



Holiday Nights Opening Soon At The Estates

Edison and Ford Winter Estates will kick off the 44th Holiday Nights celebration with the annual tree lighting ceremony on Friday, November 29 at 6 p.m. The event will offer visitors an impressive light show with more lights, new displays and decorations, and additional areas of the property will be illuminated. This year's theme is River Reflection and will incorporate nautical elements.

One new display this year includes the mysoore fig, one of the largest historic trees on the property. The tree will be lit with thousands of animated lights choreographed to holiday music. The lights will reach high up into the branches of the tree and extend onto the ground around it. Sunbelt Rentals is providing a lift truck, which allows staff to string lights much higher, creating a magical display.

Santa and Mrs. Claus will be visiting and making their list on opening night and every Sunday night until Christmas from 6 to 8 p.m. Children will be invited to sit on Santa's lap in the Edison Caretaker's House. Adults and children can walk the



The homes and gardens will be decorated with thousands of lights for Holiday Nights at Edison and Ford Winter Estates photo provided

Children's Tree Trail, a collection of more than 60 trees decorated with handmade ornaments from Lee County school children.

Through December 30, guided Holiday Tradition Tours will be offered at 6 and 7 p.m. every night and Inside-the-Homes Holiday Tours will be offered on Wednesdays at 6:30 p.m. The museum

and the botanic research laboratory will be open nightly until 9 p.m. Live music performances include carolers and a pianist on select nights.

There will be a Holiday Tea with Mina Edison and Clara Ford in the Edison Caretaker's House on Thursday, December 19 at 6 p.m. Mina and Clara will talk about their favorite holiday

traditions. Tea, lemonade and cookies will be served. After the tea, visitors can stroll the beautifully decorated grounds. Space is limited to 30 guests, so registration is required. Tickets for the tea, which include general admission to Holiday Nights, are \$15 for members or \$25 for non-members.

The Ford Cottage Shoppe, Museum Store and Garden Shoppe will be open until 9 p.m. every night and will be stocked with unique gift items and plants for that hard-to-buy-for loved one. Refreshments will also be available for purchase.

Holiday Nights tickets for adults are \$20, teens (ages 13 to 19) are \$10, children (age 6 to 12) are \$2, and Edison Ford members get in free. Guided Holiday Tradition Tours are \$30 for adults, \$25 for teens, \$18 for children and \$10 for Edison Ford members. Inside-the-Homes Holiday Tours are \$50. Lee County residents with identification will receive \$5 off Holiday Nights admission every Monday and Tuesday. Tickets for a tour and river cruise package are available for groups of 10 or more, and waterfront dining is offered next door at Pinchers.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. To purchase tickets or view the nightly schedule, visit www.edisonford.org.



John Gowdy with his winning sculpture from last year, *A Tribute to the Wildland Firefighters of California* photos by Shayne Wolfe

Sand Sculpting Festival Returns

The 33rd annual American Sand Sculpting Championship will be held on the beachfront in front of Wyndham Garden Hotel on Fort Myers Beach from Friday, November 22 through Sunday, December 1. The daily festivities

will run from 10 a.m. to 5 p.m.

Presented by Seminole Casino Hotel, this year's championship will include world class master sand sculptors as well as amateurs. There is expected to be 30 participating sculptors representing eight nations, including 16 masters competing in solos, 10 masters competing in doubles, 10 advanced amateurs competing in the Florida State Championships and 50 total



Bruce Phillips and Jihoon Choi with their sculpture *Return to Oz*, which was chosen top sculpture in the 2018 Master Sculptor Double Division

sculptures, making this the largest sand sculpting event of its kind in the United States.

The festival will also feature Quick Sand Speed Sculpting, sand sculpting demonstrations, a kids activity area, music and a vendor village. There will also be food and beverages available for purchase. The final Saturday of the festival will feature a special viewing called Sand

Under The Stars, where the sculptures will be illuminated in a display under the night sky from 6 to 9 p.m.

Cost for admission into the tented area is \$8 for adults, \$25 for a family pack of two adults and two children ages 5 to 12, while children age 4 and younger are admitted free.

There will be free parking and shuttle continued on page 15

Historic Downtown Fort Myers, Then And Now:

Smooth Driving On Jackson



by Gerri Reaves, PhD

What could be a more hum-drum topic of conversation than the paving of streets? But during the Boom years, it was a scintillating subject, as modern durable streets became evermore necessary due to the increase in automobile traffic and tourism.

This circa-1925 photo of Jackson Street with a southward view from Bay Street illustrates how Fort Myers prioritized modern paving during that period.

To appreciate the progress that smooth surface represents, consider that only about 15 years before this photo was taken, a circular trough for watering horses was still located in the

middle of the intersection of First and Hendry!

If you compared the photo with one taken only 15 or so years before, you'd see oyster-shell paving and horse-drawn wagons.

As for the brick buildings in the photo, circa 1925, the one on the right housed the Fort Myers Meat Market at the Bay Street corner (far right) and various offices mid-block.

The corner spot at First had long been a grocery store, originally Harvie E. Heitman's. However, he died in 1922 and by the mid-1920s it was Barden Grocery.

On the second floor above the grocery, until circa 1924, was the Lee County Telephone Co., founded by Gilmer M. Heitman in 1900.

Across First on the southwest corner (left) is the three-story Bank of Fort Myers



Smooth-surfaced Jackson Street circa 1925 illustrates the focus on modern streets during the Boom. Note the pavement marker (lower center-left) that reads "SAFETY, KEEP RIGHT." The view is southward from Bay Street.

photo courtesy SWFL Historical Society



Downtown's brick streets recall the Boom

photo by Gerri Reaves

Building, built in 1910.

American flags decorate the buildings on both sides of the street, so the photo was perhaps taken around a patriotic holiday.

Beyond the bank, residences and trees are visible along the west side of Jackson.

As automobiles took over the roads from wagons and horses, the need for decent streets became more pressing. In addition, there was a statewide effort to connect all of rapidly growing Florida with state-of-the-art roads.

Simple competition and pride were at work too. City boosters, in particular, wanted Fort Myers to compare favorably with other cities and towns and not look like a backwater.

By 1922, the durability and attractiveness of brick streets were being argued.

Experts said that shell roads were an outdated mode of paving, for it was not durable enough for heavy traffic.

Brick had a projected life of 25 to 30 years, whereas shell was projected to last only a couple.

Thus, although shell surfaces were cheap to install, its cost benefit literally washed away in a short time – a familiar experience in Fort Myers.

Other types of paving cost much more to install, but stood up for decades and were therefore more cost effective and convenient in the end.

By 1920 to 1921, the town was paving with asphalt blocks and crushed rock or sand, an improvement, certainly, from oyster shell.

But in 1925, city officials tried something really new. A major bricking and asphaltting project moved west, block by block, through downtown. After the bricks were laid, a machine rolled the street in preparation for an asphalt coating.

It might be said that Fort Myers had joined the national trend, for, as a piece in *Fort Myers Press* stated in February 1925, that year was forecast to be the "Greatest Paving Year in History" for the U.S.

The project also included the widening of some streets and the installation of pavement markers reading "SAFETY, KEEP RIGHT," as seen in the lower center-left of the photo.

Walk through the downtown business district and appreciate the modern

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Darlyne Franklin photos provided

Playwriting Project Returns To Lab Theater

The 24-Hour Playwriting Project is back again at The Laboratory Theater of Florida on Saturday, November 23. Doors open at 7:30 p.m., and the show begins at 8 p.m.

A perennial favorite, the premise is simple – take four playwrights and lock them in the theater overnight to create a show that will be performed on stage the very next evening. The playwrights are given a series of items, costumes,



Kayleigh O'Connell

sounds and lines that must be included, all before learning the overarching theme of the play. Following a sleepless night of writing, they meet their directors after breakfast for some edits and then their scripts are whisked away to be printed. At lunch, they meet the actors who will be performing their work. A few hours later, the curtain rises. The winner is determined by both the audience and a panel of professional judges.

The project is coordinated again this year by past winner Char Loomis who says, "When Annette and I met to create this year's theme, we couldn't stop laughing from beginning to end. I'm excited to see what this year's writers will



Candice Sanzari

produce!"

This year's playwrights are Aricka Shuck, Kayleigh O'Connell, Darlyne Franklin and Candice Sanzari.

Shuck studied theatre performance at Oakland University. She has performed in over 40 theatrical productions since age 6. This is her second time competing in the 24-Hour Playwriting Contest.

O'Connell is an aspiring playwright who has been honored to work in theatre for 20 years and has done everything from performing, set design, stage managing – and now playwriting. She is overjoyed to have experienced storytelling in many facets. Previous work includes *Andorra*, *Crimes of The Heart*, *Sordid*



Aricka Shuck

Lives and Whatever Happened To Baby Jane. You can find her next at the Alliance for the Arts in *Vampire Lesbians of Sodom*. She says, "Storytelling is the thread that connects us with our past, ourselves and most vitally with each other. It is the first language we shared before mathematics and science. It is so crucial to honor the oral tradition, and theatre has allowed me to be a part of that legacy. The 24-Hour Playwriting Project presents a fascinating challenge as well as a truly communal experience with my fellow playwrights. Having been on the other side of this process as an actor, I truly value the collaboration and look

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Will Thibado and WGPU's Sheri Coleman work on a video photos provided

Partnership For Digital Storytelling Workshop

WGPU Public Media teamed up with Best Buddies of Southwest Florida the first weekend in November for a digital storytelling workshop that launched WGPU's Move to Include initiative, which is ongoing and anticipates the 30th anniversary of the Americans with Disabilities Act (ADA) in July 2020.

The ADA is the civil rights law that prohibits discrimination against individuals

with disabilities in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the general public.

Move to Include is a pilot project led by public media station WXXI in Rochester, New York. It began in 2014, and was made possible with the support of the Golisano Foundation and Tom Golisano – who also donated \$20 million to build Southwest Florida's Golisano Children's Hospital.

Funded by a \$645,000 grant from the Corporation for Public Broadcasting, this project includes multimedia elements developed by WXXI and the Golisano Foundation that combine content



WGPU's Tony Rodriguez and Miranda Huber

production, curation and engagement to encourage dialogue about disability issues.

"People with disabilities make up our single largest minority in this country," said WXXI President & CEO Norm Silverstein. "Now we're proud to pilot Move to Include in five additional communities, using public media's many platforms to promote equity and inclusion. Through Move to Include, we hope to build more inclusive communities by inspiring and motivating people to embrace different abilities and include all people in every aspect of community life."

"Public media belongs to everyone, and Move to Include is an important part of our mission to ensure inclusion for people with disabilities," said Pat Harrison, president and CEO of the Corporation for Public Broadcasting. "CPB is proud to support this effort to replicate through locally owned and operated public media stations, a community-based model that truly works."

Move to Include encompasses PBS KIDS programs, prime-time curated TV specials, news and arts features, radio talk shows, educational segments, social media and online content, and screenings. A collection of 50 video segments on inclusion is distributed nationally through PBS LearningMedia, the go-to destination for classroom-ready, digital resources including videos, games, audio, photos and lesson plans.

Participating stations in Move to Include, including WGPU, are planning additional events through next summer and

beyond that emphasize ability, rather than disability.

The storytelling workshop at WGPU turned young people into filmmakers and public media staff into mentors.

"Buddies" with intellectual and developmental disabilities were paired with school-age "Peer Buddies" for the workshop. Five teams of two each created a short video on a topic of their choice, doing the interviewing, filming and editing themselves with the help of a member of the WGPU production crew. They did all of their work on kits consisting of an iPad, a tripod and bracket, headphones and two lavalier microphones.

The teenagers got acquainted Friday evening and learned some basics of film production from Betsy Newman, a documentary filmmaker from South Carolina who has conducted similar workshops for 25 years. They determined the topics of their videos and talked about interview questions.

The young filmmakers came back Saturday and got down to work, shooting B-roll, recording interviews and, finally, editing videos.

Late Sunday afternoon, the teams finished editing and screened their works for friends, family and mentors over dinner at the station.

Savannah Louderback, a senior in business management at FGCU, worked with the buddy she has known for two years, Devin Cannon. For their video, Cannon talked about the second annual

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Happy Thanksgiving

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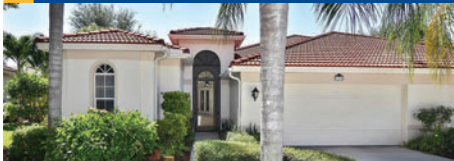
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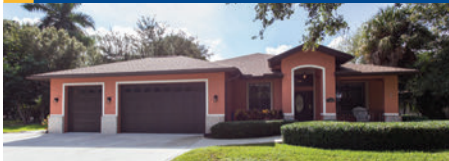
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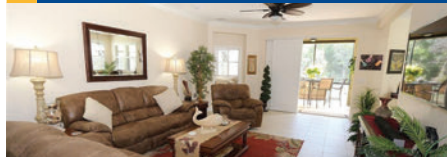
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Fort Myers Art:

Cuban Artist's Imaginative And Colorful Collages



by Tom Hall

Step into a world like no other – where real and surreal blend into imaginative and colorful collages that both parody and realistically combine comic strips, art history, pulp art,

scenes from old movies and icons from pop culture. It's *Confessions of a Cuban Artist: Ciro Quintana*, and it is on display at the Alliance for the Arts through Saturday, November 30.

Born in Havana and a resident of Miami, Ciro Quintana is considered one of the most iconic Cuban artists of the '80s generation, which is often referred to as the Cuban Renaissance or New Cuban Art. He has had solo and group exhibitions in Cuba, the United States, Mexico, the Dominican Republic, Peru, Venezuela, Switzerland, France, Germany and Russia. His work is part of major collections including the National Museum of Fine Art in Havana, Pori Taiden Museum in Finland, Lowe Art Museum in Miami, Museum of Modern Art in Santo Domingo, the Nina Menocal Collection



One of Ciro Quintana's colorful collages

image courtesy www.artswfl.com

in Mexico and at the Ludwig Forum for International Art in Germany.

Quintana wants viewers to know how he evolved his system for "into which I could fit everything with a language apt to express what I wanted to say while including the viewer in the whole process.

"This might sound like a statement by any artist, but in my case it becomes quite a specific statement," said Quintana in his Artist Statement for the show.

"My images use the comic strip, that art history, pulp art, scenes from old movies, icons from pop culture, parody and use of

traditional realistic representations which in some cases are just an instrument to blind and trap the viewer into the narrative language of the painting. At the same time, my works are sophisticated visual collages as capricious frames extended from the most disparate films."

Quintana emphasizes that his artistic production – paintings on canvas, drawings, collages and installations – are designed as hypnosis by images in which reality becomes an unreachable fiction forever controlled by images. "Art is a pretext for the spectacular (re)production of effects, images and signs," he added.

In other words, Ciro Quintana and the leading player from *Pippin* share a commonality of purpose and approach.

And this underscores the thought and deliberation that the Alliance brings to bear in its programming pairings.

For the past five years, Quintana has been at work on his *Chronicles of a Cuban Artist* series, one of the most prolific in his investigation and creation as a visual artist.

"With this series, I try to guide the viewer behind the stage, showing the swings of contemporary Cuban art as a diasporic entity," Quintana expounded. "For this I use the most dissimilar symbols: Greco-Latin mythology, Renaissance painting, Flemish, Baroque, Pop Art, American comics and well-rooted icons in Cuban culture such as

the bear, caiman, flamingo, wolf, snake, deer and the image of the Republic summarized in the Phrygian cap, among many others. My paintings in this period emphasize the effect of theatricality (representation, artifice, parody and unreality) to the point of incorporating the proscenium and draperies as an essential part of the scenario where the action takes place."

Receptions are open to the public and do not require tickets or reservations. While gallery admission is free, a \$5 suggested donation keeps Alliance programming affordable and accessible.

For more information about this exhibit, visit www.artinlee.org/confessions or call 939-2787.

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.✴

Estates To Host Woodstock Tribute Band

On Friday, November 22, Edison and Ford Winter Estates will host Peace of Woodstock, a Woodstock tribute band. The event celebrates Woodstock's 50th anniversary and will take place on the Ford lawn, along the Caloosahatchee. Gates open at 5:30 p.m. and the concert starts at 6 p.m.

The group pays tribute to the famous three-day festival that was held in upstate New York in 1969. Guests are invited to wear tie-dyed shirts, bell-bottom jeans or other attire from the 1960s.

Guests should bring a folding chair. There will be a cash bar and refreshments available for purchase. No coolers are permitted. Free 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.✴

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Bank Makes Major Donation To Local University

Florida Gulf Coast University recently held a special reception to announce a \$25,000 donation made by Sanibel Captiva Community Bank. The funds are designated for the College of Education and the official naming of the Sanibel Captiva Community Bank Courtyard. The donation represents an ongoing public/private relationship demonstrating both organizations' respective commitments to the development of future leaders and educators in Southwest Florida. Contributions from the gift will be used for a select number of College of Education students to cover their initial program expenses.

"We are honored to be the first Southwest Florida business to partner with the College of Education in this manner. They are creating a valuable pipeline of educators who will hopefully stay in the area to educate our workforce of tomorrow," said David Hall, executive vice president, CFO and COO, Sanibel Captiva Community Bank.

Florida Gulf Coast University's College



Sanibel Captiva Community Bank team during a \$25,000 check presentation to Florida Gulf Coast University's College of Education

photo provided

of Education prepares future leaders for a wide range of careers in pre-K to 20 education, special education, community-based education and leadership, museum education, educational leadership and administration, instructional design, educational media, e-Learning, adult learning, educational entrepreneurial

initiatives, and nonprofit and for-profit educational organizations. In addition to coursework and field experience, students engage in various research initiatives and leadership development opportunities.

Sanibel Captiva Community Bank is nationally ranked in the top 25 as a best-performing community bank by S&P

Global Market Intelligence out of more than 4,500 banks with assets under \$1 billion. It is well-capitalized, with almost \$450 million in assets, and generates the highest return on equity of all Florida banks in excess of \$155 million in total assets. To learn more, visit www.SanCapBank.com.✱



Tree of Lights

photo provided

Tree Of Lights To Honor Loved Ones

Hope Hospice's Tree of Lights tradition offers a way to commemorate loved ones while providing essential funds for those in need of hospice care and bereavement support.

In each Hope Care Center, a Tree of Lights will be adorned with white paper butterflies designated "in honor of" or "in memory of" a loved one by \$30 donors. Along with having a butterfly placed on the tree of their choice, \$60

donors will also receive a keepsake metal ornament engraved with the Hope Hospice logo.

In addition, with a gift of \$300, a dedication stone will be engraved with the donor's personal message and placed in one of Hope's Tribute Gardens.

To learn more or make a donation, visit <https://donate.hopehcs.org/treeoflights>.

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

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Along The River

The 47th annual **Fort Myers Boat Show**, Southwest Florida's premier boating showcase, returns to the downtown river district this Thursday, November 21 through Sunday, November 24. Hours for the consumer and family-friendly show are Thursday, Friday and Saturday from 10 a.m. to 6 p.m. and Sunday from 10 a.m. to 5 p.m.

There will be boat displays in the Caloosahatchee, throughout Centennial Park and on the streets. This event is the biggest showing of boats, boating products and all things marine in Southwest Florida. Attendees will find hundreds of boats, more than 130 boat lines, expanded in-water displays and a huge display of boating accessories and fishing tackle.

The main show entrance is at the west side of Centennial Park at First Street and Carson Street, and there is a second entrance at the City Yacht Basin on the corner of Lee Street and Edwards Drive.

Admission is \$13 for adults with children younger than age 16 admitted free with a paid adult. Convenient remote parking is located at First Street and Altamont Avenue, just west of the main show entrance. Parking is \$5 and includes a free two-minute shuttle ride that brings you right to the show entrance.

Centennial Park is located at 2000 West First Street. Tickets may be purchased on site at either show entrance. For a complete list of boats on display, exhibitors, show layout and more information, visit www.goboatingflorida.com/



A scene from a previous Fort Myers Boat Show
photo courtesy www.goboatingflorida.com/boating-shows

boating-shows/2019-fort-myers-boat-show.

The **Fair at Fenway South** will hold its final weekend at **JetBlue Park** this Friday, November 22 through Sunday, November 24. Gates open at 5 p.m. on Fridays and at 1 p.m. on weekends. The fair closes each night at 11 p.m.

The Fair at Fenway features free entertainment, new amusement rides, fair food and challenging games of skill. Attendees will find all their fair favorites, with easy access and plenty of onsite parking at JetBlue Park.

Half-price buy-one-get-one admission coupons, discount ride bracelets, family four-packs and other advance purchase

deals are available at www.fairatfenway.com. A portion of the proceeds go to the not-for-profit Jordan Schuman Foundation for Kindness.

The Fair at Fenway South is located at JetBlue Park at 11500 Fenway South Drive in Fort Myers.

Edison and Ford Winter Estates will hold its annual fall **Garden Festival** this Saturday, November 23 from 9 a.m. to 5 p.m. and Sunday, November 24 from 9 a.m. to 4 p.m.

More than 40 garden vendors from around the state of Florida will have

tropical and native plants and trees for sale. Sponsored by Best Value and Humana, the festival will also feature food trucks and live music.

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

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

The Tamiami Tale Tellers will present **Tellabration 2019!** at **Lakes Regional Library** this Saturday, November 23 from 2 to 4 p.m. Ten experienced storytellers will perform a variety of stories – some funny, some poignant. Admission is free to the family-friendly event.

Pamela Minton will be this year's emcee. Other tellers include Janel Behm, Joel Ying, Rhonda Brazina, Bob Nelson, Donna Wilson, Gwyneth Wint, Mary Lou Williams, Lisa Leonhardt and Marilyn Graham.

The Tamiami Tale Tellers, an informal group of tale spinners, hold monthly meetings on the third Thursday of the month at 7 p.m. at the Brookdale Retirement Community. The meetings are free, and the public is welcome.

Lakes Regional Library is located at 15290 Bass Road in Fort Myers. Call 543-4872 for more information.✧

A Holiday Classic With A Twist



Actors performing *A Christmas Carol: A Live Radio Play* photo provided

The Off Broadway Palm Theatre presents *A Christmas Carol: A Live Radio Play* playing now through December 25. The Charles Dickens classic comes alive on stage, but with a twist. The unique theatrical experience will take you back in time to the days of radio plays.

The story of Ebenezer Scrooge and his discovery of the true meaning of Christmas is reimagined and told as a 1940s radio broadcast complete with vintage commercials, live sound effects and musical underscoring. The small cast brings dozens of characters to life as three ghosts take Scrooge on a thrilling journey

through Christmas past, present and future.

The Off Broadway Palm is an intimate 100-seat theatre, located in the main lobby of Broadway Palm Dinner Theatre. Performances are Tuesday through Sunday evenings with selected matinees. Ticket prices range from \$42 to \$62 with discounts available for children and groups of 20 or more.

The Off Broadway Palm Theatre is located at 1380 Colonial Boulevard in Fort Myers. Tickets can be reserved by calling 278-4422, visiting www.broadwaypalm.com or at the box office.✧

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Piano Virtuoso Performs For Students

Elementary and middle school students of Veterans Park Academy for the Arts in Lehigh Acres recently had a rare opportunity to hear a world-class pianist when Thomas Pandolfi of Washington, DC, performed a private concert and interactive program for the students in the school cafetorium.

Students clapped their hands, strummed along with their fingers and asked questions of Pandolfi who was brought to the school courtesy of the Fort Myers Community Concert Association as part of its outreach program for Lee County public school students.

A total of almost 700 students attended the morning middle school and afternoon elementary school programs.

"We provide seats for each of our concerts at no cost to students in Lee County public schools, but we realize that not all students have the ability to get to our weeknight performances," said Community Concert Association President Mary Lee Mann. "To expose as many young people as possible to classical music, our board of directors decided to take some of our concerts to the students."

Mann said the Community Concert



Thomas Pandolfi, an international piano virtuoso, performing for students photos provided

Association Board of Directors chose Pandolfi because of his outstanding record of working with students of all ages.

Pandolfi is a graduate of The Juilliard School, where he received both his bachelor's and master's degrees as a scholarship student. Highlights of the last concert season include performances with the North Charleston Pops, Symphony of the Americas, Washington Metropolitan Philharmonic and Reston Orchestra as well as a coast-to-coast recital tour. His international concerts have carried him across the globe to China and Europe

as well as a Canadian debut in British Columbia.

In 2006, he released his first CD, and has recorded 10 additional ones, including *Language of Infinity*, *Gypsy Passages*, *Into the Night with Gershwin* and the Paderewski Piano Concerto recorded in the Czech Republic with the Moravian Philharmonic.

The Fort Myers Community Concert Association is preparing for another stellar season with five classical concerts planned this winter at the Barbara B. Mann Performing Arts Hall, including performances by the Russian State Symphony Orchestra and the Russian



Thomas Pandolfi and Mary Lee Mann National Ballet.

All five concerts are included in one ticket price, which ranges from \$165 for prime orchestra and mezzanine seats to \$155 for other orchestra and mezzanine seats, \$85 for lower balcony seating and \$65 for upper balcony. Most mezzanine seating already is sold out, Mann said.

For tickets, call the Barbara B. Mann Box Office at 481-4849. Tickets to individual performances are not available at this time. For membership information, visit www.fortmyerscommunityconcerts.org.

Celebrate World AIDS Day

In observance of World AIDS Day 2019, the Florida Department of Health in Lee County (FDOH-Lee) will be hosting a joint community event titled Join the Fight at Roberto Clemente Park on Saturday, November 23 from noon to 5 p.m.

In partnership with the AIDS Healthcare Foundation, Source of Light and Hope McGregor Clinic, the event will offer services including vision and health screenings for children and adults as well as HIV and STD testing. It will feature educational material on human trafficking, domestic violence, mental health issues, addiction support, and information on vaccines and flu shots. There will be a basketball tournament, bounce house, face painting, arts and crafts, and refreshments. All services, entertainment and refreshments will be free of charge.

World AIDS Day is celebrated on December 1 each year around the world. The 2019 national theme is Communities Make the Difference. World AIDS Day provides an opportunity for people and communities worldwide to unite in the fight against HIV and to address HIV/AIDS disparities, HIV-related stigmas and blame while sparking dialogue towards stopping the spread of HIV/AIDS among all populations. The observance of World AIDS Day has become one of the most recognized health awareness days worldwide. It provides a key opportunity to raise awareness, commemorate those who

have passed on, and celebrate victories such as increased access to treatment and prevention services. Started in 1988, World AIDS Day was the first ever global health day.

Roberto Clemente Park is located at 3265 Dr. Martin Luther King Jr. Boulevard in Fort Myers. For more information, follow on Twitter at @HealthyFla.✱

LCEC Volunteers For Holiday Nights

LCEC employees, friends and family are gearing up to once again volunteer to decorate the Edison & Ford Winter Estates for their 44th annual Holiday Nights, scheduled to run from November 29 through December 23 and December 26 through 30 from 5:30 to 9 p.m.

During Holiday Nights, the Edison & Ford Winter Estates are adorned with thousands of lights and period decorations from the 1880s to the 1920s. Each year, volunteers from local organizations and businesses are invited to take part in the honor of decorating this local landmark. In addition to enjoying the lights and holiday décor, attendees can partake in live music, food, beverages, crafts and Inside the Homes tours.

Edison & Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information about Holiday Nights, call 334-7419.✱

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Jewel visits IMPACT for Developmental Education in Cape Coral photos provided

Therapy Dogs Needed For Program

United Way of Lee, Hendry, Glades, and Okeechobee is expanding the Beesley's Paw Prints therapy dog program and needs registered therapy dogs and their owners to visit United Way Partner Agencies, schools and other organizations. Pets are proven to have therapeutic qualities in improving mood and reducing stress levels for children and adults. Everyone can benefit from the unconditional love and attention animals can give. Interacting with animals can stimulate laughter and joy in people

whose lives have been affected by illness or depression. Playing with pets can stimulate adults and children to become more physically active too. Beesley's Paw Prints is a United Way collaborative with Children's Advocacy Center, Gulf Coast Humane Society (GCHS) and other United Way Partner Agencies. The program is generously supported by founder Carol Beesley. Registered therapy dogs are currently visiting United Way Partner Agencies, such as Family Initiative, Valerie's House, Children's Network and IMPACT for Developmental Education. At Family Initiative, United Way Volunteers Cliff and Roxanne Smith bring their therapy dogs to visit the Saturday Autism Spectrum Social Skills Playgroup. The children sit in a circle as the two



Jake is surrounded by children at IMPACT for Developmental Education in Fort Myers

golden retrievers, Jake and Gracie, walk around greeting each of the children. These calm, well-behaved therapy dogs allow the children to pet them, and the children ask questions about the dogs like what kind they are, what they eat and why they have heavy coats in Florida. Some of the children give the dogs loving gentle hugs. Dogs and their handlers are certified by a national organization, like Alliance

for Therapy Dogs, Love on a Leash, and others. Therapy dogs undergo testing to assure they have good manners and react positively to strangers. All breeds and blends are eligible to become therapy dogs. For more information on being part of this life-changing team, apply at www.unitedwaylee.org/beesley's-paw-prints, contact louise@unitedwaylee.org, or call Louise at 433-7204.*

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.
BETH YESHUA MESSIANIC SYNAGOGUE
Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.
BIBLESHARE
10 a.m. Sunday and 7 p.m. Tuesday, www.simplysimpleworship.com, 7050 Winkler Road, Suite 121, 437-8835.
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,

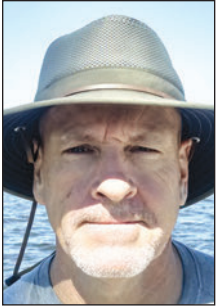
481-5442.
CYPRESS LAKE PRESBYTERIAN
Sunday 8, 9, 10 and 11 a.m. www.clpc.us, 8260 Cypress Lake Drive, 481-3233.
CYPRESS LAKE UNITED METHODIST
Sunday 8, 9:30 and 11 a.m. 8570 Cypress Lake Drive, 482-1250.
FAITH UNITED METHODIST
Sunday 8:45 and 10:30 a.m., 15690 McGregor Boulevard, 482-2030.
FIRST CHURCH 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.fpcfmyers.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.
NEW BEGINNINGS CENTER
Friday 6:30 and 7 p.m. \[nbcministry@embarqmail.com\]\(http://nbcministry@embarqmail.com\), \[facebook.com/nbcministry\]\(http://facebook.com/nbcministry\), 8505 Jenny Cae Lane, 656-0416.
NEW COVENANT EYES
Monthly 9 a.m., \[www.newcovenanteyes.com\]\(http://www.newcovenanteyes.com\), 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., \[www.newhopefortmyers.org\]\(http://www.newhopefortmyers.org\), 10051 Plantation Road, 274-1230.
PEACE COMMUNITY
Sunday 10:30 a.m. \[www.peacecommunitychurch.com\]\(http://www.peacecommunitychurch.com\), 17671 Pine Ridge Road, 267-7400.
PEACE LUTHERAN
Sunday 8 and 10 a.m., \[www.peaceftmyers.com\]\(http://www.peaceftmyers.com\), \[peace@peaceftmyers.com\]\(mailto:peace@peaceftmyers.com\). 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. \[www.MeditationInFortMyers.org\]\(http://www.MeditationInFortMyers.org\), 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,](http://www.lambofgod</p></div><div data-bbox=)

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.zionfm.org, 7401 Winkler Road, 481-4040.*

CROW Case Of The Week:

White Pelican

by Bob Petcher



Known as one of largest North American birds, the American white pelican (*Pelecanus erythrorhynchos*) is a different animal when it comes to using its feet compared to its wings. On land, the snow-white water bird is an awkward walker – though surprisingly quick in its gait. But in the air, it is referred to as a majestic flyer, soaring

gracefully due to large, stable wings.

At CROW, an adult American white pelican was admitted from Sanibel. The pelican was entangled in monofilament fishing line and reported to CROW officials by a caring citizen, then rescued by a CROW volunteer using a kayak.

When the pelican arrived to the hospital, veterinarians found that it had a fishing hook through the tip of its lower bill with monofilament fishing line attached that was wrapped around its right leg and right wing. Veterinarians removed the hook and line, but the pelican had sustained injuries from the line including a small laceration on its right pectoral and its right wing that they sutured closed.

“There is a strong possibility that if the injury heals inappropriately, the pelican may not be able to fly,” stated Dr. Megan Cabot, CROW veterinary intern.

Blood tests showed a high white blood cell count indicating a possible infection, so the pelican was started on antibiotics.

“Bloodwork will be rechecked in a few days to ensure that the infection is under control,” said Dr. Cabot.



Patient #19-4719 was sadly euthanized due to injuries from fishing line and hook entanglement photo by Brian Bohlman

After a couple days in the hospital, an area of the wing – referred to as the patagium -- developed scabbing where the line had rubbed. This required wound care to keep the area moist. The patient was also in need of physical therapy to maintain range of motion in the wing, so as not to affect the pelican's ability to fly.

“The wound is being kept moist and bandaged to avoid drying of the patagial ligament underneath,

as this ligament is extremely important and must be intact for pelicans to fly. However, the tissue that was rubbed by the line is unhealthy at the wound site,” said Dr. Cabot. “Luckily, the pelican has maintained full range of motion despite the wound, however range of motion may decrease as the wound continues to heal and scar down.”

CROW officials were scheduled to debride the unhealthy tissue over the patagium and hopefully close the wound to speed up the healing process. Dr. Cabot called it “a tricky procedure because pelicans are notoriously sensitive to anesthesia, and the wound is right over the very important patagial ligament which must be protected.”

Unfortunately, CROW officials found that the tendon was severely damaged and unable to be repaired. Sadly, the pelican was euthanized.

Incidents such as this one can be avoided. Monofilament line and hooks discarded or left by careless fishermen can entangle, choke, snag and even kill birds and other animals.

“Fishing line left in the environment causes unnecessary trauma and suffering in wildlife, and even minor wounds can be fatal if they affect the animal's ability to do its natural behaviors like flying,” said Dr. Cabot. “It is extremely important that all line from fishing or any activity is collected and removed from the environment and disposed of in appropriate receptacles such as the monofilament recycling stations placed in strategic locations on Sanibel and surrounding beaches by the Mind Your Line initiative. Make sure no line is left behind and you will most definitely save a life.”

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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Winter Finally Arrives



by Capt.
Matt Mitchell

Summer's protective warm weather bubble has finally broken, and cold fronts have begun to roll through our area on an almost predictable schedule. Fishing

between these cold fronts can bring some of the most wide open action of the year. All winter, timing your fishing trip is everything. Within a few days right up to when the front goes through action can be epic. If you get the timing wrong, the back side of a cold front is not only a slow bite but generally really windy, too. Fishing gradually improves in the days following a cold front and peaks again right as the next cold front moves through.

Fishing in and around the passes was the best action this week. Redfish, snook, black drum and even some keeper sheepshead were all caught in these same areas. The redfish bite this past month has been as good as it gets with huge numbers of them being found in and around the tidal movement of the passes. Once you locate these redfish, it's been fish after fish. Use both shrimp and baitfish rigged with either a little weight or on a jig head to slow it down in the current and get to the bottom. We caught

redfish from 16 to 26 inches when pitching in close to docks and structure.

Red tide was much less of a factor this week than it has been with my baitfish staying alive almost everywhere I went though. The Roosevelt Channel remains one of the problematic bodies of water. Many people view this problem possibly coming from Captiva as it's not on city sewer and has lots of nutrient rich run-off feeding this red tide. I'm still seeing a few smaller dead baitfish and mullet in the middle sound, though they look like they have been dead for days. The effects of this lingering red tide are most noticeable between Blind Pass and Redfish Pass. I've been fishing either north or south of this area and am constantly keeping an eye on my bait. Wind and cold from these passing fronts will help break up what's left of these small patches of red tide.

November 15th marked the end of the manatee zones in Pine Island Sound. These manatee zones are now switched over and in effect in the Caloosahatchee as cooler water causes manatees to migrate up to the warmer water of the power plant. Many areas in the southern sound are now accessible to fish again. Be observant of the change in our seasonal manatee speed zones. In some areas, we are now able to run, but other areas in and around the river are now idle speed zones.

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. ✱



Gary Biltgen with a redfish caught with Capt. Matt Mitchell

photo provided

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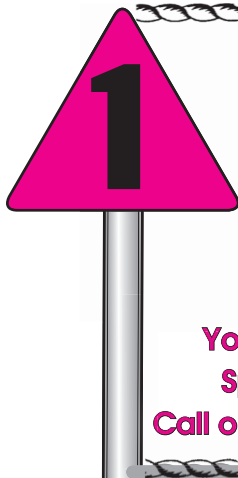
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Dave Doane

Plant Smart

The Thrips Are Coming

by Gerri Reaves

Brazilian pepper's (*Schinus terebinthifolius*) reputation as a major threat to Florida's environment has long been established, and the planting, sale, or distribution of the species has been prohibited for years.

Nevertheless, it still invades hammocks, pinelands, mangrove forests, and other habitats, producing thick growth that dominates and shades out other plants.

This species that originated in Brazil, Argentina, Uruguay and Paraguay was introduced to the state in the 1840s.

It is listed as a category-I pest plant by the Florida Exotic Pest Plant Council (FLEPPC). That designation means that the species has caused documented ecological damage.

Such plants have altered native plant communities "by displacing native species, changing community structures or ecological functions, or hybridizing with natives," according to the FLEPPC.

This pest even continues to thrive in the yards of uninformed or indifferent homeowners. Because the seeds are spread by birds and other wildlife, eradicating every peppertree is important.

Long-term focused government efforts to eradicate it have not been up



Brazilian pepper's pretty berries earn it benign names such as Christmasberry and Florida holly, but the species is one of the most damaging ever introduced to Florida's ecosystem

photos by Gerri Reaves

to the task. The South Florida Water Management District spent \$2.6 million on controlling it in fiscal year 2015 to 2016 alone.

However, after 20 years of scientific studies, scientists have identified a biological control that shows great promise, and it has recently been implemented. Just last July, the Brazilian peppertree thrips (*Pseudophilothrips ichini*) were released for the first time in the state, in Saint Lucie, Collier and Broward counties.

Experts know that in its native



The tree easily dominates or shades out other plants

range of Brazil, the insects keep the peppertree under control.

Why did it take so long to determine the best biological control? Scientists have to be absolutely sure that in trying to eradicate one invasive pest that they are not introducing another one.

The thrips are highly specific to Brazilian pepper, a fact that insures that they will not ravage native species.

The insects reduce the overall health and viability of the peppertree, reducing the plant's height, number of green shoots and flowers. It causes "flower abortion" – how's that for a novel term?

If the thrips are successful, Brazilian pepper's harmful effect on Florida's environment will be greatly lessened and resources can be diverted to other needs.

If peppertree's invasive potential doesn't convince you to make sure it isn't growing in your yard, you should know that it's also a threat to people who are sensitive to poison ivy, oak, or sumac, all members of the sumac, or Anacardiaceae, family.

Brazilian pepper is a member of that family too, and skin irritation as well as respiratory irritation during the blooming period can result.

Look for an evergreen shrub or tree that grows up to 30 feet tall, with a main short trunk and many branches.

The alternate leaves are five to eight inches long and have finely toothed paired leaflets an inch or two long.

The clusters of male and female flowers are similar in appearance.

Clusters of fruit ripen from green to bright red, giving the plant other common names, Christmasberry and Florida holly.

The fruit usually occurs in fall and ripens by the holiday season. However, in South Florida, it blooms nearly year-round.

If you have a Brazilian pepper tree on your property, don't wait for the thrips to arrive and work their magic. Eradicate every peppertree possible.

Sources: <http://entnemdept.ufl.edu> and <https://plants.ifas.ufl.edu>,

Plant Smart explores the diverse flora of South Florida.✱

Bromeliad Plant Show And Sale Announced

The annual Bromeliad Plant Show and Sale will take place at the Araba Shrine Temple on Saturday, December 14 from 9 a.m. to 4 p.m. and on Sunday, December 15 from 10 a.m. to 3 p.m.

Admission is free to the popular gardening event and includes a judged show of spectacular displays of bromeliads and the area's largest bromeliad plant sale. Local growers

will be there to sell their plants, answer questions and offer growing tips and landscape ideas. Bromeliads of all colors, shapes and sizes will be available, as well as driftwood and gardening supplies.

The Araba Shrine Temple is located at 2010 Hanson Street.

The Caloosahatchee Bromeliad Society meets at 1:15 p.m. on the third Sunday of each month except April and December at the Lee County Garden Center Building, 2166 Virginia Avenue, in Fort Myers. Meetings feature gardening programs, workshops, plant give-a-ways and raffles. Admission is free and all are welcome to attend.✱

From page 2

Historic Downtown

streetscaping, completed a decade ago, and remember that it is just the latest of many phases of paving history.

Then visit the following research centers to learn more about the city's trials and tribulations over street surfaces.

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

information.

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

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

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

Help SCCF Bring Back the Barn Owls

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

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sccf.org

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



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WGCU Seeks Campaign Donations



Clifford the Big Red Dog is coming back to PBS Kids, airing on WGCU in December in a new reimagined animated series that deals with social-emotional skills such as empathy

image provided

Giving Tuesday is December 3, and WGCU is asking Southwest Florida to give for the kids – the PBS kids:

The kids who need some extra practice on letters and numbers to keep up in school.

The kids who think of their favorite PBS characters as virtual friends.

The kids who play PBS' educational word and math games and don't even realize they're learning.

The kids who improve their language skills by watching PBS Kids and using its apps.

WGCU's goal for Giving Tuesday in support of the 24/7 PBS Kids channel is \$20,000, to help sustain TV shows and the educational videos, games and puzzles that accompany them online. Three generous WGCU supporters have issued challenges to the community to match their combined donation of \$15,000. With great community support, that could be over-the-goal

magic, with a total of \$30,000 to WGCU for PBS Kids.

Ask just about any kid, and they will tell you how much they love Daniel Tiger, or the "Wild Kratts" brothers, or Princess Presto, or Nature Cat. They may not tell you how much they are learning, but they'll tell you how much fun they're having.

Ask just about any parent, and they will tell you how much they trust PBS and PBS Kids as safe viewing and playing for their kids (86 percent in recent survey). In fact, 60 percent of surveyed parents named PBS Kids the most educational media brand by far, outscoring the next trusted source (the Disney Channel, at 8 percent). And 83 percent of parents agreed that PBS Kids helps prepare children for success in school, again besting all other channels.

To donate to WGCU's Giving Tuesday campaign, visit www.wgcukids.org/givingtuesday.✧



Jessica Gnagey of Ruth Messmer Florist creates a crystal, orchid and lights mantelpiece swag for the formal living room of Holiday House

photo provided

Holiday House Opens This Weekend

Looking for fresh and innovative ideas for your holiday decorating? Eight prominent local floral design companies have created a holiday wonderland in the 2019 Symphony Holiday House off McGregor Boulevard, which opens on Friday, February 22 for a six-day run over two weekends. Holiday House tours are 10 a.m. to 3:30 p.m.

Proceeds from this SWFL Symphony Society fundraiser support the Southwest Florida Symphony Orchestra. The 1920s Old Florida private residence is festooned in holly, evergreens, crystals and lots of twinkling lights and candles. Over two weekends, Friday through Sunday November 22 through 24, and Friday through Sunday, November 29 through December 1, members of the public are invited to tour this unique home and experience the glitter and glamour of spectacular holiday decor.

Tickets are \$20 per person and are purchased at the time of tour from the

Symphony Society booth located at St. John the Apostle Metropolitan Community Church at 3049 McGregor Boulevard in Fort Myers. Parking is free and a free shuttle will take visitors to the Holiday House and back.

The house itself is a gem. Built in the Spanish style popular in the 1920s, it has been lovingly updated while maintaining its original character. Originally just one story, a second story was added in 2001, and the huge property incorporates lush gardens, a large patio with fire pit, pool and stand-alone guest house.

Most of the displays, including live plants, may be purchased or ordered for later delivery from the respective florists. A portion of sales will benefit the Symphony Orchestra. Light refreshments will also be available.

Participating florists are Ruth Messmer Florist, SuEllen's Floral Company, Veronica Shoemaker Florist Shop, The Paradise of Flowers, The Flower Path, The Flower Spot, Floral Artistry of Sanibel and Planned Perfection.

For more information, visit www.symphonysociety.org/holidayhouse or call the SWFL Symphony Box Office at 418-1500.✧

Fundraiser To Benefit Homeless

The Lee County Homeless Coalition recently raised more than \$31,000 during the organization's All-Star Sports-themed 15th annual dinner and silent auction at the Crowne Plaza at Bell Tower Shops in Fort Myers. The event had nine Gold Sponsors, six Silver Sponsors and 10 Bronze Sponsors. Approximately 220 guests attended and bid on 75 donated auction items. The raised funds help the Lee County Homeless Coalition and its partners to continue their mission to make homelessness rare, brief and non-recurring in Lee County.

Hosted by master of ceremonies Earnest Graham, retired running back of the Tampa Bay Bucs and head football coach at Evangelical Christian School, the event featured special guest speaker Desmond Meade, president of Florida Rights Restoration Coalition who went from homelessness to one of *TIME Magazine's* 100 Most Influential People in 2019. Music was performed by 41 South.

"We are grateful for the support from our sponsors, partner agencies and the community for helping us to exceed our fundraising goal," said Janet Bartos, executive director of Lee County Homeless Coalition. "However, as we enter the holidays, we continue to rely on the help of the Lee County community to make an impact with the children, families and approximately 2,800 individuals who are faced with homelessness every day."

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 learn more about how you can help join the fight against homelessness, contact Janet Bartos at 322-6600. For more information on the Lee County Homeless Coalition, visit www.leehomeless.org.✧

Second Phase Begins For Ronald McDonald House

Ronald McDonald House Charities Southwest Florida (RMHC SWFL), Kravet Inc., and *Home & Design* magazine recently announced Project Design Phase II Southwest Florida.

In 2016, the original six bedrooms of the Ronald McDonald House, as well as the kitchen, dining room, common areas, restrooms, laundry room and all of the original flooring were revamped entirely by 20 generous leaders in the interior design industry, in celebration of the organization's 20th anniversary.

Now, in the three short years following the opening of Golisano Children's Hospital, the beloved "home-away-from-home" is bursting at the seams. By providing a temporary haven in a secure and comfortable environment among other families sharing a similar burden, RMHC

gives families the ability to focus on the healing of their child. However, a consistently full house with a waiting list has made it imperative to add six bedrooms to the existing house, thereby doubling its occupancy. Hence, Project Design Phase II Southwest Florida.

"We are overjoyed to have this incredible opportunity once again," said Laura Ragain, executive director of RMHC SWFL.

Project Design 2016 Chair Suzanne Costa of Suzanne Costa Interiors and Jeffrey Fisher of Jeffrey Fisher Home will lead as design co-chairs of Project Design Phase II. Participating designers and vendors will be attending a Designer Kick-Off Luncheon at the Kravet showroom on Monday, November 25.

"We were excited to learn about the expansion of the Fort Myers House and jumped at the opportunity to sponsor," said Ellen Kravet. "We are honored to support the Ronald McDonald House in the best way we know how: by making it better for the families who will stay there."✧

Book Review

Cilka's Journey

by Di Saggau



Anyone who read Heather Morris' book *The Tattooist of Auschwitz* will want to read her latest *Cilka's Journey*. This is a historical novel about a young girl

Lale Sokolov, the tattooist, met in the camps. She was a beautiful girl and her beauty both saved her and condemned her. At age 16 in 1942, Cilka is taken to Auschwitz-Birkenau Concentration Camp where a commandant, noticing her beauty, forcibly separates her from the other female prisoners to be his concubine. Cilka learns that power, even unwillingly taken, equals survival.

Through alternating chapters, we learn what happened to Cilka in the concentration camps and also in the Siberian prison camp where she is sent following the war. She is charged with sleeping with the enemy, even though she had no choice, if she wanted to live. Cilka was a real person, and the author interviewed Lale and many women who survived the camps in order to put this book together. She hopes that readers will embrace the bravery this young woman showed to her captors, and the humanity she shared with other prisoners she came into contact with. Morris became captivated by Cilka, unable to understand or comprehend the strength someone of her age must have had to survive the way she did. And why did she have to be punished so harshly for choosing to live?

In Siberia, Cilka faces both new challenges and some that are very familiar. This includes unwanted attention

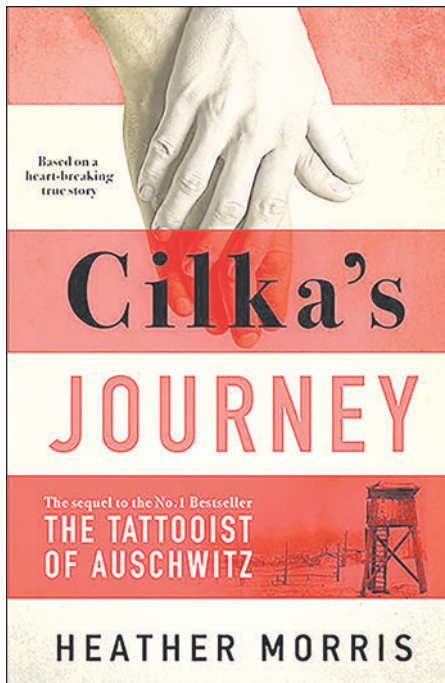


image provided

from the guards. Her life becomes more bearable when she meets a kind female doctor. Cilka is taken under her wing and learns how to help out caring for the sick in the camp. She confronts death and terror daily and, in so doing, discovers a strength she never knew she possessed. She learned that finding a four-leaf clover in the fields can be used as currency to buy extra food or prevent a beating.

Cilka's journey shows the resilience of the human spirit and the will to survive. Lale Sokolov told Morris that Cilka was the bravest person he ever met. Her's is a story of bravery, compassion and friendship. Where you did what you did in order to survive the concentration camps. The consequences for Cilka were to be imprisoned for another 10 years in the coldest place on earth, Vorkuta Gulag, inside the Arctic Circle, Siberia. *Cilka's Journey* is based on a powerful true story of love and survival.✱

School Smart

by Shelley M. Greggs, NCSP



Dear Readers, Language is a powerful tool for shaping images, events and the self-esteem of our children. Too often when we are frustrated with our

children, we inadvertently use language that could be detrimental to them.

Every parent has had this experience, and we typically regret it. The key to using more beneficial language in frustrating situations is the ability to reframe the event and focus on the positive. Reframing is a technique used to help create a different way of looking at a situation, person, or relationship by changing its meaning. Reframing involves changing your perspective on a given situation to give it a more positive or beneficial meaning to you and to

whom you are speaking. It's easier said than done, but there are great benefits to using this technique. Below are some common situations that elicit negative language and the words you can use to reframe the situation and focus on the positive.

There are many times that it is important for our children to be quiet. Typically, we say, "Be quiet!" Typically, that doesn't work. Next time, try asking your child to use "a softer voice." You might even want to add why it's important at that time for them to use a softer voice.

Another hot spot for parents is when their child has made a mess. Kids usually don't hear us the first time as we ask them to clean up. You might want to validate the fun that they have had first by saying, "It looks like you had fun" and then ask for the clean-up, maybe even volunteering to do one of the clean-up tasks yourself.

It can become frustrating when a child doesn't seem to remember or follow instructions that you have recently given. Perhaps they need to hear the instructions again or maybe they just

didn't get it. Instead of saying, for example, "I just told you that yesterday," try another approach. Suggest that you show your child another way to perform the task. We all learn differently, and they may need to follow a concrete example or have the directions broken into smaller steps so that they can follow them better.

Tears are common with young children. We often, as parents, want to resolve or get past the tears and quickly say, "You're OK." And, while that phrase might work particularly well for a scraped knee or minor issue, children's tears give us as parents a great opportunity to talk about feelings. So, instead of saying you're OK, you could ask, "How are you feeling?" Helping children to identify their emotions and giving them an opportunity to discuss them is very important for emotional growth.

Remember reframing is just doing or saying something in a different way. It allows us to face a conflict in a positive or "win-win" manner, rather than a negative, "win-lose" way.

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.✱

Continental Women To Meet

The Continental Women's Club monthly meeting will be held at The Hideaway Country Club on Thursday, December 12 at 11:30 p.m.

The program is presented by the Fort Myers High School Jazz Band, which will entertain with a variety of music including some holiday favorites. Cost to attend the luncheon is \$24.

The Hideaway Country Club is located at 5670 Trailwinds Drive in Fort Myers. Call 691-7561 for more information.✱

From page 1

Sand Sculpting



service at Lovers Key grass lot, located at 8700 Estero Boulevard on Fort Myers Beach. Paid parking will also be available at businesses near the event and at the Wyndham Garden Hotel for \$10 and up.

Volunteers are being sought for shifts during the festival. Volunteers will receive a free T-shirt, free lunch, free water and a free ticket for a future visit to the festival. There will also be a VIP Volunteer Party at Seminole Casino Hotel on Tuesday, December 3. If you would be interested to help as a volunteer, contact the Fort Myers Beach Chamber of Commerce at 454-7500 or by email at info@fmbchamber.com.

Wyndham Garden Hotel is located at 6890 Estero Boulevard on Fort Myers Beach. For more information or a complete event schedule, visit www.fmbchamber.com.✱

EPIC FIRES OF FORT MYERS

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

THOMAS P. HALL

ROBIN C. TUTHILL, EDITOR

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



From left, Andrea Folcik, Dwayne Bergmann and Sherri Rozzi photos provided

Collaboratory Earns LEED GOLD Certification

The Southwest Florida Community Foundation's Collaboratory has achieved LEED GOLD certification using the LEED v4 Building Design + Construction: New Construction rating system. A permanent plaque was presented by the Southwest Florida Branch of the U.S. Green Building Council on October 24.

Collaboratory is a public-private partnership of the Southwest Florida Community Foundation and the City of Fort Myers. The transformation of the former Atlantic Coast Railway Depot at 2031 Jackson Street, Suite 100, in Fort Myers and construction of the LEED addition creates a 24,000 square-foot campus that includes the foundation's regional headquarters, vibrant spaces for work, gatherings and special events to be used by the community and tenants, and state-of-the-art technology that encourages regional collaboration.

"It's incredibly exciting to see a project that doesn't just succeed as a

high-performance facility, but is designed to actively educate everyone that visits on how they can achieve the same here in Southwest Florida," said Chris Ressler, president of the SWFL branch of the U.S. Green Building Council. "This combination of performance and education is exactly what LEED and the USGBC stand for."

Collaboratory earned significant points toward certification for the following building aspects: Performance Based Air Quality Design & Assessment by including a smart air scrubber system into the HVAC systems; committing to the reuse of the Historic Atlantic Coast Line Train Station; achieving zero rainwater run-off through the combination of permeable paving and rain gardens; high efficient water usage plumbing fixtures and overall energy use optimization.

"We hope this building and its LEED Gold designation can be an example and inspiration to others to make the investment in sustainable building design," said Sarah Owen, president and CEO of the Southwest Florida Community Foundation. "The upfront costs more than pay off in both commitment to the mission and the money poured back into the community from decades of savings down the road."

LEED, or Leadership in Energy and



From left, Chauncey Goss, Robbie Roepstorff and Howard Leland



From left, Dave Dale, Kevin Anderson and Jeff Mudgett

Environmental Design, is the most widely used green building rating system in the world. Available for virtually all building, community and home project types, LEED provides a framework to create healthy, highly efficient and cost-saving green buildings. LEED certification is a globally recognized symbol of sustainability

achievement. Based on the number of points achieved, a project then earns one of four LEED rating levels: Certified, Silver, Gold or Platinum. The process is designed to inspire project teams to seek innovative solutions that support public health and our environment, while saving building owners money over a project's life cycle.✪✪



From left, Gary Aubuchon, Dawn Marie Driscoll, Hugh Kinsey, Myra Walters, Chris Ressler, Howie Leland, Robbie Roepstorff, Pat Dobbins, Chauncey Goss and Guy Whitesman



From left, Jim Keohane, Cheryl Lewandowski and Chris Ressler



Mary Lee Mann and Bob Crossman
photos provided

Concert Board Reveals Series Underwriter

The Fort Myers Community Concert Association, Inc., Board of Directors recently announced that Alexandra Bremner and her mother Eunice Bremner have agreed to be the underwriters of the entire 2020 concert season.

Alexandra and Eunice are the niece and sister of the late Berne Davis, who was the series underwriter for many years prior to her death in 2016.

"Berne was a program sponsor every year for 18 years and a member of the Community Concert Association for 68 years," said Community Concert Association President Mary Lee Mann. "This gracious gesture by her sister and niece ensure that Berne's memory will live on and make possible the continuation of the association for many years to come, and we are eternally grateful to them."

Program sponsors include Rob and Ruth Diefenbach of Fort Myers, Sanibel-Captiva Community Bank,



From left, Kay Holloway, Alexandra Bremner and Victoria Stephan

Madeleine Taeni, and Marge Kirby of Cape Coral.

The announcements were made at the fall meeting of the Community Concert Association November 10 sponsored by Fran Fenning at FineMark National Bank & Trust Co.

Honorary Life Membership was awarded to Bob Crossman, formerly of Sanibel, who was honored for his 31 years as a board member and 33 years as a benefactor contributor; as well as Don Fjellin of South Fort Myers, and Madeleine Taeni, formerly of Cape Coral, who has sponsored many concert performances over the years.

Two new board members also were elected: Karen Globetti of Fort Myers and Deanne Kyle of Fort Myers.

Mary Lee Mann reported to the Board that few series tickets remain for this year's 71st concert series that begins in January with five concerts:

The Wroclaw Philharmonic Orchestra performs on January 10. The Siberian State Symphony Orchestra performs on January 27. Teatro Lirico D'Europa performs Verdi's *La Traviata* on February 3. Russian State Symphony Orchestra performs on February 10. Russian National Ballet

performs on March 2.

All performances will be at the Barbara B. Mann Hall on the Florida SouthWestern College campus in Fort Myers. All five concerts begin at 7:30 p.m. and are included in one ticket price, which ranges from \$165 for prime orchestra seats to \$155 for other orchestra seats, \$85 for lower balcony seating and just \$65 for upper balcony. Most mezzanine seating already is sold out, Mann said.

For tickets, call the Barbara B. Mann Hall box office at 481-4849. For Community Concert Association membership information, visit www.fortmyerscommunityconcerts.org.



Kevin Kyle and Deanne Kyle



Marge Kirby and Dick Devlin



From left, Ted Mann, Karen Globetti and Bob Diefenbach

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

Do good deeds lead to personal strength?

I recently attended the Bat Mitzvah of Yiftach Levy's oldest daughter, Hadarya, in San Diego. Yiftach is the man who selflessly donated his bone marrow to save my mother's life twice from acute myelodysplastic leukemia. She died almost four years ago, but Yiftach's extraordinary generosity added 11 years to my mother's life, allowing her to attend the Bar and Bat Mitzvah ceremonies and celebrations of all five of her grandchildren.

Because my mother couldn't be there for Hadarya's big day, I wanted to be there. I also brought my father.

Upon concluding Hadarya's Torah reading, the congregation shouted out a congratulatory phrase – "Yasher Koach!" – as candy was tossed in her direction, as is customary.

A friend of Yiftach's family sitting next to me in the congregation inquired what "Yasher Koach" means. The Hebrew words idiomatically translate to "You're amazing – more power to you!" although the literal translation is closer to "may your strength be enriched."

This seems like an odd way to congratulate someone, doesn't it?

It does, of course, until you understand the nuance found not only in the Hebrew Bible, but what modern social psychology has discovered relative to emotion's effect on our bodies.

It is said that when Moses descended from Mount Sinai with the tablets containing the written Torah from God, he smashed them in anger upon witnessing the Israelites dancing around their golden calf. Ancient rabbinical commentary suggests that Moses did not intentionally destroy the tablets, rather his strength waned, causing him to drop them.

That same rabbinical commentary states that each tablet was a block of sapphire six-by-six-by-three handbreaths in size. A handbreath is thought to be eight centimeters. Since sapphire is four times as dense as water, and water weighs one gram per cubic

centimeter, the two tablets supposedly weighed nearly 1,000 pounds!

How could a mortal man carry such weight down a mountain? Moses' strength is said to have been derived from his interaction with the Almighty, but that strength vanished when he found that in his absence, the people he was charged to lead had gone astray.

Regardless whether you believe in biblical accounts, there's numerous known instances of supernatural strength occurring amongst normal individuals when finding themselves in extraordinary circumstances.

As but one example, when Anchorage, Alaska resident Bruce Anderson was underneath his Volkswagen repairing it, the vehicle slipped off its jacks, pinning him to the ground. His 17-year-old son, Riley, hearing his father's cries while realizing help was miles away, ran to the rescue.

With super-human strength, Riley did the amazing by taking the car by the bumper, raising the 2,500-pound vehicle off of his father, enabling him to scramble away.

It doesn't necessarily take extraordinary events to enable exceptional strength. Sometimes even simple deeds work. According to fascinating experiments in social psychology completed by Kurt Gray and his colleagues at Harvard University, good deeds and thoughts are potent triggers of physical power.

Volunteers were given a dollar and told to keep it or donate it to charity. The decision made, each was asked to hold a weight for as long as they could. Surprisingly, those who had done a good deed were able to bear the load for almost 10 seconds longer than the others. In a follow-up experiment, even thinking about doing good increased their physical stamina after the fact.

In this season of Thanksgiving, consider what good deeds you might accomplish. It might be as simple as inviting someone who doesn't have a place to share the holiday. Perhaps it's writing a check to your favorite charitable cause or doing yardwork for someone not able to do it for herself.

There are countless ways that you might help someone in the coming days, weeks and months.

And when you do, there might not be anyone there to encourage you to gather the strength to continue. To do more.

So know this – upon completing your charitable task, think of me shouting out to you, "Yasher Koach!"

Happy Thanksgiving to you and your loved ones.

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County Schedules For Thanksgiving

Most Lee County administrative operations will be closed Thursday, November 28 and Friday, November 29, in observance of the Thanksgiving holiday. Other schedules will be adjusted.

The adjustments include:

Solid Waste – On Thursday, November 28, all county facilities are closed and no garbage, yard waste or recycling will be collected. Collections will be delayed by one day for the remainder of the week. On Friday, November 29, Thursday collections will be picked up. The Waste-to-Energy Facility in Buckingham will be open from 6:30 a.m. to 5 p.m. to accept waste. All other Solid Waste facilities will be closed. On Saturday, November 30, Friday collections will be picked up. The Buckingham facility will be open from 6:30 a.m. to 5 p.m. to accept waste. All other Solid Waste facilities will be closed.

LeeTran – On Thursday, November 28, no bus, trolley or Passport service. On Friday, November 29, normal service resumes.

Parks & Recreation – On Thursday, November 28, Friday, November 29 and through the holiday weekend, beaches, boat ramps, parks and preserves will be open. Administration offices, pools and recreation centers are closed Thursday, November 28 and Friday, November 29. Recreation centers and pools resume normal operating hours on Saturday, November 30. Administration offices resume normal operating hours on Monday, December 2.

Library System – On Wednesday, November 27, libraries close at 6 p.m. On Thursday, November 28 and Friday, November 29, all libraries will be closed.

On Saturday, November 30: libraries open for regular hours.

Domestic Animal Services – On Thursday, November 28 and Friday, November 29, the shelter at 5600 Banner Drive in south Fort Myers will be closed. On Saturday, November 30, the Lost & Found Pet Center will reopen for regular hours at 8 a.m. The adoption center will open at 10:30 a.m.✧

Reimbursement For Hurricane Debris Removal

The Lee Board of County Commissioners recently received wire transfers of \$17.7 million from the Federal Emergency Management Agency (FEMA) for debris removal costs incurred during Hurricane Irma.

This is the county's single largest reimbursement of funds since Irma hit in 2017. Last month, the county received a reimbursement of \$2.2 million for debris removal.

In all, the county requested \$40.4 million in expenses incurred to recover from the hurricane. The federal government's 90 percent share totals \$36.4 million, and the State of Florida's 5 percent share is \$2 million. The county has received \$20.7 million to date.

In August, Gov. Ron DeSantis requested that the federal cost-share be increased from 75 to 90 percent based on the magnitude of damages from Irma. That request was approved.

Hurricane Irma made landfall in Lee County – one of only three Florida counties to take a direct hit – on September 10, 2017. The county collected 2.7 million cubic yards in debris post-storm.✧

From page 4

Digital Storytelling



Devin Cannon works with his peer buddy Savannah Louderback

photo provided

Friendship Ball that Best Buddies held recently and at which he was crowned king. About his film, he said, "It was so awesome!"

The point of the workshop, said Newman, was to "give kids an opportunity to express themselves, to find their voices, to learn about the experiences of others through the interview process."

WGCU is one of the five PBS stations to participate in the national pilot project, which officially will kick off in July 2020.

"We are ecstatic over the success of WGCU's first-ever Move to Include digital storytelling workshop," said Amy Shumaker, associate general manager for content, who worked on similar programs with Newman in South Carolina. "It is our mission in public media to bring diverse and inclusive voices to all of our broadcast platforms. By partnering with Best

Buddies, we had a group of talented young people with differing abilities eager to learn the fundamentals of visual storytelling from our staff."

Participating buddies were Cannon, Thomas Browning, Gianna Gaziano-Whalen, Miranda Huber and Will Thibado; peer buddies included Louderback, Rayne Roe and Celine Lobocchiaro, with some help from a couple of the teens' fathers.

Best Buddies of Southwest Florida Executive Director Melanie Musick and Jennifer Mackler from Ida Baker High School were on hand to help. Mackler has worked with most of the students in the Best Buddies program.

"It can be tough for our students with physical or intellectual disabilities to connect with peers their age, but when we pair them with a buddy, it helps them to develop those skills in a safe way," Mackler said.✧

FGCU Best In Undergraduate Entrepreneurship

Florida Gulf Coast University (FGCU) is the top college or university in Florida for undergraduate entrepreneurship studies, according to The Princeton Review and *Entrepreneur* magazine. Coming in at No. 30 out of more than 300 schools, FGCU ranked higher than entrepreneurship undergraduate programs at Florida State University, Drexel University, the University of Saint Thomas, Boston University and American University, among others.

"We tried a new model with an independent School of Entrepreneurship, and it works," said Sandra Kauanui, director of FGCU's School of Entrepreneurship. "This ranking by The Princeton Review and *Entrepreneur* magazine sets us apart from other entrepreneurship schools, especially those in Florida. It's nice to be recognized for the hard work we have all contributed to reaching our goal."

Since its founding three years ago, FGCU's entrepreneurship program has grown exponentially. Its mission is to infuse entrepreneurial spirit throughout the university with an interdisciplinary entrepreneurship major and minor. These are the fastest-growing degrees on campus with 1,800 students currently enrolled in entrepreneurship classes.

Beyond degrees, FGCU's School of Entrepreneurship is home to the highly successful Runway Program, which helps students develop a business model and a viable product while earning their degree. Other features include the Mentor Program, through which faculty and outside business experts offer guidance and advice, and the Faculty Fellows Program, which integrates entrepreneurship into academic departments across campus. Additionally, the School of Entrepreneurship, in partnership with Veterans Florida, helps U.S. military veterans develop their business plans and obtain seed funding.

The ranking comes at an important time for FGCU. The university is



Sandra Kauanui

photo provided

raising money to build the new Center for Entrepreneurship & Innovation, which will house the School of Entrepreneurship, the Small Business Development Center and the Regional Economic Research Institute. The 27,000-square-foot facility will have a business incubator, flexible meeting rooms and expanded faculty and office space. It will be a central location for advancing the culture of entrepreneurship, business development and market analysis that are essential to growing Southwest Florida's economy.

In addition, FGCU is listed in The Princeton Review's "2020 Best Colleges: Southeastern" list. The university is also one of 413 "green colleges" featured in The Princeton Review's "Guide to Green Colleges: 2019 Edition." Colleges and universities in the guide have "strong commitments to green practices and programs," according to a release from The Princeton Review.

The Princeton Review revealed the entrepreneurship ranking lists for 2020 on www.princetonreview.com/entrepreneur. *Entrepreneur* magazine posted the ranking lists on www.entrepreneur.com/topcolleges. The magazine will publish a feature article on the rankings in its December issue.

For more information about the FGCU School of Entrepreneurship, visit www.fgcu.edu/soe.✱

Lee Health Hires New Operations Executive

Darcy Allen, MBA, BSN, RN has joined Lee Health as the vice president of operations and chief nurse executive at Lee Memorial Hospital. In her new role, Allen joins Scott Wolf, DO, vice president of operations and chief physician executive in a shared leadership model called a dyad. Together, Allen and Dr. Wolf are focused on collaboration, standardization, quality, safety, reliability and patient experience at Lee Memorial Hospital.

Allen brings nearly 20 years of nursing experience, including leadership roles to her position with Lee Health.

"We are excited to have Darcy join our team. She brings a strong clinical and leadership background, as well as a collaborative spirit to her new role at Lee Memorial Hospital," said Scott Kashman, Lee Health chief officer of hospital operations.

Prior to joining Lee Health, Allen served as chief nursing officer at Inova Medical Center in Fairfax, Virginia, an acute care and academic, 400-bed hospital. She also spent seven years at Kaiser Permanente in California, where she held multiple positions, including assistant nurse manager, department



Darcy Allen

photo provided

manager, clinical adult service director and director of nursing.

Allen earned an associate degree at the University of Hawaii, a bachelor of science in nursing from the University of Phoenix and a master of business administration with a concentration in healthcare administration at Northeastern University. She is a member of the American Organization for Nursing Leadership and the American Association of Critical Care Nurses.✱✱

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Financial Focus

Don't Change 401(k) Mix During Market Drops



by Jennifer Basey

As you're well aware, we've seen some sudden and sizable drops in the financial markets in 2019. While market volatility is nothing new, the recent plunges happened during a period of

general political and economic unease. Still, it can be harmful to overreact to such events – especially if it means making radical changes to your 401(k).

And yet, many people do just that. During market downturns, investors often move money from their 401(k)'s stock accounts into perceived safer accounts, such as those primarily containing bonds or other fixed-income securities. This move may result in reduced volatility on your 401(k) statements, and if that's all you want, you might be satisfied. But you do need to realize the cost involved – specifically, fixed-income investments will not provide the same rate of return that equities (stocks) can. So, if you liquidate some of your equity holdings, you may slow the growth potential of your 401(k), which, in turn, could slow your progress toward your long-term financial goals. Furthermore, if you get rid of substantial amounts of your equities when their price is down, you won't be able to benefit from owning them when their value goes up again – in other words, you'll be on the sidelines during the next market rally.

Here's the key issue: A 401(k) or similar employer-sponsored retirement plan is a long-term investment account, whereas moves made in reaction to market drops are designed to produce short-term results. In other words, these types of actions are essentially incompatible with the ultimate objective of your 401(k).

Of course, when the market is volatile, you may want to do something with your 401(k), but, in most cases, you're far better off by sticking with the investment mix that's appropriate for your goals, risk tolerance and time horizon. However, this doesn't mean you should never adjust your 401(k)'s portfolio. In fact, you may well want to make some changes under these circumstances:

You're nearing retirement – If you are nearing retirement, you may need to prepare your 401(k) for future downturns – after all, you don't want to have to start taking withdrawals when your portfolio is down. So, if you are within, say, five years of retirement, you may need to shift some, but certainly not all, of your assets from growth-oriented vehicles to income-producing ones.

Your goals have changed – Even

when you're many years away from retirement, you probably have an idea of what that lifestyle will look like. Perhaps you plan to travel for several months of the year or purchase a vacation home in a different climate. These are expensive goals and may require you to invest somewhat aggressively in your 401(k). But you could change your mind. If you were to scale back your plans – perhaps more volunteering, less traveling – you might be able to afford to “step off the gas” a little and invest somewhat more conservatively in your 401(k), though you will always need a reasonable percentage of growth-oriented investments.

By responding to factors such as these, rather than short-term market declines, you can get the most from your 401(k), allowing it to become a valuable part of your retirement income.

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.✱

Lee Health Hires Supply Chain Vice President

A. Luis Soto, MHA, CMRP, has joined Lee Health as its first vice president of supply chain management.

In this new role, Soto will provide strategic oversight to how Lee Health manages inventory and delivers medical goods throughout the health system. Soto brings nearly 20 years of supply chain and logistics experience to his role at Lee Health.

“Bringing Luis aboard is a big win for Lee Health and our patients,” said Ben Spence, Lee Health chief financial and business services officer. “Having an efficient supply chain is essential for financial stewardship and also helps ensure we have the tools we need to provide safe, quality care.”

Most recently, and for the past five years, Soto served as the vice president of supply chain management for MaineHealth in Portland, Maine. MaineHealth is the largest health care provider in the state, with more than 19,000 employees and 11 hospitals. Before that, he served as the vice president for supply chain services for ARIA Healthcare System in Philadelphia.

Soto earned a bachelor's degree at Baruch College/School of Business and Public Administration in New York, New York, and a master's degree in health administration at Pfeiffer University in Charlotte, North Carolina. He is a certified materials resource professional.✱



A. Luis Soto

Superior Interiors

Fun Ways To Accent A Bedroom Wall



by Marcia Feeney

Your bedroom should be your own personal cozy oasis. To achieve feelings of comfort and satisfaction, you can't only put effort into your furniture and the way you style your bed – you

also must think about the walls. Perhaps you don't want to clutter the space with too much decor, and that's fine. An accent wall can be the statement you need to achieve the look and feel you've always wanted.

While a classic option, painting a single wall in your bedroom isn't the only option for accenting. Take a step away from the traditional painted accent wall and think about one that's two-toned instead, either with soft or blurred lines to simulate a sunset sky. This fashionable accent wall combines some of the most intense hues seen in a spectacular sunset yet can have a soft and inviting appearance overall. Choose colors that will flow with the rest of your bedroom or use this wall as a launching pad to restyle the entire room.

Using reclaimed wood throughout the house is a major trend at the moment, likely due to the ever-popular rustic modern theme – so why not use it in the bedroom? Peel-and-stick wood panels allow you to achieve a wood plank accent wall that can bring the cozy vibe with ease.

While chalkboard paint is a popular option in a kitchen or kid's room, there's no reason you can't use it in your own room to create an accent wall. This is a fun way to add character to your room, allowing you to have a slick black moment or let your creative juices flow and switch things up from time to time. To avoid getting dust all over your living space, invest in chalkboard markers instead of traditional pieces of chalk for a mess-free project.

Over time, wallpaper has claimed a bad reputation due to its traditionally tacky design and how difficult it is to remove. Today, temporary wallpaper is available, and it comes in a variety of trendy colors and styles. Consider this option if you're looking for something that will last a while but doesn't necessarily have to be permanent.

If temporary isn't on your mind whatsoever, consider painting a mural in your bedroom. This is a playful and sophisticated option for bringing your style and creativity to life.

Whether you want to hang pictures of you and your significant other, or display pieces of your own digital artwork or photography, putting a photo collage on display is a gorgeous option for an accent wall. Decide whether you'll match the frames or use different shapes, sizes and colors to display your pictures.

If you love these ideas but can't narrow it down to one, you may need some professional advice about which option would look best in your bedroom. A design professional can go over the different accent wall types and help you make your decision. With his or her insight, plus your own personal style and opinion, you can pick the best accent wall option for your space.

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

From page 3

Playwriting

forward to forging the work with my director and actors.”

Franklin was born and raised in Boston, Massachusetts. She came to visit Naples 15 years ago – after being a snowbird, she decided to stay and become a resident. In 1992, she wrote and produced Joey & Maria's *Comedy Italian Wedding*. This show has enjoyed a tremendously successful run, being in continuous production for over 20 years. She also created additional interactive shows such as *The Wake of Matty O'Malley*, *Wicked Real Housewives of the Mob* and *The Soprano's Last Supper*, which were performed in Las Vegas venues for over 10 years. She is mentioned in Webster's online dictionary under “dinner theater” and was featured in a question on the TV game show *Jeopardy*. When asked about this year's competition, Darlyne said, “I love the challenge of writing a short play with prompts and limits and in 24 hours seeing it come to life on the stage.”

Sanzari is an emerging playwright. Her previous works include *Dead Weight*, *Trash Talk* and *Other Damages*,

and *Thanksgiving is for Nutters*, which earned her Critics' Choice in Lab's 2018 24-Hour Playwriting Project. She is currently adapting her first full-length play, *I Became Us*, into a screenplay. When Candice isn't writing, she's furthering her training in Krav Maga, dabbling more in film and possibly making some questionable life choices.

Returning judge Nykkie Rizley says, “There is a reason I've been a judge every year for the show rather than being part of its creation. Simply, I don't want to know any of the secrets. I want to be in awe like the rest of the audience. There is the most amazing energy when you walk into that theater, just before the artists reveal what's been brewing for the last 24 hours. It's surreal and honest, excitement and fatigue, nervousness and longing. It's just really incredible, and it is my favorite night of the year.”

Listed as one of *Naples Daily News* Must-Do Bucket List events, this production sells out every year. This event is graciously sponsored by Stacy Lee-Williams.

The Laboratory Theater of Florida is located at 1634 Woodford Avenue in Fort Myers. Tickets are available online at www.laboratorytheaterflorida.com or by calling 218-0481.✱

New Mental Health Services For Veterans

More than 100,000 veterans reside in Southwest Florida, yet many former service members across the state are lacking access to needed mental health services. But, a new collaboration aims to increase the availability of mental health services to Southwest Florida veterans and their families.

Home Base Southwest Florida, a Red Sox Foundation and Massachusetts General Hospital Program, formally announced its expansion and clinical partnership with Lee Health, the largest healthcare system in Southwest Florida, to offer mental health services for veterans and military families who call Southwest Florida home – at no cost. Florida Governor Ron DeSantis joined Lee Health and Home Base SWFL leadership for the press conference announcement at Lee Health.

“Florida is home to more than 1.5 million veterans, and it is our duty to ensure those who have served our country are receiving the care and support they deserve,” said DeSantis. “As a fellow veteran who served in Iraq, I understand and appreciate the sacrifices made by our veterans, military members and their families. Many veterans are still fighting the invisible wounds of war, and these new mental health services are critical to ensuring veterans in Southwest Florida can lead healthy lives.”

Mental health services for the treatment of the invisible wounds of war, such as post-traumatic stress (PTS), transitional anxiety and depression, are now available at the Lee Health Behavioral Health Clinic. The clinical program will offer a multidisciplinary approach to care and complement Home Base Southwest Florida’s Warrior Health & Fitness Program, which has served as a platform for more than 250 local veterans to come together, reconnect with other members of the military community and embark on a path towards long-term wellness. Through the Warrior Health & Fitness Program, physical health goals like losing weight, gaining muscle, eating healthier, and managing pre-existing injuries and health issues are common, but the program also includes mental health and wellness goals.

Previously, those seeking clinical care could access mental health services through Home Base’s two-week intensive clinical program headquartered in Boston, Massachusetts. These services will now be available in their home community at Lee Health.

Emphasizing the need of mental health treatment access, U.S. Marine combat veteran and Naples resident Karter Elliott, spoke about his personal journey in seeking care, noting that like many other veterans impacted by post-traumatic stress, it was a long process to understand what was happening to him, before he could be open to doing



Florida Gov. Ron DeSantis cuts the ribbon with help from Lee Health and Lee County officials

photo provided

something about it.

Elliott suffered from nightmares, anxiety and outbursts that wouldn’t go away – it was tearing apart his family. With the help of Home Base Southwest Florida, Elliott was able to find the mental health care he needed to help him manage it all and enrolled in Home Base’s two-week Intensive Clinical Program (ICP) in Boston.

“I was sick of like the roller coaster ride and the low points,” Elliott said. “But I think I was finally ready to take the steps to take care of myself, for the betterment of my family.”

Elliott says the intensive therapy changed his life, but he found it difficult to find a mental health care provider who offered evidence-based therapies to sustain his progress back home, until now.

“Five years ago, Home Base Southwest Florida was created to help fill an important need for our veterans transitioning from military service and we are proud to expand our mission once again,” said Home Base SWFL Program Director and U.S. Marine veteran Armando Hernandez. “This partnership with Lee Health will augment our ability to serve veterans in the area and ensure our veterans, impacted by the invisible wounds of war, receive access to timely and quality medical care.”

Eric Raab, D.O., a psychiatrist with Lee Health, will serve as clinical leader for the Home Base SWFL Outpatient Clinic at Lee Health. For the past year, he and designated members of Lee Health’s behavioral health clinical team have received extensive clinical training in evidence-based therapies for PTSD by Home Base’s clinical experts from the leading Psychiatry Department in the nation – Massachusetts General Hospital.

“While most military Service members and veterans who return from deployment can reintegrate successfully into civilian life, an estimated one in three may experience mental health problems, such as PTS, major depression and anxiety,” said Raab. “We are taking a major step in bringing Home Base’s gold-standard care of treatment for the invisible wounds to

Southwest Florida and encouraging local veterans to take that all-important first step in getting the vital care and services they need to begin the healing process.”

Lee Health clinicians will continue to participate in weekly phone consultations for the next six months to ensure the best care is delivered to Southwest Florida veterans and their adult family members and will continue to work in tandem with Home Base Southwest Florida staff to best serve each patient, ensuring that no veteran – and his or her family – falls through the cracks.

“We know that treatment works, and that recovery is possible,” said Kris Fay, chief administrative officer for Lee Physician Group. “We see it every day in our behavioral health clinic. It is deeply satisfying to collaborate with Home Base SWFL to help veterans get the mental health services they need and deserve.”

Addressing what is often a barrier to care, clinical services at Lee Health will be provided at no cost to veterans or military families connecting to care through Home Base Southwest Florida. This care will be funded through the

continued on page 23

YOUR NEUROLOGICAL SYMPTOMS MAY HAVE A STRUCTURAL CAUSE!

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Frankly Speaking



by Howard Prager

The whacking, hacking, hoping and helping of sports today.

But as I get ready to submit today's article, I am saddened to learn of the untimely passing of 23-year old

Twins prospect and former Miracles star Ryan Costello as he was preparing to play winter ball in Australia. As of this writing, no cause for his death has been found.

What was Myles Garrett thinking? The Browns defensive end and former No. 1 pick has been suspended for at least the rest of the season for whacking the helmet off of Steelers QB Mason Rudolph. How do you limit the violence in a sport that has players going all out with a full head of steam either to advance the ball or stop the other team's advancing? That's the sport, that's NFL football. Turn it on for five to 10 second spurts, then immediately turn it off, while keeping the desire, passion and intensity going. Better protective gear cannot stop blatant actions. Passions heating up in the intensity of the game are hard to ease up immediately after the whistle blows. But this is also why these stellar athletes are paid the sums they are – to play the game and follow the rules. Garrett may be sorry for his actions, but that doesn't stop them from being blatantly wrong. Thank goodness that Rudolph didn't suffer any injuries as a result of this.

I thought I was done writing about baseball for a while. Not so fast. Or actually very fast. That's what supposedly the Astros figured out – how to use modern technology to steal signs quickly. Specifically, video feeds that led them to find ways to tell their batters what pitch to expect, dating back to at least 2017, when they won the World Series. "They've been cheating, they still are cheating, and it's time Major League Baseball (MLB) puts a stop to it," one National League GM said. "Come on, they won 60 games at home this year. Look at their numbers when guys are on base (MLB-best .282 average) since 2017. (They used) banging of garbage cans and pipes as a way to convey signs. It's one thing to steal signs with your

eyes. We all do that. It's another to do it electronically, and that's what they've been doing. This tarnishes everything they've done. There should be a huge asterisk next to their World Series title." Whacking, cheating, stealing does not belong in major league sports. I, for one, do agree with the actions of sports commissioners who levy fines and actions against individuals and teams that find ways to cheat. We'll have to wait and see what MLB does with this Astros accusation.

Sometimes the actions of the commissioner can go too far and block others from their profession. I'm talking about Colin Kaepernick. Whatever your stance on kneeling or not during the national anthem, a player should not be kept out of the league for his personal beliefs that do not affect the play of the game or other players. Kaepernick has been out of football for three years when no team signed him after leaving the 49ers as a free agent. So Kaepernick's agent orchestrated a "tryout" for any NFL team that wanted to see his skills, supposedly with the NFL's blessings. Ah, but the NFL had a hitch. Last minute waivers they insisted he sign that would cause him to lose some of his rights, along with keeping media away from the practice. That was not what the agreement was supposed to be, so only a couple of hours before it was to take place, the practice was moved from the Falcons training site to a suburban high school an hour away. Instead of 25 teams coming to look at his skills, only eight showed up to see that he still has a strong and accurate throwing arm. This is a heavy-handed move by the NFL that was supposed to be giving him a chance to get back into the league. Time will tell if anyone signs him. Here's hoping that some team can use his skills, as either a starter or back-up. Teams have taken chances with far worse characters.

Let's end today with a nice story. Helping. That's what happened at Paradise High in California. Even though it was spared by the devastating California fires, the school remained closed for seven months because of contaminated water and toxic dust. The track and football coaches who were set to retire stayed on, inspired and rejuvenated by the kids who wanted to keep playing. The sports teams practiced wherever they could, including neighboring high schools who welcomed them, malls where classes were held, baseball diamonds and courts across the county. The boys' cross-country team set

a school record, even though they didn't have a school at the time and many had moved away. And the football team is 11-0 and in the state playoffs this year, despite being undermanned. Helping each other through life's challenges – that's winning in my book.

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.✪

Golf Club's 60th Anniversary



From left, Steven Peterson, Mary Fischer and Scott Fischer photos provided

Cypress Lake Golf Club marked the start of its yearlong 60th anniversary celebration with a weekend filled with social outings, golf and tennis.

The recent festive celebration included food trucks, cocktails, live music, dancing and commemorative gifts for all members in attendance. The next day, the members then hit the links for a golf tournament and the courts for a tennis tournament.

Cypress Lake Golf Club opened in 1959 and is Fort Myers' oldest and most historic private golf club. Its founding members include three PGA Hall of Fame golfers: Patty Berg, Gene Sarazen and Herb Graffis. Club members have access to golf, tennis and a fully stocked golf pro shop, as well as social and dining experiences at the clubhouse.✪



Jon Pazdera and Suzie Stewart

SPORTS QUIZ

1. Tony La Russa is No. 1 on the St. Louis Cardinals' list of managerial victories (1,408). Who is No. 2?
2. Name the only San Diego Padre to belt 50 or more home runs in a season.
3. When was the last time before the 2018 season that the University of Texas football team won 10 or more games in a season?
4. Name the last time before 2017-18 that the Boston Celtics made the NBA Eastern Conference Finals in consecutive years.
5. Who was the last NHL goaltender to win the Vezina Trophy (top regular-season goalie) in consecutive seasons?
6. Name the last French-born cyclist to win the Tour de France.
7. Phil Mickelson is one of two golfers who have won three of the four men's majors at least once, but have never won the U.S. Open. Who is the other?

ANSWERS

1. Red Schoendienst, with 1,041 wins (1965-76, '80, '90). 2. Greg Vaughn hit 50 in 1998. 3. It was the 2009 season, when the Longhorns were 13-1. 4. It was 1987-88. 5. New Jersey's Martin Brodeur, in 2007 and 2008. 6. Bernard Hinault, in 1985. 7. Sam Snead.

Clays Tournament To Benefit Ronald McDonald House

Grampy's Charities has partnered with Kids & Clays for the inaugural Grampy's Sporting Clays Tournament, benefiting Ronald McDonald House Charities of Southwest Florida. The tournament will take place on Friday, December 6 at Sarasota Trap, Skeet & Clays in Nokomis.

Registration and breakfast begin at 8 a.m. followed by a brief safety meeting at 9:30 a.m. Shotgun start is 10 am and lunch, raffle and awards will follow. Each participant will receive Grampy's Famous

Ditty Bag; Kids & Clays shooter gifts; eye and ear protection; ammunition; and a loaner gun if needed.

New shooters are encouraged to join as no experience is needed for this fun shoot. There will be a coach at each station to show new shooters exactly what they need to do. A block of rooms in close proximity to the event have been secured for out-of-town guests.

Grampy's Charities has generously offered to sponsor the entire event so 100 percent of the event proceeds will benefit Ronald McDonald House Charities of Southwest Florida.

Sponsorship opportunities and reservations can be made at www.rmhcswfl.org/events/grampys-sporting-clays.✪



From left, Lourdes McLeod, Cecilia St. Arnold and Lombardo McLeod photos provided

Partnership To Help Childhood Hunger Battle

Blessings in a Backpack partnered with McLeod's Construction, Paint & Restoration to pack more than 500 meals for local school children that otherwise may go hungry. The two organizations gathered recently at McLeod's offices to pack nutritious, kid-friendly meals for Franklin Park Elementary students to take home on the weekends, a time frame the federal free and reduced-price school lunch program doesn't cover.

Along with McLeod's Construction, Paint & Restoration, Lee County Commissioner Cecil Pendergrass and the Tommy Bohanon Foundation helped to make this event a huge success.

Blessings in a Backpack steps up where federal aid stops by feeding children on the weekend. Every Friday afternoon, children receive packages filled with nutritious, kid-friendly, ready-to-eat food items. Students return to school every Monday morning with a full stomach and an eager mind. In partnership with Lee and Collier county school, Blessings in a Backpack has helped dramatically improve test scores, reading skills, behavior and general health.

Blessings in a Backpack feeds more than 4,600 children in Lee and Collier counties. That number continues to grow with more donations. A tax-deductible donation of \$100 provides a child with food on the weekends for an entire school year. The organization seeks volunteers and corporate partners as well. Visit www.blessingsinswfl.org to see how you can make a difference.*



From left, Marilyn Santiago, Tommy Bohanon and Lourdes McLeod



Cecil Pendergrass and Lombardo McLeod



From left, Kayla McLeod, Lourdes McLeod and Cecilia St. Arnold with an elementary student

Beautifulife:

The Little Things

by Kay Casperson



Every so often, I believe we need to take a step back and slow down to realize what is right in front of us. Why is it that we tend to wait for big moments in life to show

appreciation for things that are actually before us every single day? We often look for the big accomplishments, gifts and circumstances but overlook the tiny little things in our lives that really are the most significant.

It's easy to forget how lucky we are as we flow through or daily routines until perhaps something happens, and those little things are missing. People who go through storms and lose power appreciate a simple thing such as a shower, a hot cup of coffee, or air conditioning. We tend to cherish our health so much more when we

experience being sick, instead of being grateful every day when we feel good.

Appreciating all the beautiful moments today will keep you grounded, happier and less stressed about tomorrow. A hug from a loved one, a call from a friend, or a note to say thanks are little things that actually mean so much more when they are missing. I know how much I appreciate it when someone gives me a smile, a hug, or even a nice compliment, and I make it a point to respond with gratitude.

As we move into the time of year that we are all giving thanks for our blessings, let's take some extra time to think about these little moments that bring us so much joy, but would be terribly missed if they were not there. I encourage you to write down a few of these things to see them in front of you, and then openly express gratitude for them every single day.

Learning to be grateful for little things will not only keep you happier and more balanced, but will also help you to walk through struggles or disappointments with a more peaceful feeling that this too shall pass. Sometimes we need to stop trying to be more and to have more, and express to ourselves that the here and

the now is good too.

Take a look around you, and as you go through your day, open up your eyes and your heart to see just how lucky you are and how beautiful your life is.

My affirmation this week is:

"I am grateful for every little thing that surrounds me and brings me joy every single day of my beautiful life."

*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.**

From page 21

Mental Health

philanthropic support from Wounded Warrior Project and the generosity of individual and corporate donors from the Southwest Florida region supporting Home Base Southwest Florida signature events like the Kensington and Pelican's Nest golf tournaments and Run to Home Base Florida.

For Home Base Southwest Florida Honorary Director, four-star General (USA ret.) Fred Franks, Vietnam and Desert Storm veteran, who began Home Base SWFL in early 2014 as health and fitness with a vision of being able to offer the full family of Home Base Programs, "the establishment of these clinical services brings that vision to reality and adds to our fulfillment of that trust. It takes tremendous courage for a veteran to step forward and ask for help – not all trauma of war or service is physical or apparent, and many of our returning service members need care and support. The establishment of these clinical services is the fulfillment of a trust. The trust between our nation, our communities and our veterans that when their mission and duties are complete, we will be there for them at home."

To learn more about clinical services available to veterans, service members and military families at Home Base SWFL's Outpatient Clinic at Lee Health, contact Home Base Southwest Florida's Operation & Special Projects Manager Monique Hashimoto at homebaseswfl@partners.org or 338-8389, or visit www.homebase.org/swfl.*

deaRPharmacist

Surprising Health Benefits Of Winter Essential Oils



by Suzy Cohen, RPh

Dear Readers: Essential oils (EO), when used correctly, have profound and potent actions on the body and impact your metabolic pathways similarly to drugs and dietary supplements.

If you inhale a specific oil, or put it into a diffuser and aromatize it, you will be harnessing a natural healing modality. If you apply an oil, for example tea tree oil, you will be utilizing very strong anti-fungal and antiseptic benefits. Today, my focus is on some winter essential oils that can help restore balance to the dreary, cold winter months ahead.

Here are the best EOs derived from trees and plants which thrive in winter and high altitudes:

Cypress (*Cupressus sempervirens*) – The clean, fresh scent of Cypress will ‘wake’ you up and make you feel more energetic. In my opinion, this EO could be inhaled or applied to your legs (in a carrier lotion or directly) a half-hour before you go out for a run, or to the gym. You may be able to run faster, or take on more weight during leg lifts. Apply one or two drops to your feet or legs prior to working out.

Be mindful of others and do not apply too much of this EO because it has a strong scent and it contains “camphene” (a strong antiseptic), which may be off-putting to other gym members.

Juniper Berry (*Juniperus communis*) – The berries of the coniferous tree called juniper give us this beautiful, calming essential oil. It has a strong woody but clean aroma. It is thought to support urinary tract health and issues related to the kidneys. It may have a use for reducing pimples and improving complexion. You could put a drop into your face moisturizer.

Because of the clean scent, most people diffuse Juniper Berry EO. It has a grounding effect, so think about putting three drops in your diffuser and keeping it in your office.

Siberian Fir (*Abies sibirica*) – The Siberian fir tree grows very tall and in harsh, cold weather like Russia and Canada. The strong woody scent has instant calming and relaxing properties. Essential oil of Siberian Fir may be helpful to calm the emotions and provide a sense of grounding when you feel like things are out of control. It’s akin to taking a hike in the forest and smelling the clean, fresh aroma of the fir trees growing along the path.

Peppermint (*Mentha piperita*) – Peppermint gives us that zingy, fresh aroma that most people associate with mint. It’s from the high menthol content, which is great for throat lozenges, mints/candies and also breath fresheners and toothpaste. The peppermint tree actually grows best in temperate climates, where it doesn’t get super hot or cold. But it’s very popular at winter time, especially because of candy canes and other minty deserts at the holiday table. Diffuse peppermint or apply a dab to your temples if you have a headache. You can also put a drop into your smoothie for a unique, refreshing flavor.

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

Doctor and Dietician

Peace And Joy Vs. Inflammation And Weight Gain



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

Do you find it a struggle to stay healthy during the winter holidays?

A *New England Journal of Medicine* article reported Americans gain an average of 1.3 pounds during the winter months. Why? Staying indoors more. Our days are filled with holiday parties, get-togethers, school functions, shopping, cooking, decorating, gift-wrapping and tight schedules.

Busy schedules, lack of sleep, lack of exercise and over-indulgence all lead to six weeks of weight gain and “holiday blues,” putting our bodies into a state of chronic inflammation.

Tips for staying healthy during the holidays:

1. Get at least 30 to 45 minutes of exercise four to five days per week. Walking/running, yoga, exercise class, pickleball, bike riding, swimming – the possibilities are endless.

2. Choose healthy, balanced meals that focus on fresh vegetables and lean protein, along with plenty of daily

water. Eat like this every day – even during the holidays.

3. Keep sweets and alcohol moderate. When you do consume extra, increase your exercise the next day.

4. Get enough sleep. Go to bed and get up at the same time. Use mindfulness techniques, shut off your phone/tablet before bed, make the room cool and dark, and meditate on something positive before bed.

5. Ward off body pain. Joint pain and chronic inflammation are at its peak during the cooler months. People who suffer from arthritis feel it more during this time. Obviously, this is why many come to Southwest Florida during the winter months. If you are moving less due to pain, see someone about it and get it taken care of. We specialize in this at Caring Medical, and we’d love to help you.

6. Give. Use this as a time to give to others. Volunteer. Donate money or time. It does the body 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.**

Overeaters Anonymous

If food is a problem for you, Overeaters Anonymous can help. Meetings are held in Room 130 at Sanibel Community Church on Tuesdays from 5 to 6 p.m. and on Fridays at 4 p.m.

For more meeting information, visit www.southwestfla.org.

Sanibel Community Church is located at 1740 Periwinkle Way.*

LARC Gains From Autism License Plate Proceeds

Lee Association for Remarkable Citizens (LARC) received a \$5,000 grant from funds generated through the sale of the Florida “Support Autism Programs” specialty license plates. The grant will support art therapy programs for teens and adults with developmental disabilities at LARC.

The Autism Services Grants Council awarded a total of \$106,900 in grants to 22 Florida-based nonprofit organizations that provide services and programs for individuals with autism and related disabilities. The funds, available through grant opportunities offered by the Autism Services Grants Council, are generated through the sale of the Florida “Support Autism Programs” specialty license plates.

“We’re so pleased to receive this



image provided

grant, which will allow us to provide art therapy to individuals at LARC,” said Angela Katz, LARC development director. “Art therapy uses the creative process of art-making to improve and enhance the physical, mental and emotional well-being of individuals. It helps people to resolve conflicts

and problems, develop interpersonal skills, manage behavior, reduce stress, increase self-esteem and self-awareness, and achieve insight.”

During the summer, Florida nonprofits were invited to submit grant proposals, and nearly 60 nonprofits from across the state applied for

funding. Priority was given to creative and innovative approaches to serving individuals with autism and their families.

In 2009, the Florida Legislature authorized the “Support Autism Services” specialty license plate and provided for the creation of the Autism Services Grants Council. The council oversees a grants process to fund service programs for individuals with autism and related disabilities and their families throughout the state.

This year, through a partnership with the Indian River Tax Collector’s office, the process of purchasing a specialty Autism License Plate throughout Florida has been streamlined so it’s easier than ever to purchase your plate. You can go online or call the Indian River Tax Collectors office directly to purchase your plate from anywhere in the state.

For more information on the Florida “Support Autism Programs” specialty license plate, visit www.autismlicenseplate.com. To learn more about LARC, visit www.larcleecounty.org or call 334-6285.*

PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Bruno And Shalina



Bruno ID# A480885

Hello, my name is Bruno. I am a 9-year-old male terrier mix who came to Animal Services needing to gain quite a few pounds. I have put on almost 10 pounds and am ready for my forever home where I can put on the rest of the weight I need and bloom into the dog I am meant to be! I am a very trusting and loving boy that will be a loyal companion to the family that is lucky enough to adopt him.

My adoption fee is \$10.

Hi, I'm Shalina. I am a 2-year-old female domestic shorthair who is a petite, shy gal that loves to be held. I will sit in your lap to be pet for hours. I prefer a quiet home where I can be the 'queen bee' and have all the attention. My tranquil demeanor will soothe even the worst of moods and brighten your day!



Shalina ID# A794827

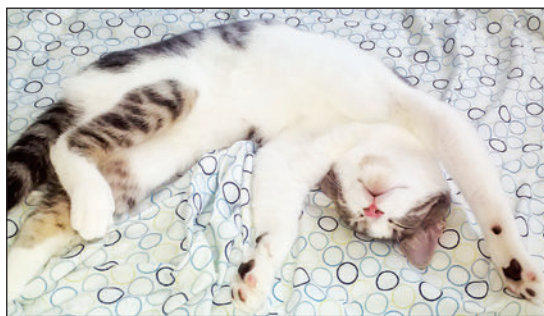
My adoption fee is \$10.

Pick your own "purr-fect" companion from the pet "pup-kin" patch in November. There are plenty of pets to "fall" in love with at Lee County Domestic Animal Services when visiting with the many cats, kittens, dogs and rabbits currently available. Adoption fees will be reduced for the entire month of November. Adult dogs more than six months of age are just \$30 to adopt; cats and kittens are \$10. In addition, cats and kittens are two-for-one; adopt one and take home a second feline friend at no additional charge.

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 (grey and white) and Peloton (black and white tuxedo). 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 6-month-old male, and Peloton is a 5-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. They both get along great with other cats and would do well in a multi-cat household. 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.



Peloton

Come see us at the PetSmart on Six Mile Cypress Parkway in Fort Myers.

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

YOU AND ME BOTH

- ACROSS

1 Tropical tree

5 Des — (capital of Iowa)

11 Cartoonist Addams, familiarly

15 Floor mop

19 Berry of a Brazilian

20 Practically no time

21 — Hashana

22 "Relax!"

23 Poker hand of four clubs and one heart, say

25 Itty bit

26 Judicious

27 Old TV's "Remington —"

28 Test for univ. seniors

29 One of the Gandhis

31 Weep noisily

32 Country singer Clark

33 Field of a homebuilder

36 Farm tool

38 No-charge

39 Moisten, as poultry

40 What a patent or copyright might grant
- 47 "E pluribus —"

49 Wear out

50 Plotting aids

51 Many a critic

53 Org. for Roger Federer

56 Oatmeal bath brand

58 Outback locale

62 Cube creator Rubik

63 Post-Kantian philosopher Georg

64 Somewhat

65 Duplicated

67 Beatles song that's an apt alternate title for this puzzle

70 Lower baseball leagues

72 Taylor tyke of old TV

73 Clip, as wool

74 "High Voltage" band

75 Facial feature of Mark Twain

81 Island of Venice

84 Foxlike

85 Haunting one
- 86 Capital of Jordan

88 Sage guide

89 Smelter junk

90 Luxury airport transport

93 Moses' peak

96 Chachi player Scott

98 "— So Fine" (1963 hit)

99 A shoulder shrug exercises it

105 Flunkies' responses

110 Get decayed

111 Amend

112 So-so mark

113 Put in a box

114 Army division

116 Yarn

117 For no particular reason

119 Little bay

120 Added stipulations

121 "The Jeffersons" actress

122 Tread Sanford

123 Body part with the ACL

124 Get lippy with

125 Soft caps

126 Female fowl
- DOWN

1 Blue Ribbon beer brewer

2 Piercing

3 Cutting beam

4 Priestly hat

5 Formed

6 See 115-Down

7 "Send me!"

8 Island nation in the Pacific

9 Double curves

10 "Zip it up!"

11 Wince

12 Thick, head-hiding top

13 Sean of "50 First Dates"

14 Pottery piece

15 Hem, e.g.

16 Pants parts

17 Put in groups

18 "Ta-tal!"

24 1910s senator Root

29 Memo start

30 Red-brown

33 King-to-be

34 Uncertain things

35 Neill of film

37 CBS journalist Charles

40 LAX posting

41 VII doubled

42 In a spine-chilling way

43 More guarded

44 By way of

45 Univ. email ender

46 Inits. on a navy vessel

47 Electric or water co.

48 Tchrr.'s gp.

51 Spaghetti sauce brand

52 British brews

53 Group that services car owners

54 Alexis I, e.g.

55 High degs.

57 LA-to-MI dir.

59 Actress Birch of "American Beauty"

60 TKO caller

61 Cut coverer

65 Dairy beasts

66 Milky gem

67 Ergo

68 Part of SW

69 Grain bit

70 Hitchcock film of 1964

71 Here, to Luc

73 Bad city air

76 More unsightly

77 "— Na Na"

78 GoPro, e.g.

79 Med. group

80 Bird of the

58-Across

82 —TV (cable channel)

83 Suffix with resin or peril

87 Court great Arthur

89 Trunk gunk

90 Green fruit

91 Chit letters

92 "Gone" boy band

93 Slapped, e.g.

94 Patch variety

95 Endemic

97 Evaluate

100 Sorority letters

101 First ex of Donald

102 "— me?" ("What'd ya say?")

103 "Dog whisperer" Millan

104 Don't disturb

106 Digital dough

107 Fry a bit

108 Ruhr's chief city

109 Leaks slowly

113 Slippery swimmers

115 With 6-Down, start a round of golf

117 Sloop sail

118 Lay odds

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

King Crossword

- ACROSS

1 Poehler's pal

4 Alias letters

7 Envelope part

11 Frosty

13 Wire measure

14 "The Amazing —"

15 Killer whale

16 Everything

17 Basin accessory

18 Intended

20 Burg

22 Sedona auto-maker

24 Electronic dance music

28 George who played 007 once

32 Sandbank

33 Lotion additive

34 Massachusetts cape

36 Knitting stitch

37 Pays attention

39 Balearic island

41 Went to a restaurant

43 Cow's comment

44 Responsibility

46 Formal decree

50 On the rocks

53 Jazz style

55 "Damn Yankees" vamp

56 Pickle herb
- 57 "See ya" (Abbr.)

59 Benefit

60 Shrill bark

61 Wonderment

8 Legislation

9 High card

10 Apiece

12 Pony rider of song

19 Can metal

21 Horror director Craven

23 Kimmel's network

25 60 minutes

26 Drug dealer's foe

27 Earthenware pot

28 Dalai —

29 Came down

30 Region

31 — Kippur

35 Water barrier

38 Helios' realm

40 Coffee, slangily

42 Pudgy

45 Nutritious bean

47 Greek vowel

48 Talon

49 Story

50 Egos' counterparts

51 Spy novel org.

52 Wapiti

54 Energy
- DOWN

1 Gifttag preposition

2 Ireland

3 Village People hit

4 "I — Camera"

5 Scottish garment

6 Apportion

7 Dowager's

MAGIC MAZE ● BUILDINGS

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

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

- Abbey

Barn

Bunkhouse

Cathedral
- Cottage

Dormitory

Firehouse

Greenhouse
- Hospital

Mansion

Mill

Mosque
- Shed

Skyscraper

Warehouse



"I'll be home a little late tonight,
dear — the boss wants me to take
_____."
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!

Direct
REROD

Devise
VINTEN

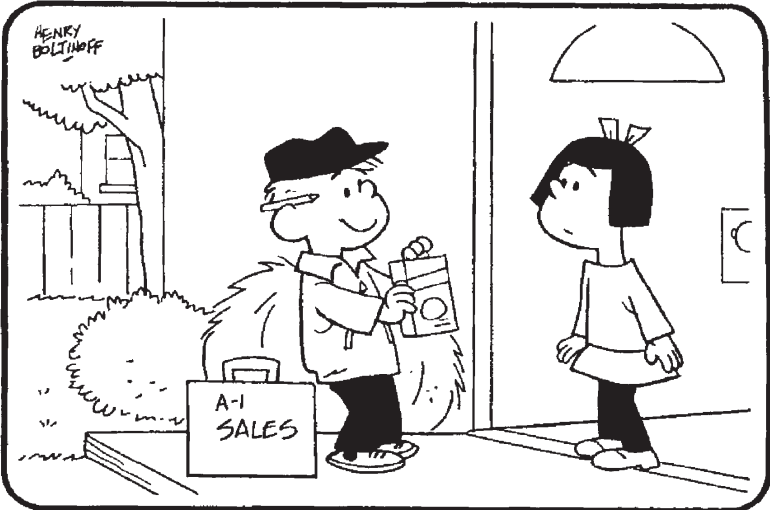
Power
GREENY

Whole
RETINE

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Girl's bow is missing. 2. Collar is different. 3. Boy's pencil is gone. 4. Name on briefcase is different. 5. Shrub is missing. 6. Picture on box has changed.

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

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



Bloody Mary Mix

4 cups tomatoes, roughly chopped
1 cup cucumber, roughly chopped
3 tablespoons fresh lime juice
1 teaspoon garlic, roughly chopped
1 tablespoon hot sauce (your favorite)
1 teaspoon Worcestershire sauce
1 tablespoon all-purpose seasoning
2 tablespoons vinegar (such as apple cider vinegar or brine from pickle jar)
Sea salt and fresh ground pepper, to taste
Place all ingredients into a blender. Blend on high until completely smooth. Strain the liquid for a smoother product. Taste and adjust seasonings as needed.
Fresh tip: Can be served chilled on its own as a refreshing vegetable juice.*



Bloody Mary Mix

photo courtesy Fresh From Florida



FRIDAY
Sunny
High: 78 Low: 67




SATURDAY
Sunny
High: 81 Low: 69



SUNDAY
Mostly Sunny
High: 78 Low: 67




MONDAY
Mostly Cloudy
High: 73 Low: 62



TUESDAY
Sunny
High: 66 Low: 55



WEDNESDAY
Mostly Sunny
High: 73 Low: 62



THURSDAY
Sunny
High: 75 Low: 64

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	9:39 am	3:18 am	10:02 pm	3:25 pm	Fri	8:44 am	3:20 am	9:07 pm	3:27 pm	Fri	9:23 am	3:14 am	9:39 pm	3:33 pm	Fri	11:49 am	6:34 am	None	6:41 pm
Sat	10:56 am	4:17 am	10:27 pm	4:03 pm	Sat	10:01 am	4:19 am	9:32 pm	4:05 pm	Sat	10:45 am	4:15 am	10:22 pm	4:23 pm	Sat	12:12 am	7:33 am	1:06 pm	7:19 pm
Sun	12:03 pm	5:08 am	10:54 pm	4:36 pm	Sun	11:08 am	5:10 am	9:59 pm	4:38 pm	Sun	11:44 am	5:10 am	11:01 pm	5:11 pm	Sun	12:37 am	8:24 am	2:13 pm	7:52 pm
Mon	1:04 pm	5:55 am	11:21 pm	5:04 pm	Mon	12:09 pm	5:57 am	10:26 pm	5:06 pm	Mon	12:30 pm	5:59 am	11:34 pm	5:54 pm	Mon	1:04 am	9:11 am	3:14 pm	8:20 pm
Tue	2:01 pm	6:40 am	11:51 pm	5:29 pm	Tue	1:06 pm	6:42 am	10:56 pm	5:31 pm	Tue	1:12 pm	6:46 am	None	6:35 pm	Tue	1:31 am	9:56 am	4:11 pm	8:45 pm
Wed	2:56 pm	7:23 am	None	5:52 pm	Wed	2:01 pm	7:25 am	11:28 pm	5:54 pm	Wed	12:05 am	7:31 am	1:55 pm	7:15 pm	Wed	2:01 am	10:39 am	5:06 pm	9:08 pm
Thu	12:23 am	8:06 am	3:52 pm	6:16 pm	Thu	2:57 pm	8:08 am	None	6:18 pm	Thu	12:33 am	8:15 am	2:43 pm	7:56 pm	Thu	2:33 am	11:22 am	6:02 pm	9:32 pm

PUZZLE ANSWERS

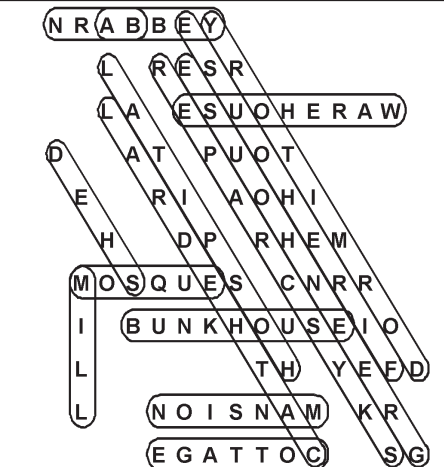
SUPER CROSSWORD

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

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MAGIC MAZE



SUDOKU

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

TRIVIA TEST

- Geography:** In which two U.S. states is the Gila River located?
- Language:** What does the Latin suffix *Ārium* mean?
- Literature:** Which 19th-century novel begins with the line, "For many days we had been tempest-tossed."
- U.S. Presidents:** In what year did President Richard Nixon resign from office?
- Music:** Who had the 1970s hit *Paradise by the Dashboard Light*?
- Measurements:** How long is a span, as mentioned in the Bible?
- History:** What was the code name of the Allies' invasion of North Africa in World War II?
- General Knowledge:** Which organization did Juliette Low found in 1912?
- Psychology:** What abnormal fear is represented in the condition called atychiphobia?
- Television:** What was the number of the mobile hospital unit in the TV drama *M*A*S*H*?

TRIVIA ANSWERS

1. Arizona and New Mexico 2. A place associated with a specific thing, such as planetarium. 3. The Swiss Family Robinson 4. 1974 5. Meat Loaf 6. About 9 inches 7. Operation Torch 8. Girl Scouts 9. Fear of failure 10. 4077th

My Stars ★★★★★

FOR WEEK OF NOVEMBER 25, 2019

Aries (March 21 to April 19) A long-sought workplace change could be happening soon. Consider reworking your ideas and preparing a presentation just in case. A personal relationship takes a new turn.

Taurus (April 20 to May 20) Your persuasiveness doesn't really start to kick in until midweek. By then, you can count on having more supporters in your camp, including some you doubted would ever join you.

Gemini (May 21 to June 20) Your workload is still high, but – good news! – you should start to see daylight by the week's end. Reserve the weekend for fun and games with friends and loved ones. You deserve it.

Cancer (June 21 to July 22) Regardless of how frustrating things are, keep that "Crab" under control. A cutting comment you might think is apt right now will leave others hurting for a long time to come.

Leo (July 23 to August 22) Be more sensitive to the emotions of loved ones who might feel left out while you're stalking that new opportunity. Be sure to make it up to them this weekend. A nice surprise could be waiting.

Virgo (August 23 to September 22) The gregarious Virgo rarely has a problem making new friends. But repairing frayed relationships doesn't come easily. Still, if it's what you want to do, you'll find a way. Good luck.

Libra (September 23 to October 22) A

misunderstanding with a partner or spouse needs to be worked out before it turns into something really nasty. Forget about your pride for now and make that first healing move.

Scorpio (October 23 to November 21) Communication dominates the week. Work out any misunderstandings with co-workers. Also get back in touch with old friends and those family members you rarely see.

Sagittarius (November 22 to December 21) As busy as your week is, make time for someone who feels shut out of your life. Your act of kindness could later prove to be more significant than you might have realized.

Capricorn (December 22 to January 19) Congratulations. Your busy workweek leads to some very satisfying results. Sports and sporting events are high on your weekend activities aspect. Enjoy them with family and friends.

Aquarius (January 20 to February 18) Your generosity of spirit reaches out once again to someone who needs reassurance. There might be problems, but keeping that line of communication open eventually pays off.

Pisces (February 19 to March 20) You are among the truth-seekers in the universe, so don't be surprised to find yourself caught up in a new pursuit of facts to counter what you believe is an insidious exercise in lying.

Born This Week: You believe in loyalty and in keeping secrets. All things considered, you would probably make a perfect secret agent.

STRANGE BUT TRUE

- It was novelist, poet and playwright Gertrude Stein who made the following sage observation: "Everybody knows if you are too careful, you are so occupied in being careful that you are sure to stumble over something."
- If you're like the average American, you will eat about 150 bananas this year – 26 pounds' worth.
- A researcher in Britain calculated that local farmland contains more than 2 million spiders per acre. Must be small ones, I'd say.
- Some people enjoy novelty when dining out, but restaurateurs take a big risk when adding new items to a menu; it seems that less than a third of diners will actually try a new menu item.
- The White House was not designed by an American. It was Irish architect James Hoban who won the competition to create the architectural plans for the home of the political leader of the United States.
- The name of the state of Vermont comes from the French "mont vert," which means "green mountain." (If the explorers who named the state saw green mountains, they obviously were not there in the winter.)
- Two-thirds of all Tony award-winning composers and lyricists have been Jewish.

THOUGHT FOR THE DAY

"I don't trust a man who uses the word evil 18 times in 10 minutes. If you're half evil, nothing soothes you more than to think the person you are opposed to is totally evil." – Norman Mailer

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Cachet women have different interests that encompass charitable, volunteer,

cultural and social aspects of life. The club is open to all age groups – singles, marrieds, divorcees and widows.

If developing new friendships and supporting your community interests is for you, consider becoming a member. Cachet women meet for a business luncheon eight months a year at Crowne Plaza in Fort Myers. Membership dues are \$20 per year.

For more information about joining Cachet, contact Annette Byman,

membership chair, at 402-201-4219 or annettebyman@icloud.com.✱

University Awards Waivers And Scholarships

Hodges University awarded over \$180,000 in student scholarships and tuition waivers for the third

quarter of 2019.

“For the third quarter, 141 students benefitted from these scholarships, discounts and waivers,” said Dr. John Meyer, president of Hodges University. “We encourage our students to apply for these scholarships and waivers so we can help them realize their academic and career goals.”

Scholarships came from the Earl & Thelma Hodges Veterans Scholarship, the Hawks Scholarship Fund and the

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Meftah Foundation Scholarship for Single Mothers. Discounts and waivers were awarded from the university's active duty military, corporate/employer partners, the Hodges graduate discount and the veterans discount.*

Local University Named Best For Vets

Hodges University has been named a Best for Vets College in the four-year college category for 2020 by *Military Times*. Only 134 colleges nationally made this list, and Hodges University is one of eight colleges named in the state of Florida. This is the third consecutive year that Hodges University has been included.

Nearly 12 percent of Hodges University's student population are military veterans.

"There are many reasons why veterans choose to attend Hodges University," said Dr. John Meyer, president. "Our monthly class starts really work with their schedules, and our degrees are all workforce-driven in careers they want to pursue."

Both Hodges University campuses include a Dr. Peter Thomas Veterans Services Center where veteran students can relax, get community resources and network with other veteran students. Each center has a director who is also veteran. Both campuses also have designated Veterans Parking spaces.*

Grants To Design Stormwater Projects

The Lee Board of County Commissioners recently voted to accept two Hazard Mitigation Grants from the Florida Division of Emergency Management to design two stormwater projects in flood-prone areas.

The two projects to be designed are: Modifications to the existing weir structure and replacement of several drainage pipes to increase flow in Canal

H-7. The canal is part of the Whiskey Creek Watershed and is located just south of Provincetown off College Parkway.

A survey of all control structures and identification of low berm elevations and improvements that will help alleviate flooding along the southern portion of Ten Mile Canal, north of U.S. 41.

The grants total \$218,317, including \$163,738 in state funds and \$54,579 in county matching funds. The design work is expected to be completed in the current fiscal year. Additional grants will be sought to pay for the construction of the projects.

Lee County experienced two historic rainstorms in 2017 between August 25 and September 10, 2017, with some areas receiving more than 20 inches of rain in this short period. The intense rainfall, coupled with Hurricane Irma's

storm surge, exceeded the carrying capacity of natural and manmade drainage features. Since then, the county has been working on its stormwater system using multi-faceted approach of assessment, remediation and mitigation projects.*

Contract For Road/Parkway Realignment

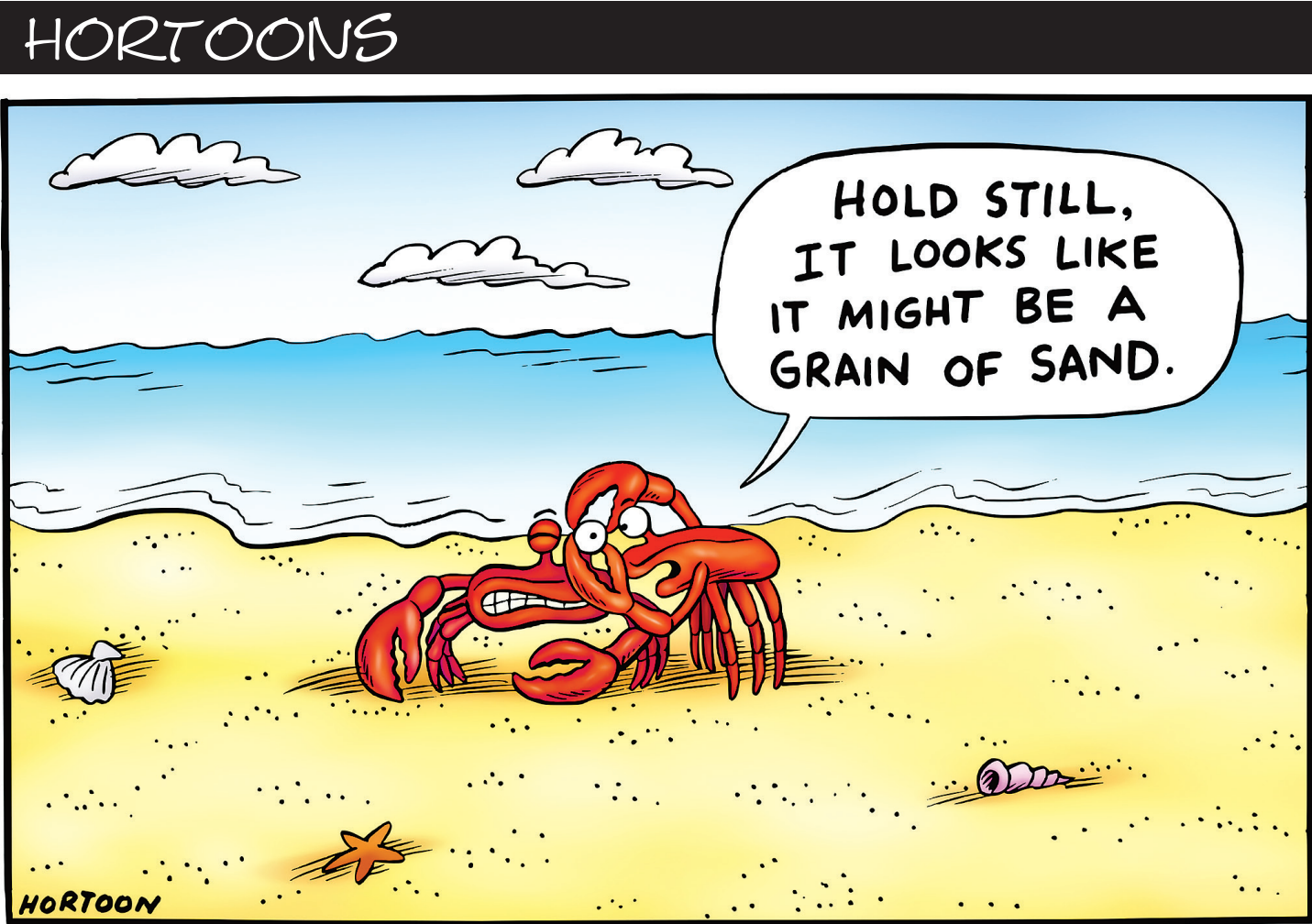
The Lee Board of County Commissioners recently voted to award a contract for the realignment and widening of Littleton Road at Kismet Parkway and the installation of a roundabout at Littleton Road and Corbett Road.

The project also includes associated improvements including sidewalks, bike lanes and drainage improvements.

The contract awarded to Lee County-based Thompkins Contracting Inc. is for \$2.06 million. The project is jointly funded with the City of Cape Coral; total project costs including design, right-of-way, construction engineering and construction are estimated to cost \$5.2 million.

The board adopted the new alignment for the intersection of Kismet Parkway and Littleton Road on March 20, 2018. The project includes widening the existing two-lane roadway section on Littleton Road to four lanes, on-road bike lanes and 6-foot sidewalks on both sides.

Construction is expected to begin in early 2020 and be completed in about 10 months.*



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Vittoria	Fort Myers	2004	3,940	\$1,150,000	\$988,105	34
Laguna Shores	Fort Myers Beach	1970	3,391	\$999,000	\$925,000	206
Holiday Harbor	Bokeelia	2016	1,831	\$995,000	\$900,000	129
Dunes At Sanibel Island	Sanibel	1978	3,116	\$895,000	\$855,000	15
The Vines	Estero	1997	3,389	\$799,800	\$780,000	46
Cape Coral	Cape Coral	2016	2,619	\$749,900	\$660,000	394
Burnt Store Marina	Punta Gorda	1999	2,118	\$714,900	\$690,000	12
Cape Coral	Cape Coral	2018	2,694	\$699,000	\$685,000	310
Cape Coral	Cape Coral	2019	2,657	\$698,000	\$695,000	26
Belle Meade	Fort Myers	2001	3,309	\$685,000	\$652,500	135

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