegally catching and selling wild turtles to large-scale reptile dealers and illegal distributors, who shipped most of them overseas on the black market. Fort Myers native Michael Boesenberg, age 39, directed individuals to illegally collect turtles in large numbers; once he had enough turtles on hand he

would then sell to a buyer with links to Asian markets.

To fulfill a buyer's request, these poachers targeted habitats known for the specific species. Over time, they depleted the populations so much that they had to expand into other parts of the state to meet the growing demand. The FWC predicts that turtle populations are most heavily impacted in Lee County, the primary source for the seized turtles, but that the suspects worked with other wildlife traffickers around the state and country. The total negative impacts to wild turtle populations stretch beyond Lee County and Florida.

"Wild turtle populations cannot sustain the level of harvest that took place here," said Dr. Brooke Talley, the reptile and amphibian conservation coordinator for the FWC. "This will likely have consequences for the entire ecosystem and is a detriment for our citizens and future generations." Depending upon the species, the

poached turtles sold wholesale for up to \$300 each and retailed for as much as \$10,000 each in Asia. Evidence indicated turtles sold within one month totaled an estimated \$60,000. The sellers received mostly cash, occasionally trading turtles for marijuana products.

The FWC documented more than 4,000 turtles illegally taken and sold over a six-month period, including Florida box turtles, Eastern box turtles, striped mud turtles, Florida mud turtles, chicken turtles, Florida softshell turtles, Gulf Coast spiny softshell turtles, spotted turtles and diamondback terrapins. As a result of a search warrant served on August 12, investigators found the poachers in possession of hundreds of turtles, along with the skull and shell of a protected Kemp's Ridley sea turtle. The turtles seized had an estimated black market value of \$200,000.

All seized animals were evaluated for health and species identification by FWC biologists. Over 600 turtles were returned

to the wild, two dozen were quarantined and released at a later date, and a handful were retained by a captive wildlife licensee since they were not native to the area. Nearly 300 of the freed turtles are now part of a long-term monitoring project by the Sanibel-Captiva Conservation Foundation.

"SCCF has been conducting research on these turtles for nearly two decades. Thanks to FWC for uncovering this illicit activity that has adversely affected wild turtle populations," said Chris Lechowicz, wildlife and habitat management program director at SCCF.

Selling wild-caught freshwater turtles is illegal and harvesting them from the wild is specifically regulated by Florida Administrative Code 68A-25.002 (6). Some turtle species may be kept as captive wildlife with the proper permits.

The public can help by reporting suspected wildlife violations to the FWC. To make a report, call Wildlife Alert hotline at 888-404-3922 or text tip@myfwc.com.*

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Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Shell Harbor	Sanibel	2000	4,138	\$2,590,000	\$2,510,000	3
Cape Coral	Cape Coral	2009	3,376	\$1,750,000	\$1,600,000	58
Sanctuary At Wulfert	Sanibel	2002	4,002	\$1,499,000	\$1,200,000	147
Longlake	Bonita Springs	1994	4,046	\$1,160,000	\$1,050,000	188
Renaissance	Fort Myers	2014	3,575	\$1,150,000	\$1,000,000	188
Fa Lanes Bayview	Captiva	1946	1,264	\$995,000	\$957,000	60
Cape Coral	Cape Coral	2016	2,603	\$875,000	\$865,000	4
Somerset	Fort Myers	2015	3,078	\$750,000	\$720,000	2
Alva	Alva	2008	4,000	\$749,500	\$725,000	178
Carillon Woods	Fort Myers	2002	3,732	\$699,900	\$658,000	37

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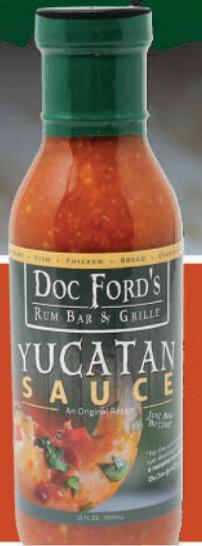
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