



## Holiday Nights To Open At Estates

Edison and Ford Winter Estates will kick off the 45th Holiday Nights celebration with the annual tree lighting ceremony on Friday, November 27 at 6 p.m. There will be a impressive light show with several new displays. This year's theme is Sounds of the Season and will incorporate musical elements. Event sponsors are FPL, Sanibel Captiva Community Bank and Sunbelt Rentals.

The annual tree lighting will take place at the base of the historic Mysore fig tree on the Henry Ford 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. The Ford property offers ample room for social distancing.

This year, Holiday Nights will be open Christmas Eve and New Year's Eve. Through January 3, guided Holiday Tradition Tours will be offered at 6 and 7 p.m. every night, and visitors can take self-guided tours of the site. Guided, inside-the-homes tours will be offered on December 2, 9 and 16 for an up-close look at the



Visitors admire the decorated homes and gardens during Holiday Nights at Edison Ford Winter Estates

photo provided

homes' interiors.

Families can stroll through the Children's Tree Trail, which features dozens of trees decorated with handmade ornaments from Lee County school children. This year, the tree trail will be

displayed along the Ford property, where visitors will have room to adequately social distance. A video message from Santa will be shown in the Caretaker's House and carolers will stroll the grounds on select nights.

There will be a Holiday Tea with Mina Edison and Clara Ford on December 3 and 17 at 6:30 p.m. in the River Pavilion. Mina and Clara will talk about their favorite holiday traditions, while tea, lemonade and cookies are served. After the tea, visitors can stroll the beautifully decorated grounds. Space is limited, so registration is required. Tickets for the tea are \$15 for Edison Ford members or \$35 for nonmembers and include general admission to Holiday Nights.

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. Refreshments will also be available for purchase. Masks are required during Holiday Nights.

Holiday Nights tickets for adults are \$20, teens (13 to 19) are \$10, children (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 on Monday nights. To purchase tickets or view the nightly schedule, visit [www.edisonford.org](http://www.edisonford.org).✧



Santa listens to a young boy's wish list

photo provided

## Santa's Block Party Highlights Festival Of Trees

Santa's Block Party offers workshops for children to make arts, crafts and holiday cards at the Sidney & Berne Davis Art Center on Saturday, December 5 from 10 a.m. to 2 p.m.

This not-to-be-missed Festival of Trees favorite is an opportunity for children to

create holiday art, color Christmas and holiday cards, decorate their own cookie from Publix and build a wooden craft. They will also get to write letters to Santa and military service members. Culinary delights for breakfast and lunch will be available for purchase from food service trucks on premises.

Cost is \$6 per child, ages 2 and younger are admitted free. Adult family members can join them at no charge. Be on time to see Santa arriving by train. A new edition to the festival this year will be

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## Sidewalk Sale At The Alliance



Designer mugs by Wendy Drummond

images provided

The Alliance for the Arts annual Arts & Ends Holiday Sale is headed outdoors to the ArtsPark and GreenMarket grounds on Saturday, December 5 from 9 a.m. to 2 p.m. Located on the walkways surrounding the Alliance for the Arts building, artists' tables will be set up in the open air and sunshine, allowing guests to purchase directly from them in a safe and socially distanced atmosphere.

This event features one-of-a-kind, handmade gifts in painting, pottery, polymer clay, lamp work glass, upcycled accessories, macramé, wearable art, weaving and other fine crafts. To make the holiday shopping experience even more special, Arts & Ends is in conjunction



Holiday cards from the Alliance gift shop

with the Alliance for the Arts weekly GreenMarket, which features an exclusive collection of locally grown, caught and cultivated foods and other artisanal items.

Featured artists include Jayne Baker, Judy Cutler-Teeven, Carolyn Daniels, Crissy DeNoto, Wendy Drummond, Martha Grattan, Tracy Rosen, Laurie Rockwell, Inga Risk, Pamela Volz, Shannon Vickers, plus an exclusive collection of creations from the Alliance gift shop.

To make the shopping experience even

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Historic Downtown Fort Myers, Then And Now:

# Henley House On Hendry



by Gerri Reaves, PhD

Who would guess that the large home in the circa-1920 photo started out as a mere one-story cottage and was enlarged as the family grew?

The house was built by William Preston “WP” Henley of Florida heart pine. It stood on the west side of Hendry north of MLK Boulevard, then called Anderson Avenue. Henley owned a large parcel at that intersection that was known as “Henley Corner.”

That high-perch third-floor bedroom belonged to son William Walton “Willie” Henley.

Henley had come to Fort Myer as a young man for his health, following his brother Joseph, who had already moved to town in 1882.

WP decided to stay and established himself as a builder and contractor. Among the many business and residential structures he built, it is said, was Seminole Lodge, the home of Thomas A. and Mina Edison on McGregor Boulevard.

He also built the city’s first recreation pier at the foot of Fowler Street. It opened in 1913 and was the town’s first public amenity. Another project was the boom-time subdivision Henley Place (originally called McCroskey Place).

In his earliest years in town, he played tuba in the very first band organized in town, at various times called the Fort Myers Brass, Concert, or Military Band.

Formed in 1885, one of its claims to fame was rather unmelodious serenading of the Edisons on their honeymoon in March 1886.

In 1891, Henley married Ida Delia Brown, who had moved to Fort Myers the



WP Henley, a pioneer builder and contractor, built this family home on Hendry Street. It began as a one-story cottage and expanded to accommodate the growing family.  
photo by Bob Clark



Today the Finance Department of the City of Fort Myers is located on the former Henley property  
photo by Gerri Reaves

previous year.

He was elected to the Town Council in 1896 and was a member of fraternal organizations over the years.

He and Ida raised three children in the house that expanded to accommodate them.

WP and Ida died in January 1942 and 1949, respectively.

As for the fate of the large family home, by the late 1950s, it had been converted to a rooming house.

The Henley property was sold and Goodyear built a store there.

Today, the site is owned by the City of Fort Myers and the Finance Department is located in the former tire store.

Take a walk on Hendry and visit the former homesite of pioneers WP and Ida Henley.

Then visit the following two research centers to learn more about Henley’s long building career in Fort Myers.

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

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 information, call 332-8778 or visit 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, the Fort Myers Press, the News-Press, and the Story of Fort Myers by Karl H. Grismer.✱

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## THE RIVER

### WEEKLY NEWS

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Kathy Taylor paints the landscape

photos provided

## Beach Art Group Sets Plein Air Schedule

Each Wednesday morning in-season, artists from the Fort Myers Beach Art Association (FMBAA) gather at a different location including beaches, parks, preserves, historic properties and area businesses to paint plein air. All artists are welcome to come and paint.

Artists gather at noon for an informal critique and a brown-bag lunch or occasionally restaurant plans. Helpful suggestions for painting sites from fellow plein air artists are always welcome. Working together gives the artists the opportunity to share ideas and resource information about techniques, materials, workshops, and exhibitions.

The upcoming dates and painting locations are as follows:

November 25 – Matlacha Community Park, 4577 Pine Island Road, Matlacha  
December 2 – Koreshan State Park,

3800 Corkscrew Road, Estero  
December 9 – Sanibel Causeway, Island B

December 16 – Beach Pottery, 17980 San Carlos Boulevard, Fort Myers Beach  
December 23 – Riverside Park, 10450

Reynolds Street, Bonita Springs  
December 30 – Port Sanibel Marina, 14341 Port Comfort Road, Fort Myers

To become a member of the FMBAA, cost is \$50 now through the end of 2021. Membership goes up to \$60 if you wait until after January 1. Membership provides discounts on classes and workshops, a place to create art with no additional fees, library use as well as 20 percent sales commission to gallery, plus tax.

FMBAA is a working gallery, with artists working on Tuesdays and Wednesdays.

For more information and updates to classes and workshops beginning in January, visit [www.fortmyersbeachart.com](http://www.fortmyersbeachart.com). For questions, email FMBAA publicity chair Pam Flaherty at [fmbaapublicity@gmail.com](mailto:fmbaapublicity@gmail.com) or call 463-3909.\*



Dorothy McDowell paints Matanzas Bridge

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Members of the Southwest Florida Symphony Orchestra Ensembles photo provided

## Youth Orchestra Reconvenes

The Southwest Florida Symphony has reconvened its youth orchestra activities. The group began with auditions on November 16 at the Southwest Florida Symphony administrative office.

Rehearsals will take place three Mondays a month at the Sidney & Berne Davis Art Center, thanks to Jim Griffith, the art center's executive director. The Southwest Florida Symphony Youth Orchestra Ensembles were forced to cancel remaining rehearsals and concerts in March as a result of the pandemic. In following the lead of Lee County Schools

and safety guidelines established the CDC, the symphony's education department has found a way to bring students musically back together.

Southwest Florida Symphony Education and Community Outreach Director Kara Griffith said, "With a shortened season last year, and a long, too-quiet summer, it will be a pleasure to begin working with our area's finest young instrumentalists and instructors again soon. The cognitive, social and emotional benefits of studying music are numerous and well-documented, and I look forward to offering all of these much-needed benefits to our students and community in the near future. We are grateful to have the support of our parents and generous usage of the beautiful Sidney and Berne Davis Art Center in order to facilitate this re-boot!"

## Begin A Career In Healthcare

All FutureMakers Coalition partners are teaming up to hold an online informational event where interested participants can learn about essential careers as medical assistants (MA) or certified nursing assistants (CAN). The free event will be held on Tuesday, December 1 from 2 to 4 p.m. online through Zoom.

Get a start with a career in healthcare by registering for the online event. The goal is to find interested students and

help them get their tuition and related fees paid for so that they are ready for a new career in just one year. The event is open to current high school students that meet eligibility requirements.

Careers in healthcare continue to be in high demand and MAs and CNAs benefit from tremendous opportunities with leading organizations that offer high wages as well as benefits such as insurance, vacation and tuition assistance for continuing education. They are also careers that offer growth, hands-on training and intimate time caring for patients in a hospital or a nursing home.

According to Lee Health, they

## Country Club Makes Donation



From left, John Sackie, Samira K. Beckwith and Jerry Cucuru photo provided

Although the pandemic put plans for Lexington Country Club's annual Italian Open golf tournament on pause this year, the community continued its tradition of supporting Hope Hospice – and raised \$22,500 for the local not-for-profit.

Previous event organizers John Sackie and Jerry Cucuru coordinated the donation from the community's residents, who graciously contributed to this year's fundraising effort without taking part in a conventional golf tournament.

"The generosity of spirit displayed by Lexington Country Club's residents is

extraordinary," said Samira K. Beckwith, president and CEO of Hope Healthcare. "Giving in lieu of events and continuing to support Hope means so much to the people in our care – especially during such a challenging time."

Since the Italian Open golf tournament's inception nine years ago, Lexington County Club has raised more than \$200,000 in support of Hope's mission of improving the quality of life for every person experiencing serious illness by providing exceptional, comforting care.

For more information, call 482-4673 or visit [www.hopehcs.org](http://www.hopehcs.org).

currently have more than 40 MA positions needing to be filled. Other employers are also seeking MAs and CNAs for open positions.

"It feels good to go home and say I helped someone today; I made them feel good today," said Dershay Brown, a certified nursing assistant with Lee Health. "As a CNA, you can go into LPN, you can go into RN, you can do home health. I'm able to sit down with my patient and actually talk to them, and they feel good about it afterward."

Representatives and recruiters will be online to discuss MA and CNA qualifications, tuition assistance and

scholarship opportunities.

FutureMakers Coalition partners include Cypress Cove, Hope Healthcare, Lee Health, NCH Healthcare System, Physicians' Primary Care of Southwest Florida, Shell Point Retirement Community, Cape Coral Technical College, Fort Myers Technical College, iTECH - Immokalee Technical College, Lorenzo Walker Technical College and Career Source SWFL.

Potential students are encouraged to complete the FAFSA at [www.studentaid.ed.gov/sa/afsa](http://www.studentaid.ed.gov/sa/afsa). To register for the event, visit <https://events.blackthorn.io/36ojFe6/4a4H1RlxEw>.

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# Thanksgiving Day Service

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No collection is taken • For more information, 239-334-6801  
[ChristianScienceFortMyers.net](http://ChristianScienceFortMyers.net)



*1st Place Designer***Sedona Lehua**

Name of Design: "Neon Limelight"  
Model - Kaia Grey

Sedona is a freshman at Savannah College of Art and Design as a fashion design major. Her love for art began with painting and it evolved into dress making two years ago after she was gifted a sewing machine.



First place, Sedona Lehua images provided

## Dress For Success Raises Funds At Virtual Gala

**D**ress for Success SW Florida raised over \$90,000 at its virtual fundraiser, A REcycled Night in Black & White, on October 15. The event streamed live from Opulent Lighting and Design with more than 1,200 supporters tuned in to watch from the comfort of their home, some as far away as Rome.

The gala featured a fashion show showcasing the theme Making Marvelous out of the Discarded. Designers were challenged with creating one runway-ready women's ensemble from randomly assigned, donated bags of clothing, not appropriate for client suitings.

The following designers were honored: first place, Sedona Lehua; second place, Francielle Stiefelmann; third place, Yvonne Krystman and people's choice, Alanna Jaron. Other competing designers were Kaylee Rouse, Amanda Jaron, Dinara Idayalova, Anny Allen, Melanie Herrera, Anna Maria Cortes Rodriguez, Sarah Coble and Allisa Klierer.

"It was a one-of-a-kind event and not something we had planned on, but overall, I am extremely happy with the result," said Nickole Hendra, executive director of Dress for Success SW Florida. "We took every component of our live event and made it virtual."

Additionally, the event offered a cork pull, live and silent auction, swag bags and specialty desserts.

Money raised from this annual event will help support programs that are offered free to women in Lee, Collier and Hendry counties, including Women

*2nd Place Designer***Francielle Stiefelmann**

Name of Design: "Mono No Aware"  
Model - Mekayla Sendak

Originally from Brazil, Francielle graduated from Florida Institute of Technology with a specialization in intimate apparel and has worked in intimates ever since. She is currently a designer at Soma.

Design  
Mono No Aware  
(Japanese)

A Japanese phrase that describes the particular sadness regarding the passage of time and the transience of life.



Second place, Francielle Stiefelmann

*3rd Place Designer***Yvonne Krystman**

Name of Design:  
"I am not Beautiful Like You, I am Beautiful Like Me"  
Model - Zina Haverkamp

Yvonne is an abstract mixed media artist and fashion designer. She started her artistic career as an art teacher in Warsaw, Poland, then earned her Commercial Art degree in Windsor, Canada. She has shown her work at the prestigious Aqua Miami (2016) and Miami Spectrum (2018).



Third place, Yvonne Krystman

Empowered Through Employment Series (WETES) for unemployed and underemployed women, Professional Women's Group (PWG) for employed women and Entrepreneurial Spirit Program (ESP) for women that want to start their own business.

The event was sponsored by The Elizabeth K. Galeana Foundation, Edison National Bank, Entech, Markham Norton Mosteller Wright & Company, Stevens Construction, Waste Pro, Garramone Board Certified Plastic Surgeon, Fifth Third Bank, Home-Tech, Card Systems/eGuarded, RD Johnson Construction, Inc., Priority Marketing, Dream Fit LLC, and eBella Magazine.✧

## Parking Lot To Close For Repairs

**T**he parking lot at North Shore Park at 13001 North Cleveland Avenue in North Fort Myers will close Saturday, November 21 for minor

pavement repairs and seal-coating of the parking lot.

This repair work is being done by Asphalt Paving Systems. The parking lot is expected to reopen, weather permitting, by Monday, November 30.

For more information, visit [www.leeparks.org](http://www.leeparks.org), call 533-7275 or email [leeparks@leegov.com](mailto:leeparks@leegov.com).✧

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Fort Myers Art:

# Gossip And Bourbon Blend On A Texas Porch



by Tom Hall

**L**aundry and Bourbon comes to the Alliance's GreenMarket stage November 19 to 29. The show is directed by Sonya McCarter and stars Dena Galyean, Shelley Sanders and

Anne Reed. They play three Texas women named Elizabeth (a housewife whose Vietnam veteran husband has been missing for two days), Hattie (whose rambunctious children wreak havoc wherever they go) and Amy Lee (born into poverty but now married to money). The gals have many interests in common, including a penchant for gossip and predilection for bourbon.

Bourbon takes its name from a county in Kentucky. As American as apple pie, bourbon is made from corn (at least 51 percent) along with malt, wheat and rye. The blend is then aged from two to 10 years in oak barrels.

There are virtually hundreds of different brands, and choosing the blend that matches your tastes and temperament is something of an art – although there's a lot to be said for experimentation and trial and error.

With its soft flavor profile featuring a harmonious swirl of char, oak and sweet caramel corn flavors, Jim Beam is the standard bearer of bourbons. But Elizabeth,

A scene from *Laundry and Bourbon*

photo courtesy www.artswfl.com

Hattie and Amy Lee deserve a bourbon that's as unique as they are.

Elizabeth "Lizzie" Caulder (played by Dena Galyean) longs for the old days and has trouble letting go of the past. So what better Kentucky bourbon for a gal like her than Four Roses, which traces its origins all the way back to the 1800s? Like Roy's pink '59 Caddy, this 10-year-old bourbon is smooth, 100 proof and delivers a lengthy, surprisingly nuanced finish whether imbibed straight up or on the rocks. While Four Roses' bouquet of maple syrup and vanilla invokes memories of pancakes at your childhood breakfast table, the ripe stone fruit taste that Four Roses leaves on the tongue keeps you deliciously grounded smack dab in the present, which should be Lizzie's focus, given all she has going on.

Of course, as a proud Texan, Lizzie might very well prefer to shop at home. In that case, she would no doubt pour three fingers of Ghost Hill. Distilled by Treaty Oak at their 28-acre ranch in Dripping Springs, Texas, Ghost Hill is sourced with a mash of corn, wheat and barley that's cut with limestone-filtered water straight from Treaty Oak's own springs. Then it's aged under the torrid Texas sun for two years in new American White Oak Char 3 Barrels to produce the kind of sensuous blend that would appeal to a Tammy Wynette woman who refuses to give up the ghost even when her man doesn't merit her steadfast loyalty.

Hattie Dealing (played by Anne Reed) would unquestionably go in a much different direction. If choosing a Kentucky bourbon, there's no blend that better expresses Hattie's personality than Widow Jane 10-Year Bourbon. Cut with limestone mineral water from the Rosendale Mines and blended in barrel batches in Brooklyn, New York, Widow Jane delivers an urban taste that's as blunt as her opinions about what Elizabeth should do about her cheatin' husband. Combining a nose of nutmeg, cream, vanilla and a dash of cinnamon with a palate that flirts with maple syrup, almond, cherry and orange, this 10-year-old sipper is the perfect complement to a woman who, as a wife, mom and home CEO, has elevated multi-tasking an Olympic sport.

Where Elizabeth is a dreamer, Hattie is Ms. Practicality, and when she imparts advice to her friend about the changes Elizabeth needs to make, she shoots straight from the shoulder as Texans are wont to do. So there's no better Texas bourbon for a lady like Hattie than Ben Milam's Straight Bourbon Whiskey. And just as Hattie has sayings for everything, Ben Milam's has its own slogan too: "For

the bold, the true, the gallant." It's just what Mrs. Dealing needs to break up the boredom and malaise of her everyday life.

And then there's Amy Lee Fullernoy. Smart, sassy and spoiled, this rags-to-rich-bitch likes a good yarn, especially if it's at someone else's expense. So her bourbon of choice would have to be Heaven's Door, an award-winning, 90-proof Tennessee blend that delivers a big, round mouthfeel (you see the parallels here, right?) of strong butterscotch, cherry and honey notes. But what makes Heaven's Door the perfect bourbon for an Evangelical like Amy Lee is that the distiller's partner is rebel-turner-Noble (as in Nobel Prize in Literature) Bob Dylan.

When she's drinking local, Amy Lee's bourbon of choice is Yellow Rose Outlaw. Now while you might expect a bourbon called Outlaw to be crafted in a shack out in the badlands on the fringes of society, Yellow Rose Outlaw Bourbon is a country club favorite made in the heart of Houston. Made of Texas yellow corn and aged in small American oak barrels, Outlaw possesses the gun-slinging spirit its name implies, imparting characteristics you'll not find anywhere else. Try one sip and you'll see this is a singular inebriate that'll loosen any tongue. Could there be a better bourbon for an inveterate gossip like Amy Lee?

So look, *Laundry and Bourbon* is not really about laundry or bourbon. They're just metaphors for lifestyles, life lessons and life changes. And so is this light-hearted, hard-drinkin' post.

*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.\**

## 'Ding' Darling Day Celebrates Great Outdoors

In deference to pandemic complications, this year's "Ding" Darling Day moved to Tuesday, December 1, in concert with the 75th anniversary celebration at JN "Ding" Darling National Wildlife Refuge on Sanibel. The refuge has scaled back activities, in keeping with CDC protocols, to present a relaxed and engaging day outdoors interacting with nature.

Wildlife Drive will be open free of charge all day, from 7 a.m. to 5:30 p.m., to all visitors. Environmental exhibitors and plein air artists will be spread along the "Ding" Darling Visitor & Education Center parking lot, Indigo Trail and Wildlife Drive that day.

A Ding-O Bingo Scavenger Hunt will allow attendees to self-tour the exhibits in an engaging but distanced manner and win a prize for completion. Scavenger hunt forms will be available online at [www.dingdarlingdays.com](http://www.dingdarlingdays.com) and the day of at the information table at the bottom of the Visitor & Education Center ramp.

Other free activities will include a four-mile, ranger-guided Go the Distance bike tour at 9:30 a.m. and a 1 p.m. 75th anniversary presentation with Acting Refuge Manager Kevin Godsea and



The Go the Distance bike tour and plein air artists are part of this year's "Ding" Darling Day photo provided

dignitaries, outdoors in the parking lot area. Also in the parking lot, 2021 "Ding" Artist in Residence Rachel Pierce will be doing nature art demonstrations, and the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) will display the winning photos from its 2020 "Ding" Darling Day Amateur Nature Photography Contest.

"Ding" Day may look entirely different this year, but it still has the same mission to get families and others out to the refuge and exploring and learning about the great outdoors," said Toni Westland, supervisory refuge ranger and "Ding" Darling Day committee chair. "We didn't want to miss an opportunity to celebrate our official 75th anniversary date on December 1 with friends and neighbors as safely as possible. We will be building a time capsule that day. It will go on display thereafter in the Visitor & Education Center."

"Thanks to our faithful sponsors, who have helped turn this into a day of celebration that ends with a ticketed 1940s drive-in theater gala in the evening," said Birgie Miller, executive director of the "Ding" Darling Wildlife Society, gala host and co-sponsor of the "Ding" Darling Day. Scheduled activities include:

7 a.m. – Wildlife Drive opens free of charge

9 a.m. – Information table opens with scavenger hunt forms and handouts. Wildlife Drive/Indigo Trail and parking lot stations open for safe self-touring.

9:30 a.m. – Ranger-guided, four-mile Go the Distance Bike Tour, Wildlife Drive (bring your own bikes and helmets, meet at flagpole)

1 p.m. – 75th anniversary presentation in parking lot

Ongoing – 9 a.m. to 3 p.m.

Exhibitors along Wildlife Drive and Indigo Trail, CROW exhibit in parking lot

"Ding" Darling Day Amateur Nature Photography Contest winners display in parking lot

Art demonstrations by 2021 Artist in Residence Rachel Pierce in parking lot

U.S. Fish and Wildlife Service law enforcement trailer in parking lot

U.S. Fish and Wildlife Service fire demonstration in parking lot

Mobile Nature Store in parking lot

Scavenger hunt with prizes

Plein air artists in parking lot and on Wildlife Drive and Indigo Trail

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For more information, visit [www.dingdarlingdays.com](http://www.dingdarlingdays.com).\*





Community partners donate an air conditioning unit to Jon Smith

photo provided

## North Fort Myers Man Surprised With A/C Unit

Lee BIA Builders Care and community partners recently came together to surprise a North Fort Myers homeowner – who has gone over a decade without central air and heating – with the gift of a new air conditioning system.

Jon Smith is an elderly and disabled homeowner who has lived alone in his home for over 15 years. The lack of air conditioning has presented a critical risk to his health, as it has slowed the recovery of a leg injury and has caused heat exhaustion

on several occasions. Unfortunately, his fixed income and medical expenses did not allow him to afford a new system.

To help Smith live more comfortably, Lee BIA Builders Care partnered with St. Clair's Custom Air, Ferguson HVAC and RUUD to replace the air conditioning unit. The new system was installed at no cost to the homeowner.

"A working air conditioning system makes all the difference in being able to live comfortably in the Florida heat, and it's something we often take for granted," said Crystal Stouten, executive director of Lee BIA Builders Care. "We're grateful for the generosity of our community partners to present this homeowner with a gift that will significantly impact his health, safety and overall well-being." ❄️

## Free Seasonal Downtown Trolley To Resume

LeeTran's seasonal downtown trolleys will resume free service on Sunday, November 22.

The Lee Board of County Commissioners approved an agreement with the City of Fort Myers to authorize the trolley service. It is funded through contributions from the City of Fort Myers, the Fort Myers Community Redevelopment Agency and Florida Department of Transportation grants.

Both the Blue and Gold Line trolleys provide free access to and from the historic Fort Myers River District. LeeTran trolleys allow for a fun and convenient way to experience shopping, dining and entertainment, without having to drive and park downtown. The trolley routes are:

The Blue Line runs through downtown Fort Myers. The route loops from the Oasis Condominiums to West First Street and McGregor Boulevard along First Street, then to Rosa Parks Transportation Center, Fowler Street and Second Street.

The Gold Line connects North Fort Myers to downtown Fort Myers. The route leaves from the Rosa Parks Transportation Center traveling over the Caloosahatchee Bridge, makes a left on Hancock Bridge Parkway, left on Moody Road, right on Skyline Drive and right on Hancock Bridge Parkway. The route continues to Beau

Drive, makes a left on North Key Drive, right on North Cleveland Avenue, then back across the bridge to First Street and returns to Rosa Parks Transportation Center.

The seasonal downtown Fort Myers trolley service will run through April 2021.

Other minor route adjustments will also begin November 22:

Route 20 in Downtown Fort Myers – Route 20 is returning to Edwards Drive now that it has reopened following the construction of the Luminary Hotel. Route 20 will provide year-round service to the Caloosa Sound Convention Center and Amphitheater, The Edison & Ford Winter Estates and The Fort Myers Regional Library. The route adjustments will also provide more direct trips from the Rosa Parks Transportation Center to East Fort Myers neighborhoods via Dr. Martin Luther King Jr. Boulevard.

Modifications to Routes 30, 130, 240, 515 and 600 – Pickup and arrival times will be modified slightly to account for and better align with seasonal traffic patterns.

There will be no bus or trolley service on Thanksgiving Day, Christmas Day or New Year's Day.

Riders are asked to continue to observe recommendations from the Centers for Disease Control (CDC) for social distancing. For more information, visit [www.leegov.com/COVID-19](http://www.leegov.com/COVID-19).

Riders can access schedules for routes at [www.leegov.com/leetran/how-to-ride/maps-schedules](http://www.leegov.com/leetran/how-to-ride/maps-schedules). To follow service-related updates or learn more about LeeTran, visit [www.rideleetran.com](http://www.rideleetran.com). ❄️

## Symphony Returns To The Stage



Southwest Florida Symphony musicians at a previous holiday concert

photo provided

The Southwest Florida Symphony will begin the previously delayed 2020-21 season with their 2020 Holiday TinyPops: I'll Stay Home for Christmas concerts in various locations throughout Southwest Florida from December 3 to 6.

"We've been carefully navigating our way through the COVID-19 crisis and will take every precaution to ensure our return to the stage keeps our audiences and musicians as safe and socially-distanced as possible," said Southwest Florida Symphony Executive Director Amy Ginsburg. "It's been a

tough year, but the holidays are upon us, and we think everyone could use the gift of live music right now. While we will miss bringing the full orchestral holiday performance to our community we've traditionally delivered for almost 60 years, we're thrilled to be able to offer small ensemble performances."

The symphony will perform at the Cape Cabaret on Thursday, December 3; Sidney & Berne Davis Art Center on Friday, December 4; Bell Tower Shops on Saturday, December 5; and The Community House on Sunday, December 6. ❄️

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## CROW Admits Record Number Of Patients

The Clinic for the Rehabilitation of Wildlife (CROW) admitted an adult barn owl, its 5,000th patient of the year, from Clewiston, on November 6.

This barn owl marks a milestone for patient admissions to CROW. So far in 2020, the wildlife hospital is seeing an approximate eight percent increase in patient totals over last year's record number of patients at 5,336. Overall, patient admissions have increased by more than 50 percent since 2014.

"With all that has happened in 2020, it's certainly no surprise that we are once again surpassing our record for patient admissions," said Alison Charney Hussey, executive director for CROW.

When a good samaritan found this adult barn owl in the middle of a highway, it was clear something was not right. The finder gathered up the owl and took it to Clewiston Animal Control who then transferred it to CROW's wildlife hospital on Sanibel for treatment. Upon arrival, veterinary staff examined the owl, noting it was thin with evidence of trauma including bruising on its right wing and a corneal ulcer of the right eye. The owl also exhibited a dull mentation, meaning it was not very responsive to its surroundings.

"Head trauma can cause a



CROW student Tristan Colon holding the barn owl

photo provided

life-threatening increase in pressure around the brain which often manifests as this decreased awareness of surroundings," said Dr. Robin Bast, CROW staff veterinarian. "These findings are consistent with blunt force trauma such as being hit by a car."

The veterinary team immediately placed an intravenous catheter to provide fluids and medication to reduce any swelling around the brain. They housed the owl in a specialized cage that provides supplemental oxygen and applied topical medications three times a day to treat the corneal ulcer.

"The morning after being admitted, the owl was slightly more alert, but remained quiet," said Dr. Bast. "We provided another round of fluid therapy and by the third day, the owl had stabilized. We moved it out of the supplemental oxygen and took a full set of radiographs, which thankfully did not show any fractures."

The owl remains in the intensive care area of the hospital. Veterinarians removed the catheter but continue to provide pain medication. Since it is not eating on its own, the team provides assisted feedings three times a day.

CROW's staff is optimistic the owl will continue to gradually improve. In many cases, birds with head trauma recover within seven to 10 days of treatment. Once the corneal ulcer is fully healed and the owl is eating on its own, it will move to an outdoor flight cage where, if it shows it can fly well with no vision impairment, it will be cleared for release.

Barn owls, found on six continents, are one of the most widely distributed birds but are not seen as often as you would expect. Because these birds are nocturnal, they spend the daytime hours roosting and in the nighttime hours, they hunt for the rodents that make up the bulk of their diet. A Floridian's best friend if you have a rodent problem, adult owls can consume up to 1,000 rodents a year.

Throughout the month of November, you can support CROW's efforts to save this barn owl and their other wildlife patients by dining out. Visit or carry out from any of the 31 Sanibel and Captiva restaurants participating in Taste of the Islands – Reimagined and order the selected menu item(s). A portion of each item sold is donated to help sick, injured and orphaned animals in CROW's wildlife hospital. Purchase a Taste of the Islands passport to track which restaurants you've visited, vote for your favorite restaurant to win the People's Choice Award, and be entered to win prizes such as vacation stays, jewelry and gift certificates.

For more information about Taste of the Islands or to make a donation to CROW, visit [www.crowclinic.org](http://www.crowclinic.org).✪

## Goal-Oriented Health Movement Kicks Off Soon

Healthy Lee – the community collaboration made up of local businesses, government, school, health, religious and community organizations committed to building a healthier Southwest Florida – is asking the local community to collectively log one million miles in less than six weeks as it gears up to launch another iteration of the Million Mile Movement.

The six-week challenge kicks off Monday, December 14 – right after the Lee County Digital Heart Walk ends on Saturday, December 12 – and runs through January 24. The competition is using a new app called The Outbreak, which features family friendly zombies and is open to people and teams of all ages and fitness levels.

Form a team and use the new app to work together to fight your way through family friendly zombie character mobs and reach the safe house... before the horde reaches you. Registration is taking place now through Saturday, December 5. Employers and area organizations are encouraged to purchase their discounted licenses to sign up their teams (three to 10 members) at [www.healthylee.com](http://www.healthylee.com).

"Staying fit during the holidays can be a challenge, so we opted to move The Million Mile Movement to a time we can all benefit," said Gary Griffin, Healthy Lee chair and president and

CEO of B&I Contractors, Inc. "The event is also a great way to unite our community around the shared goal of better health and well-being. We encourage everyone in Lee County to participate."

"Activity helps both our mental and physical health, which means it's an essential part of living a healthy life. The event offers a friendly challenge to other area employers to participate as a great team building exercise since many are working remotely at this time," said Larry Antonucci MD, MBA, president and CEO of Lee Health. "The Million Mile Movement is a fun, innovative and inclusive way to empower all of us to be more active. We aim to help our community set healthy goals and motivate everyone to achieve them."

During the challenge, the Outbreak mobile app will automatically sync with participants' fitness tracking devices (Apple Watch, Fitbit, etc.) or cell phones to track steps. Participants can also enter their daily exercise in the app. The easy-to-use website and mobile app allow participants to track their physical activity, such as biking, walking, swimming and running, to reach their personal and team goals. The site tracks steps, and a mile is typically between 2,000 and 2,500 steps.

All participants are encouraged to invite friends, family members, neighbors and co-workers to join in and track their progress.

For more information or to register to participate, visit [www.healthylee.com](http://www.healthylee.com).✪

## Luncheon Raises Funds For Mental Health Mission

HOPE Clubhouse's annual mental health fundraising luncheon, Faces of HOPE: Celebrating 10 Years of Growing HOPE, drew more than 120 virtual attendees recently. The event generated \$81,786 to aid in HOPE Clubhouse's mission of providing a community of support for adults living with a mental illness and opportunities for paid employment and access to education, housing and wellness.

The event was emceed by Patrick Nolan of Fox 4 News and included entertainment by comedian Amy Tee, messages from clubhouse members, a live auction and recognition of the founding mothers – Judith Gardner, Sharon Harris, Carrie Lucas and Susan Tew, in honor of the organization's 10th anniversary.

The title sponsors for the event were George and Dottie Pacharis, while Fredrick Moon signed on as a community partner. Additional sponsors included Scott White Advisors; Omar Rieche, MD; Elite DNA Therapy Services; Finemark Bank; Community Assisted & Supported Living, Inc. (CASL); Park Royal Hospital; Lee Health; SalusCare; Daleen O'Dell; Carrie Lucas; Bill and Robin Martin; Kathy Sager; Erin Broussard; Carolyn Cusack; and Fredrick Franklin. In-kind sponsors were Acarte Technology, the Broadway Palm Dinner Theatre and

Fort Myers Digital. For more information about the event or HOPE Clubhouse, call 267-1777 or contact [info@hopeclubhouse.org](mailto:info@hopeclubhouse.org).✪

## KLCB Awarded Volunteer Grant

Keep Lee County Beautiful, Inc. (KLCB) is honored to be one of the 24 nonprofits and service organizations in the State of Florida to be awarded the Volunteer Generation Fund (VGF) grant funding. Volunteer Florida's VGF program, which is funded by the federal agency, AmeriCorps, helps organizations recruit skills-based volunteers to serve Florida communities.

The grant funding will be used to recruit volunteers for the Keep Lee County Beautiful Classroom in a Box program. This program offers teachers complete, week-long educational "boxes" for their classrooms. The box contains all of the materials, curriculum (and some even offer field trips) to complete their lessons. Lessons include: Microplastics Testing, Reducing the Carbon Footprint and The Importance of Trees. These educational modules will be offered at no cost to educators and are available on a first come, first serve basis. The hands-on engagement opportunities will reach thousands of Lee County students and help educate them on the importance of protecting our environment. The Classroom in a Box program is an exciting expansion to KLCB's mission to educate and engage the community and raise awareness of local environmental issues.✪





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## Spread Cheer With Food And Gifts This Season

Community Cooperative is asking partners and supporters to step up to provide meals and gifts to families and the homebound elderly for its annual Full Plates Project and Holiday Outreach programs. The drives to provide food and gifts to community members in need is especially critical this year as many people are still struggling with financial impacts of the pandemic.

"Since March, we have had to triple distribution at our mobile food pantries," said Tracey Galloway, chief executive officer of Community Cooperative. "As we move into the holiday season, we haven't seen this need diminish, so we count on our able friends and neighbors to help bring holiday cheer to the people in the community who still struggle."

People can help Thanksgiving's Full Plates Project in several ways:

By donating to sponsor a family Thanksgiving basket. A donation of \$50 will provide a full meal for a family of four;

By donating frozen turkeys of all sizes (or money for Community Cooperative to purchase turkeys) that will be distributed at mobile food pantries and the Community Market during November. The goal is to collect



Frozen turkeys being distributed at a mobile food pantry

photo provided

3,000 turkeys;

By donating a family Thanksgiving basket that includes all the basics to feed a family of four. Visit [www.communitycooperative.com/events/thanksgiving](http://www.communitycooperative.com/events/thanksgiving) for the full list of items.

By hosting a food drive to collect items that Community Cooperative will assemble into family Thanksgiving baskets.

Donations for the Full Plates Project need to be received by November

24 at 3429 Dr. Martin Luther King Jr. Boulevard; checks can be made to Community Cooperative (put Full Plates Project in the memo line) and sent to P.O. Box 2143, Fort Myers, FL 33902, or donations can be made online (designate the gift for Full Plates Project). For more information, contact Development & Events Coordinator Jazzy Proctor at 332-7687 ext. 101 or email [thanksgiving@communitycooperative.com](mailto:thanksgiving@communitycooperative.com).

## 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](http://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](http://www.annunciation.fl.goarch.org), 8210 Cypress Lake Drive, 481-2099.

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

**BIBLESHARE**  
10 a.m. Sunday and 7 p.m. Tuesday, [www.simplysimpleworship.com](http://www.simplysimpleworship.com), 7050 Winkler Road, Suite 121, 437-8835.

**CHABAD LUBAVITCH ORTHODOX**  
Friday 6:30 p.m., [www.chabadswf.org](http://www.chabadswf.org), 5620 Winkler Road, 433-7708.

**CHAPEL OF CYPRESS COVE**  
Sunday 10 a.m., [www.revtedalhouse@aol.com](mailto:www.revtedalhouse@aol.com), 10200 Cypress Cove Circle, 850-3943.

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

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

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

**CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY**

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

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

**CYPRESS LAKE PRESBYTERIAN**  
Sunday 8, 9, 10 and 11 a.m. [www.clpc.us](http://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](http://www.christiansciencefortmyers.net), [www.christianscience.com](http://www.christianscience.com). 2390 West First Street, 334-6801.

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

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

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

**FIRST PRESBYTERIAN CHURCH OF FORT MYERS**  
11 a.m. Sunday, [www.fpcforymyers.org](http://www.fpcforymyers.org), 2438 Second Street, 239-334-2261

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

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

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

**LAMB OF GOD**  
Sunday 7:45 and 10 a.m., [www.lambofgodchurch.net](http://www.lambofgodchurch.net), 19691 Cypress View Drive, 267-3525.

**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, 344-0012.

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

Beyond Thanksgiving, Community Cooperative is sponsoring the Holiday Outreach program to make the holidays brighter for many families in the community facing financial stress. The community can help by participating in:

Adopt-A-Family – supporters are paired with families in need of Christmas gifts for children. Donors shop for the gifts, wrap them and return to Community Cooperative to be distributed to designated families.

Adopt-A-Senior – senior citizens in the Meals on Wheels program provide gift suggestions or special needs. The gifts are wrapped and returned to Community Cooperative to be distributed on regular Meals on Wheels routes close to Christmas.

Holiday donations to provide food for those in need in honor or memory of a loved one, complete with customizable gift tags to be hung at Community Cooperative. Donations can be mailed or made online, with "In Honor/Memory of NAME for Christmas" in the memo line. A letter acknowledging the gift can be sent to the honoree when an address of the recipient is provided.✧

## Master's Degree

Roja Unnam of Fort Myers recently completed a master of science degree in information systems security at University of the Cumberland in Williamsburg, Kentucky.✧

**SAINT NICHOLAS MONASTERY**  
Sunday 9:30 a.m., [www.saintnicholasmonastery.org](http://www.saintnicholasmonastery.org), 111 Evergreen Road, 997-2847.

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

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

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

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

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

**THOMAS A. EDISON CONGREGATIONAL**  
Sunday 10:30 a.m., [www.taecc.com](http://www.taecc.com), 1619 Llewellyn Drive, 334-4978.

**UNITARIAN UNIVERSALIST**  
Sunday 10:30 a.m., [www.uucfm.org](http://www.uucfm.org), 13411 Shire Lane, 561-2700.

**UNITY OF FORT MYERS**  
Sunday 10 a.m., [www.unityoffortmyers.org](http://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.

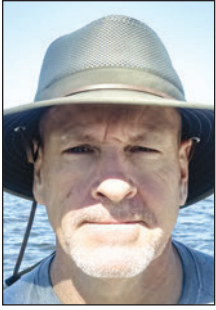
**ZION LUTHERAN**  
Sunday 8, 9:30 and 10:45 a.m., [www.zionfm.org](http://www.zionfm.org), 7401 Winkler Road, 481-4040.

Email changes to [press@islandsunnews.com](mailto:press@islandsunnews.com) or call 395-1213.✧



## CROW Case Of The Week:

## Osprey



by Bob Petcher

The osprey (*Pandion haliaetus*) is sometimes confused for an eagle when it is in flight. While both are raptors, the osprey is smaller, eats mostly fish compared to the eagle's

more diversified diet, has a black beak compared to the eagle's yellow beak and is more apt to plunge into the water's surface than an eagle would.

At CROW, a juvenile osprey was admitted from Fort Myers after it was reportedly attacked by eagles. Upon examination, the patient was very wet and was noted to have three deep puncture wounds on its chest. X-rays confirmed that the puncture wounds were consistent with eagle talons.

"Eagles tend to opportunistically scavenge food whenever they can, which sometimes includes stealing fish from an osprey's talons," said Dr. Robin Bast, CROW staff veterinarian. "Sometimes it's due to territorial disputes such as getting too close to a nesting site, but fighting over a food item is more likely in this case."

Initially, honey bandages were placed on the wounds due to their depth, but



Patient #20-5026 being examined by CROW medical staff

photo by Missy Fox

surgery was later elected to close the puncture wounds.

"Medical grade manuka honey has several advantages when it comes to fighting potential infection. It has anti-bacterial, anti-inflammatory and antioxidant components, and has an acidic pH which creates an environment not suitable for bacterial growth. We use it all the time in wounds until they start to scab over – or granulate in," said Dr. Bast. "Due to the depth of the wounds and the involvement of muscle tissue, surgery was needed to clean and debride

any obvious unhealthy or contaminated tissue away to prevent further infection that would delay healing. The muscles that were affected are important for flight, so it was important to close that tissue in addition to the skin.

"After the wounds were thoroughly cleaned, we placed antibiotic beads – which will provide a high level of antibiotics locally at the site of infection over the next four weeks – directly in the wound prior to closing it. The muscle was stitched closed, and then the skin was stitched closed to protect the underlying muscle."

The patient is being treated with systemic antibiotics, which were initially injected through an IV catheter in the wing and now given orally in its food, in addition to the antibiotic beads, said Dr. Bast.

"Infection is the biggest concern for this bird – eagle talon's have lots of bacteria on them, and the wound it created was very deep in the muscle, down to the keel or breast bone. We are continuing to monitor its bloodwork and x-rays to ensure the osprey is responding to this treatment."

The patient continues to receive pain medication and antibiotics while the healing of the wounds is monitored closely.

"Due to the extent of the wounds, it will take several weeks for the muscle to heal fully. The skin should be healed within seven days," said Dr. Bast. "As long as bloodwork shows no evidence of infection, the osprey will be moved to an outdoor enclosure so we can assess its ability to use those flight muscles that were affected on its chest. Time will tell if the muscle can heal well enough that this bird will fly again, but we are very hopeful it will be flying free – and hopefully avoiding eagles – again soon."

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](http://www.crowclinic.org).

## Former Mayor Sworn In As Lee Commissioner

Three commissioners were recently sworn in as members of the Lee Board of County Commissioners. The community can view the ceremony virtually at [www.leegov.com/inauguration](http://www.leegov.com/inauguration).



Kevin Ruane

The newly inaugurated board members are:

District 1 Commissioner Kevin Ruane, who was elected to the board after serving as the mayor of Sanibel for more than a decade.

District 3 Commissioner Ray Sandelli, who was elected to the board earlier this month after being appointed to serve in 2019 by Gov. Ron DeSantis.

District 5 Commissioner Frank Mann, who was re-elected to the board after serving for 14 years.

On the county's inauguration website, you can: watch the ceremony video, including two virtual performances by the A Cappella Group from Cypress Lake High School Center for the Arts; sign a virtual guest book; view the event program; read commissioner biographies; and watch "Meet the Commissioner" videos.

Following the ceremony, the board

held its regularly scheduled meeting. Lee County Clerk of Court Linda Doggett presided over the board's selection of its new chair for the year ahead. Commissioner Kevin Ruane will serve as chairman. Then the board selected its vice chairman – Commissioner Cecil Pendergrass.

For more information, visit [www.leegov.com](http://www.leegov.com).

## Fish Fry And Silent Auction Benefit For Ostego Bay

The 21st Ostego Bay Fish Fry and Silent Auction Fundraiser will be held at Bonita Bill's Waterfront Café on Friday, December 4 from 5 to 8 p.m.

Cost of the fish fry is \$12 per person with a portion of the proceeds going towards supporting the Ostego Bay Foundation. Entrance to the auction is free, and includes bidding on products and services from overnight stays at popular local resorts to fine art by local nature artists. Find that unique holiday gift that benefits a great cause.

Founded in 1991, the Ostego Bay Foundation Inc., is a 501(c)3 nonprofit organization, that operates the Marine Science Center. It is located at 718 Fishermans Wharf on San Carlos Island. The foundation does not receive any taxpayer funding and relies solely upon donations, fundraisers and membership to support its mission. For more information, visit [www.ostegobay.org](http://www.ostegobay.org).

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# Roller Coaster Weather



by Capt.  
Matt Mitchell

**I**t felt good to be back on water after being blown out by Hurricane Eta for basically five days. Going fishing with clients after such a long break felt strange, both the bait and fish had not moved a whole lot. Though the water was stirred up for a few days after the storm, all it took was a few tide cycles for things to clear up and get right back to normal.

The minus low water incoming tides in the mornings proved to be the perfect setup for the deeper creek mouths that feed the Ding Darling.

After not doing much in these places for the past few years, I was surprised at how many fish we caught. These channels have had some incredible snook action in years past, though they had just not recovered from the red tide of three years ago. After catching lots of snook at our first stop, I continued to fish this creek mouth pattern and was thrilled to see that the fish have finally returned. This is great news and put a big smile on my face.

Docks and shorelines in and around Captiva, Redfish and Blind passes all produced snook and redfish during the slower tide periods. All the passes have still been a great choice during the lower water periods. After taking a closer look at some of these docks, I've started to see a few sheepshead slowly showing up. The cold front forecast for this week should give us another push of these fish.

Even with all the water releases from Lake O, the amount of life in the mouth of the river has to be experienced to be believed. Bait fish are the tell tale and both Picnic Island and St James hump have been loaded with shiners. During the higher tides, the small mangrove islands around St James City have all been producing snook and redfish.

Every week for more than a month now, we have had weather issues keeping us off the water for several days at a time. I simply don't remember the last week when we managed to get all of our scheduled trips completed. Our weather is usually very consistent moving into late November, though it seems all bets were off for this year with hurricane season not ending until December 1.

*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](mailto:captmattmitchell@aol.com).✪*



Doug from Indiana with a redfish caught while fishing with Capt. Matt Mitchell this week photo provided

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## Plant Smart

## Little Hogweed

by Gerri Reaves

Little hogweed's (*Portulaca oleracea*) common name belies this wildflower's pretty flowers and foliage.

Also known as verdolaga, purslane, wild portulaca and pusley, it is common throughout the state. It easily spreads by seed and volunteers in lawns, fields, pinelands and along roadsides.

There is some dispute over its native status in the state, but the authoritative Atlas of Florida Vascular Plants declares it native, citing evidence of its presence in the pre-Columbian Americas.

This succulent can be creeping and prostrate or erect, growing six to 16 inches high.

Drought tolerant with deep roots, it is difficult to eradicate. But it's worth questioning whether you should bother to get rid of this groundcover if it appears in your lawn.

The alternate or clustered leaves are somewhat spoon-shaped, or spatulate, rounded and broad at the tip and narrower towards the base. They measure a half-inch to an inch long, have smooth edges and are a bit shiny.

The plant's edible leaves are especially rich in alpha-linolenic acid, an omega-3



Little hogweed is a common wildflower that blooms throughout the year

photos by Gerri Reaves

fatty acid, as well as antioxidants and vitamins A, C and B.

Some sources state that the stems and flowers are edible too, cooked or raw. They reportedly taste slightly bitter or acidic, similar to spinach.

The smooth stems can be green, reddish or purplish.

Solitary yellow flowers appear at the stem ends amid whorls of several leaves.



This member of the purslane family is mat-forming and easily spreads by seed

Five-petaled with many stamens, they bloom throughout the year.

The fruit is a round capsule that splits in half to form a "bowl" that contains black seeds. Some sources describe it as resembling a tiny bird's nest containing eggs.

The plant's mucilage or gel, like that of aloe, purportedly has medicinal benefits.

The leaves have been used medicinally in many parts of the world to treat a

variety of illnesses.

Sources: *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, *Weeds of South Florida* by George Rogers, *Weeds of the Southern United States* by LC Gibbs, et al., *Wild Plants for Survival in South Florida* by Julia F. Morton, [www.plantbook.org](http://www.plantbook.org), [www.thesurvivalgardener.com](http://www.thesurvivalgardener.com), and [www.wildsouthflorida.com](http://www.wildsouthflorida.com).

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

## Homegrown Garnishes Add Flavor, Nutrition

by Melinda Myers

Make your meals just a bit more special with homegrown garnishes. You invest time and money growing, purchasing and preparing quality ingredients. But do not stop there. Add a nutritional and decorative flair as you plate your meal by adding a garnish of homegrown herbs.

Parsley is a traditional garnish that is usually left behind on the plate. But the dark green leaves should not be ignored. This herb is high in vitamins C and A, has cancer and inflammatory disease fighting qualities, and promotes heart health. A perfect fit for your healthful eating goals. Although the curly varieties



An indoor windowsill herb garden with parsley, basil and lemon thyme

photo courtesy [www.MelindaMyers.com](http://www.MelindaMyers.com)

add texture to your plantings and plate, you and your guests may find the milder flavor of the flat leaved variety more palatable. All this and it helps freshen your breath too.

A sprig of mint looks good next to or on top of most desserts. Its cool flavor will help settle your stomach – an asset when we overindulge. Like parsley, it is high in vitamins C and A, and helps in the fight against cancer and inflammatory diseases. In addition, it relieves breathing problems.

And the best part; both are easy to grow right in your kitchen window. Start by purchasing healthy plants from your local garden center or the produce section of your grocery store.

Plant them in separate containers or together with other herbs in a larger pot. Either way, make sure the container has drainage holes and a saucer to protect the windowsill or furniture it sits upon.

continued on page 14



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## Small Businesses And Nonprofits Need Support

submitted by  
Teri Hansen, APR



Small businesses are the heartbeat of a community. These local businesses comprise 99.7 percent of all U.S. companies and nearly half of all jobs in America.

They keep your family members, neighbors and friends employed which, in turn, keeps the local economy vibrant.

Small nonprofits also are hubs for every community. These charitable organizations help families down the street and across town, providing social services, healthcare, food and housing. They advocate for the environment, animals, children and the arts, making our communities great places to live and work.

In 2020, however, both are struggling. COVID-19 had a tremendous impact on small businesses and small nonprofits. Eight months after the pandemic brought our region to a screeching halt, locally run businesses still are struggling financially while locally run charities still are trying to meet a greater demand for services.

Each year, Small Business Saturday offers an opportunity to renew our vows, pledging to support local businesses and local employees. In 2020, we need to stay faithful to the small businesses that have always been there for us, as well as the small nonprofits that are still trying to help us.

COVID-19 and Florida's "Safer at Home" order forced many small businesses to close, reduce their hours or shift to remote work. While restaurants promoted to-go options and retailers introduced curbside pickup, it just wasn't the same. Customers simply stayed at home, and many are still there. Instead of buying goods and services from a local business, they've turned to E-commerce and sent their dollars elsewhere.

Nonprofits also felt an impact. Charitable organizations had to cancel fundraising events for spring, summer and fall, essentially shutting off their opportunity to raise money. Meanwhile, people continue turning to food banks, education providers and health care centers during their time of need. Shifting fundraising events to virtual formats will help, but event planners don't expect to Zoom, WebEx and Facebook Live their way into a steady revenue stream that can sustain vital programs.

We all need to step up, collectively, to support small businesses and small nonprofits.

As a small business owner myself, I'm well aware of the challenges our business community already has overcome. We've seen local businesses pivot to offer their products and services in new, innovative ways. We've seen business owners step forward to help employees and strangers

through difficult times. That last line on every job posting, the one about "other duties as assigned," explains exactly how local companies have readjusted their business model to thrive under difficult circumstances.

As a community, there are four ways we can help small businesses and nonprofits overcome challenging times:

**Shop local** – 67 cents of every dollar spent at a small business stays within that community, according to the U.S. Small Business Administration. Shopping at mom-and-pop stores is like investing in your own community. Although big box stores often are maligned, they still provide steady employment to local residents. Ordering online through E-commerce giants, however, sends your money to other communities, states or even foreign countries.

**Dine local** – Southwest Florida is home to a thriving culinary arts scene that's led by amazingly talented chefs, servers and kitchen staff. They have a table waiting for you, but they'll gladly package a delicious meal for you to enjoy at home.

**Volunteer local** – Pick a charitable cause that's near and dear to your heart. Southwest Florida likely is home to a local organization that is a great match and would love to have your support.

**Donate local** – Nonprofits always appreciate monetary donations, but many also accept donations of items like clothing, food, cleaning supplies and household items. Several area nonprofits operate resale shops and welcome donations of gently used items.

With high season approaching, there is a great sense of optimism spreading across Southwest Florida. Businesses and nonprofits will continue supporting us as long as we continue supporting them. During a challenging time, it's comforting to know we have each other's back.

*Teri Hansen, APR, is president and creative director of Priority Marketing.✱*

## Lehigh Acres Park Expansion

The Lee Board of County Commissioners have awarded a contract to design an expansion to Lehigh Acres Park to include three football fields, restroom facilities, nature trails and more.

The agreement with Johnson Engineering Inc. for \$699,890 is to design the development of 52 acres to accommodate growing demand at the park, located at 1400 West 5th Street.

The design effort is expected to take about a year and will include plans for: three football fields with lighting; permanent restroom facilities; concessions building; locker room; covered outdoor space; paved parking lot; pavilions; and nature trails.

Commissioners purchased land in 2018 and 2019 adjacent to the existing park to accommodate the expansion. The original 20-acre park was donated by the Lehigh Corp. in 1976.

For more information about Lee County Parks & Recreation locations, amenities and other special events, visit [www.leeparks.org](http://www.leeparks.org), call 533-7275 or email [leeparks@leegov.com](mailto:leeparks@leegov.com).✱

## School District Launches Future Strategic Plan

submitted by  
Betsy Vaughn



Betsy Vaughn

The strategic plan for the School District of Lee County, Envision 2030, provides a blueprint through the next decade to ensure that every student achieves not only academic success but also

social-emotional realization. A critical pillar of the plan is a pledge to increase kindergarten readiness. Increasing a child's readiness to learn is an essential foundation for all that follows.

In the 2019-20 school year, just 41 percent of district students were identified as "prepared for kindergarten" (as measured by a scaled score of 500 or above on the Florida Early Learning Assessment). This kindergarten readiness rate was the lowest of the 40 largest school districts in the state. A contributing factor to this rate is that of the 10 largest Florida counties, Lee County has the second highest incidence of child poverty. The impact of early childhood education can be especially strong for disadvantaged children — kids who might otherwise have additional challenges to face in the school years ahead.

Envision 2030 sets forth a goal of increasing local enrollment in Florida's Voluntary Prekindergarten Education Program (VPK), a free educational program that prepares 4-year olds for kindergarten. The district currently serves pre-kindergarten children at 18 District VPK centers and partners with five additional VPK preferred providers. A short term Envision 2030 goal is to increase PreK capacity by 200 seats by the end of Fiscal year 2021 and to raise the kindergarten readiness rate to 50 percent. To this end, the James Stephens PreK Center will open in January 2021 with a 13-classroom capacity. By 2030, the district hopes to have two-thirds of its kindergarten students participating in district-affiliated PreK programs.

But the commendable aims of Envision 2030 are just a portion of the work ahead to provide Lee County children with the tools that they need to succeed in life. Although the district is exploring opportunities to expand high-quality early childhood education programs, this endeavor "will take a village" to achieve. The district currently serves 77 children in Early Head Start (birth to 30 months). Early Head Start, like Head Start, is a free federally funded program designed to promote school readiness for children from low-income families. The program is particularly effective because it supports parents in their roles as children's first teachers. As a result of funding shortfalls, however,

Lee County enrollment reflects just a fraction of the number of local children who qualify for the program. Unfortunately, there are limited options for this group of children if they are unable to access developmental enrichment elsewhere.

A child's brain attains 90 percent of its growth by age 5. Children who face adversity in their first years of life are more at risk for experiencing lifelong effects from toxic stress. Investing public funding in early childhood education programs creates upward mobility through opportunity rather than via marginally successful programs later in life. Access to books, talking, singing and storytelling provides rich language experiences that enhance vocabulary development (vocabulary gaps begin as early as 18 months). Social skills (the ability to create and sustain meaningful relationships) and positive emotional development (the ability to express, recognize and manage emotions) also evolve during this time. Of course, healthy children — those who have received proper nutrition and medical care — are more equipped to learn.

An investment in high-quality early education programs, especially for underserved children, pays dividends for many years. The district is making valuable strides with Envision 2030's VPK expansion. Now it is time for state and local government to step up to provide adequate funding to serve younger disadvantaged children and their families. Schools can't do it alone.✱

From page 13

## Garnishes

Gently loosen any tangled or girdling roots before planting your herbs in a well-drained quality potting mix. Plant them at the same depth they were growing in their original pots.

Grow these and other herbs in a sunny window. Add a grow light to boost productivity or grow your garden in lower light locations. New LED plant lights are now more affordable and use less energy. Water the soil thoroughly after planting and whenever it is slightly dry. Be sure to pour off any excess water that collects in the saucer to avoid root rot. Another option is to add pebbles to the saucer, elevating the container above any excess water that remains.

Use kitchen shears or pruners to harvest the herbs. Cut mint just above a set of leaves and parsley at the base of the stem. Trim the sprigs as needed to dress up your holiday meals.

Your guests will be thrilled and more likely to take a bite of these healthful garnishes when they discover you grew them yourself.

*Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses How to Grow Anything DVD series and the nationally-syndicated Melinda's Garden Moment TV and radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine. Her website is [www.MelindaMyers.com](http://www.MelindaMyers.com).✱*





The cabbage palm is a native and invasive species on Sanibel

photos provided

## The Difference Between Invasive And Exotic

These days, the terms invasive species, exotic species and invasive exotic species are used commonly when referring to flora and fauna invading natural and disturbed habitats.

Many people think that the words “invasive” and “exotic” are synonymous, when in fact, they are very different. Exotic simply means nonindigenous to an area, which is the opposite of native, which means indigenous to an area. Invasive means tending to spread prolifically and undesirably/harmfully.

“A common misconception is that only exotic species can be invasive. Native species can also be invasive in natural habitats if environmental factors are changed,” said Sanibel-Captiva Conservation Foundation (SCCF) Wildlife and Habitat Management Director Chris Lechowicz.

For example, the addition of excess nitrogen and phosphorus into a wetland from nearby herbicide/pesticide use or runoff from cattle farms results in cattails (*Typha* sp.) dominating the habitat. On

Sanibel, cabbage palms (*Sabal palmetto*), a native species, are considered invasive in several habitats due to their tendency to form monocultures if the natural fire regimes are not followed.

“There are many areas where cabbage palms are so dense, it is difficult to walk through the infestation. This is both unnatural and a substantial wildfire risk as fire could easily and quickly travel through the canopy of overlapping fronds where it would be difficult to stop, if needed,” said Lechowicz.

Historically, palms trees and many other plant species were kept in check by periodic fires. The land management team at SCCF strives to preserve various habitat types for the wildlife that needs those habitats to survive. That involves various methods to mimic the natural cycle such as burning, mowing, thinning and chemical treatments of both native and nonnative plants.

“Both native and exotic invasive plant infestations take up the bulk of our time,” Lechowicz said.

The most obvious invasive exotic plants on Sanibel are the Brazilian pepper (*Schinus terebinthifolius*), Australian pine (*Casuarina equisetifolia*), and air potato (*Dioscorea bulbifera*). These are

continued on page 17



The Cuban brown anole is an invasive and exotic species

## CROW CRAWL

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## Superior Interiors

## An Eco-Friendly Living Space To Create For 2021



by Jeanie Tinch

As the new year is fast approaching, you may be thinking about what your resolutions will be. If one of your goals is to live a more sustainable, eco-friendly lifestyle, that can start with

making some simple changes in your own home.

You know that living plants are good for the environment, but did you realize they can also benefit your own personal living space? Volatile organic compounds (VOCs) are released by most synthetic products we use and can build up in enclosed spaces. Acting as a natural air filter, plants are essential for and can absorb levels of these toxins and return oxygen back into the air. If the thought of having plants in your home is stressful, there are plenty of options that are indoor-friendly and easy to maintain. To work towards improving your green thumb, start by having some potted herbs in the kitchen that serve this purpose and make a great addition to any meal.

There's truly a smart device or mobile application for everything these days. Adding smart devices in your living spaces are not only convenient for when you need to turn on a light or set the

temperature from your phone, they can also help you save on energy costs. Smart thermostats, fans and even TVs can be programmed to maximize their efficiency. For instance, the temperature in your home can automatically be turned up or down during certain hours of the day when you are not home or sleeping to conserve energy.

Incorporate natural materials and textiles into your home. As previously mentioned, many synthetic materials release VOCs into the air and some of the manufacturing processes are not the most sustainable. Choosing natural materials like wood, rattan or cotton for your furniture and upholstery are a good way to avoid any plastic waste.

Paint is another substance that typically releases VOCs. Luckily, there are some alternative eco-friendly options for something that is used for remodels and renovations often. Some companies specialize in producing paints with low amounts of VOCs, so you can properly dispose of your existing paint and begin using a more environmentally friendly option that is good for your surroundings and your health.

Finally, one of the easiest ways to create an eco-friendly living space is to find your furniture at antique or vintage stores. Older pieces are typically one-of-a-kind, cost-effective and are better for the environment. Many vintage pieces can be reimaged and repurposed to fit into a modern and stylish space. You can find some steals at your local thrift shop or even scour your own backyard for a fresh flower arrangement or holiday wreath made of greenery.

*Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at [jeanie@coindceden.com](mailto:jeanie@coindceden.com).✴*

## Women's Group Forms Political Action Committee

Women For a Better Lee recently announced the formation of Women For a Better Lee Political Action Committee (WFBLPAC) with a challenge gift from a donor pledging to match donations up to \$1,000 for a grand total of \$2,000.

The purpose of the PAC is to support women candidates in Lee County leading up to the 2022 elections, the latest step in WFBF's evolution into a full-blown and influential political force in the county.

"While our focus remains on electing women to the Board of County Commissioners, we will be endorsing more women candidates in the next election and using the funds contributed to collectively support them," said Charlotte Newton, a WFBF Steering Committee member. "We are seeking donations to assist candidates with fundraising, outreach activities and advertising. Campaigning for office in Lee County has become incredibly expensive in large part due the influence of special interests. We recognize that we cannot fund every campaign, but hopefully we can realize economies of scale and have a lasting impact."

WFBF will pursue a rigorous endorsement process that will vet women

candidates. As a nonpartisan organization, it will not consider party affiliation; rather it will endorse those candidates supporting its platform of environmental stewardship, accountability and transparency, and improving residents' quality of life.

"We think this is a wonderful opportunity for Lee citizens to light the fire that we need to change the makeup of our county commission," said Bobbie D'Alessandro, also a member of WFBF's Steering Committee. "Having this generous donor is a fantastic start. And, of course, contributions in any amount will be appreciated – and matched. A win-win for all."

The PAC is not authorized by any candidate or any candidate's committee and donations are not tax deductible. Contributions are accepted through PayPal (WFBLPAC@gmail.com) or by check made out to WFBLPAC and mailed to Unit C, 14320 Harbour Links Court, Fort Myers 33908. Note that PAC reporting requires the name, address and occupation of donors.

Women For a Better Lee is a grassroots, nonpartisan movement committed to recruiting and supporting women candidates in Lee County and electing women to our Board of County Commissioners. Members can sign up by going to [wfbf2022@gmail.com](mailto:wfbf2022@gmail.com) to get our frequent updates. There is no membership fee. For more information, visit [facebook.com/womenforabetterlee](https://facebook.com/womenforabetterlee).✴

## Life Insurance

## Rising COIs



J. Brendan Ryan, CLU, ChFC, MSFS

There is a negative change afoot in the internal operation of some universal life (UL) policies. For those affected by it, learning about it early and making

any appropriate changes in a timely fashion can minimize the effect of the change.

First, it is appropriate to review how UL works.

The owner pays premiums into the policy. Some policies have a charge at this level. But most or all of the payment reaches the cash value, which is an accumulating fund inside the policy that supports the strength of the policy. The more cash value, the more secure the policy and the less the danger of it going away, "lapsing," for lack of cash.

Tax-deferred, flexible interest is credited to the cash value, which makes the policy even more secure. In the early days of UL – 35 years ago – 12 and 13 percent interest was credited. Regardless of the "current" rates, the policy promises not to credit anything less than the guaranteed minimum rate. For policies issued in those early days, and even up to fairly recent times, that guaranteed minimum rate was three to five percent. The guaranteed minimum rate on newly-issued policies is now one or two percent.

The other major moving part in UL is the cost of insurance (COI). This is the internal monthly charge extracted from the cash value that pays the insurance company to cover its overhead and mortality costs (death claims of those insured who pass away). UL policies state the maximum COI charges that are allowed, but insurers have always charged far less than the maximum allowable COI charges.

The guaranteed minimum interest rate partly gives rise to the problem that exists for insurers today. In this protracted period of extremely low interest rates that we are muddling through, insurers still have to credit interest for those policies still in force today – at least those guaranteed rates of three to five percent on the cash value of tens of thousands of policies. And that is causing a strain for insurers.

Now for the first time, as far as I know, in the history of UL, some insurers have announced that they are raising the COIs on some of their existing policies (this does not include guaranteed UL, which guarantees that COIs will not change). I have seen recent articles announcing this. But I just was notified that it is about to happen to some of my clients who bought UL decades ago.

The letter that my affected clients and I received from this major, well-rated insurer announced that a small fraction of my clients who bought UL between 1986 and 1999 are going to see an increase in their COI charges. I was told which policies and which clients are going to see this change

but not how much the change is going to be. And I have not learned why a policy issued in May of 1986 is affected but not any other policies purchased by my clients that year. Only the actuaries know that and, for proprietary reasons, do not share what they know.

If you get such an announcement from your insurer, what should you do?

You can wait and see if the cash value of your policy, as stated on your annual policy report, is gradually going down. If not, it may be that your cash value is strong enough and the increase in your COI charge is small enough that there will be no immediate effect. But it would behoove you to keep your eye on it from year to year, which you should be doing anyway. If the cash value does not keep increasing from year to year, it may be appropriate to inquire immediately or at least soon what long-term effect this change will have. To do that, contact your insurer or your agent and ask for an in-force ledger, which will project future performance with the new COIs in place. They can advise you if it will be prudent to increase your premium somewhat to counteract the effect of the COI increase.

You can choose to decrease the amount of insurance in your policy so that you can keep the same premium. The home office will guide you in this.

*J. Brendan Ryan is a Cincinnati insurance agent. He can be reached at [jbryanclu@aol.com](mailto:jbryanclu@aol.com).✴*

From page 1

## Festival Of Trees

a train ride around the Sidney & Berne Davis Art Center. One free train ride ticket will be included with each workshop admission. This year, in lieu of sitting on his lap, Santa will be conducting on-the-spot, across-the-desk elf interviews in hopes to fill some elf vacancies created by expansions in several departments. Candy cane testers, gingerbread quality control and teddy bear huggers are still needed at the North Pole.

Admission to the Festival of Trees is \$2 and the Holiday Train Ride is \$2.

The full Festival of Trees slate includes: Festival of Trees Viewing Times – Thursday, December 3 from 11 a.m. to 9 p.m.; Friday, December 4 from 11 a.m. to 11 p.m.; Saturday, December 5 from 10 a.m. to 11 p.m.; Sunday, December 6 from 11 a.m. to 6 p.m.

Wreath lighting – 7 p.m.

Free Nowhere Band Concert – Friday, December 4 from 7:30 to 10 p.m.

Free Danny Sinoff Trio Concert – Saturday, December 4 from 7:30 to 10 p.m.

Raffle Drawing – at 4 p.m. Winners will be notified by phone if not present.

Presented by Sullivan Benefits and also sponsored by MBAF Certified Public Accountants and Advisors, Lowe's Home Improvement, Two Men and a Truck, Suncoast Credit Union, Publix, Kole Imports, Lee County Elections and American Cover Design.

The Sidney & Berne Davis Art Center is located at 2301 First Street in the downtown Fort Myers. For more information, call 333-1933 or visit [www.sbdac.com](http://www.sbdac.com).✴



## Alcohol Retailer Raises Funds For Emergency Food

A two-week customer appreciation event where shoppers collected five times the loyalty points at Total Wine & More's Lee County stores resulted in a donation of \$34,330 for Community Cooperative. The donation will help fund ongoing emergency food programs during the pandemic, including the soup kitchen, Meals on Wheels, the Community Market and mobile food pantries throughout Southwest Florida.

"This toast of support from the Southwest Florida Total Wine loyalty members will help Community Cooperative continue to feed the community, as food distribution needs are at record high," said Tracey Galloway, CEO of Community Cooperative. "We anticipate the demand for help will continue to rise as we move into the holiday months, and we remain committed to serving the growing need with support of the community and partners like Total Wine and many others."

Total Wine & More donated an amount equal to the value of all points that customers accrued at Total Wine & More's Lee County stores from September



Community Cooperative's Tracey Galloway with members of Total Wine & More

photo provided

1 through September 13. The initiative was part of a Points with a Purpose event at Total Wine & More nationwide, which committed to donating up to \$2 million across 25 states.

"The Points with a Purpose event was our way of saying thank you to

our customers for their patronage and loyalty and, at the same time, investing in the communities we serve," said Matt Indre, senior manager, public affairs and community relations at Total Wine & More. "In selecting Community Cooperative as our local charity, we

support an outstanding charitable organization and its very important work throughout Lee County. By earning and using points, Total Wine and its loyalty members can help the organization help those in need. That's points with a purpose!"\*\*

## Marketing Firm Captures Four Davey Awards

The Academy of Interactive and Visual Arts (AIVA) has recognized Priority Marketing with four Davey Awards through an international competition that honors outstanding creative work from marketing companies around the world.

The 16th annual Davey Awards received nearly 2,000 entries from ad agencies, digital agencies, production firms, in-house creative professionals, graphic designers, design firms and public relations firms.

Priority Marketing's four winners include:

Gold Award (Corporate Identity Package Design) – Cypress Lake Country Club 1959 pilsner craft beer can

Silver Award (Promotional Invitations/Cards) – 2020 Southwest Florida Wine & Food Fest invitation

Silver Award (Design and Print Collateral Brochure) – The Jewish

Federation of Greater Naples brochure Silver Award (Online Film and Video Public Service and Activism) – SalusCare testimonial video

Priority Marketing has won 24 Davey Awards since 2006, including eight awards over the past two years.

"The AIVA recognizes the top creative professionals worldwide, so winning multiple awards in consecutive years demonstrates the incredible talent and consistency of our team," said President and Creative Director Teri Hansen, APR. "The diversity of our Davey Award winners this year – a beer can design, festival invitation, organizational brochure and promotional video – are proof that we truly are a full-service agency capable of accomplishing our clients' goals, whatever they might be."

"The 2020 Davey Awards featured an incredible pool of entries from the best small firms in the world," AIVA Managing Director Eva McClosky said in announcing the awards. "Being honored with a Davey Award is truly a great accomplishment and is a testament to the award-winning work that you produce."\*\*

## Don't Fall Victim To A Scammer

As the world continues to struggle through an unprecedented time, scammers are even more determined to strike those who least expect it. It is more important than ever to stop these scammers from stealing when every penny counts. Scammers aim to mislead anyone who isn't ready to call their bluff. The best way to protect yourself, your information and your hard-earned money is to know what to look for and go with your gut. When it comes to utility scammers, Lee County Electric Cooperative (LCEC) reminds customers to:

Know what to look for: Someone pretending to be an LCEC representative to get into your home;

Anyone soliciting your personal information or trying to sell products and services over the telephone or through the mail on behalf of LCEC;

Requests for personal information by email or websites appearing to be sent from LCEC; and

Someone requesting immediate cash or "gift card" payment in person.

Know how to protect yourself: LCEC employees and contractors are frequently in neighborhoods to perform routine maintenance, energy services and conduct tree trimming. All LCEC employees and contractors carry a photo identification badge and can provide work documents with corporate contact information. When in doubt, ask to see proof and call LCEC to

verify.

Know that LCEC will not: Come into your home without making arrangements ahead of time;

Solicit personal information over the phone, unless you initiated the call;

Threaten to close your account if you do not take the immediate action of providing personal information; and

Visit your home offering cash refunds on deposits or electric charges. LCEC either credits your account or mails a check to your electric service address if a refund is due.

Trust your instinct: If someone suspicious is on your property claiming to be an LCEC representative, ask to see photo identification badge or work request number;

Contact LCEC at 656-2300 to inquire if representatives are in your area or to ask about your account;

Do not allow anyone into your home if you feel uneasy about whether they are actually from LCEC;

Do not provide personal information such as bank account numbers, passwords, social security number or credit/debit card numbers over the phone unless you initiated the call;

Ignore suspicious emails that urge immediate action or request personal information; and

Do not trust contact information provided in suspicious emails.

LCEC and local law enforcement are here to help protect you. For more information on protecting yourself from scammers, types of scams, and how to report fraud or scams, visit [www.lceec.net](http://www.lceec.net) and click on the "Safety" tab.\*\*

From page 15

## Invasive And Exotic

both nonindigenous to this area and highly aggressive at infiltrating landscapes. Intensive efforts are taken to keep densities of these plants low. Annual treatments of the same areas are required to rid the area of new sprouts from seeds in the ground.

Highly invasive and exotic animals such as the Cuban treefrog (*Osteopilus septentrionalis*) and the Cuban brown anole (*Anolis sagrei*) are very common on the island and appear like they have always been a part of the native ecosystems.

"Both species arrived here decades

ago on vessels, cargo and plants that were brought to the island," said Lechowicz. "With a low diversity of native species on the island and ample habitats and space, these animals flourished and spread throughout the island, becoming some of the most abundant species."

The larger size, more aggressive nature, or the absence of a similar native species in the habitat resulted in these invasive exotic species to become the dominant species in many areas. Some invasive exotic species such as the greenhouse frog (*Eleutherodactylus planirostris*) and tropical house gecko (*Hemidactylus mabouia*) have minimal, if any, impact on native species.\*\*



## Book Review

## 1st Case



by Di Saggau

James Patterson is one of the most prolific writers around. It seems a book comes out almost monthly with help from another writer.

Chris Tebbetts is who helped Patterson pen *1st Case*, and it's a thrilling tale of an MIT dropout named Angela Hoot whose graduate school days came to an abrupt end when she uses her hacking skills on another student's computer. But all is not lost. From being at the top of her class, she gets a new job as intern in the FBI's Boston field office with help from her mentor Eve Abajian. Her first case as a member of the bureau's cyber-forensics unit threatens everyone around her.

Hoot is a hoot as she uses her hacking skills to track murderous brothers who go by the Poet and the Engineer. Her skills come with a natural curiosity, which is also a dangerous liability. Assistant Special Agent in Charge William Keats is her supervisor and one of only two agents in the Northeast to make his rank above the age of 30. He considers Angela a fellow prodigy. He tells her to "watch and listen" which Angela does as her mind kicks into overdrive.

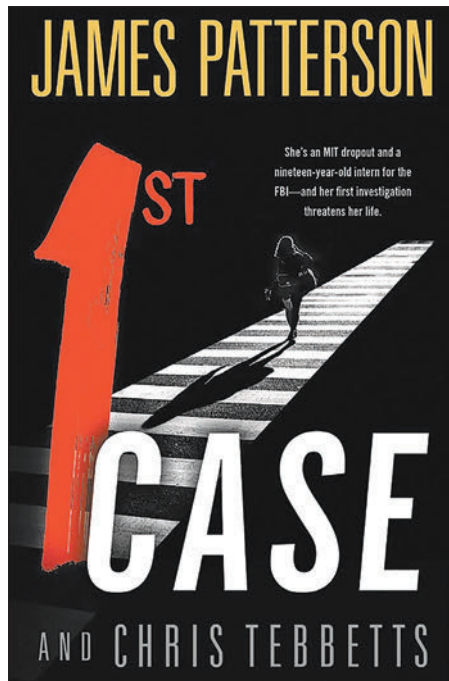


image provided

A messaging app with sophisticated tracking capabilities surfaces and all the young women who use it are only identified as they turn up dead in their bedrooms. Angela races to crack the killer's digital code as their technical rivalry escalates. She must deny the killer access to her personal life, or risk losing her life to the underbelly of the Internet.

*1st Case* is a thrilling read with a main character that I'd love to see in future Patterson novels.✴

## School Smart



by Shelley M. Greggs, NCSPP

**D**ear Shelley, My 6-year-old son is having trouble following directions both at home and at school. His teacher and I are very frustrated.

Please give me some ways to help him follow directions better, and I will share them with his teacher. If we both do the same thing it might help.

William B, Fort Myers

**William,**

When kids have trouble following directions, the end result is aggravation, disappointment and things don't get done. Parents always want to know why their kids can't or won't follow directions, but it's not always clear why kids are struggling with following directions. Conversely, following directions doesn't necessarily mean kids struggle with it. Sometimes they just don't feel like doing something and choose not to listen.

For some kids though, it's not a choice. They have difficulty doing what they're asked to do. There are a few reasons kids struggle with following directions. Sometimes, it's a matter of memory or planning out tasks. Kids who struggle with these skills, typically called executive functioning skills, have trouble remembering what you just said or keeping track of the steps involved in big or small tasks.

There are many, many reasons why kids don't follow directions: they didn't hear you; they don't remember what you have asked; they process information more slowly than other kids; they don't understand what you have asked; they are being argumentative; they may have learning and attention issues. The list goes on.

Learning to follow directions is a critical life skill and, as a parent, this is a skill you will need to work on with your child often, so he understands how important it is.

Here are some suggestions to help you give directions successfully:

Ask for his attention before giving a direction

Minimize background distractions (ie. television, computer)

Ask if he understands the direction by asking them to repeat what you have requested

Speak quietly using a soft firm voice – don't try to shout over the noise

Wait five to eight seconds before repeating the direction, so that you give your child time to process

Rephrase the question at least one time to help your child comprehend before letting emotions take over

Itemize and number complex instructions to a maximum of three steps. It's easier to remember multi-step directions when they are given in a

sequential order

Be specific with your language and what you are requesting. State your expectation precisely.

If possible, use a visual cue especially with children that have language, attention and auditory processing difficulties. Picture schedules, cards and prompts are very helpful for children who struggle with language and attention.

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](mailto:smgreggs@gmail.com). Not all questions submitted can be addressed through this publication.✴

## Chamber Campaign To Shop Locally

**T**he Greater Fort Myers Chamber of Commerce has launched a month-long campaign, called "Nov(m)ember" that challenges the community to shop locally in November.

From retailers to restaurants, home repair to personal wellness – whatever services are required – the Chamber is encouraging members of the community to be local spenders during Nov(m)ember.

"This year has been challenging for businesses across all industries and they need our support now more than ever, especially as we head into the holiday season," said Colleen DePasquale, president and CEO of the Greater Fort Myers Chamber of Commerce. "Nov(m)ember is our way of highlighting this region's many incredible businesses, urging others to support local businesses throughout November and beyond."

To participate in Nov(m)ember, members of the community are encouraged to patronize local businesses, snap photos of their visits and share them on social media using the hashtag #GFMCCNovMember. The chamber is also offering leave-behind cards that allow customers to share notes of encouragement for the businesses they frequent. These cards are available for download or pick-up at the Chamber's office at 2310 Edwards Drive in Fort Myers.

The chamber has also rallied several of its member businesses to offer special offers and discounts as part of the Nov(m)ember campaign. Chamber members who wish to share an offer for their business can email [debra@fortmyers.org](mailto:debra@fortmyers.org) to be featured among Nov(m)ember promotions.

For more information and a list of participating businesses and promotions on Nov(m)ember and latest updates, visit [www.fortmyers.org/novmember](http://www.fortmyers.org/novmember).✴

## EPIC FIRES OF FORT MYERS

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

THOMAS P. HALL  
ROBIN C. TUTHILL, EDITORAvailable at  
[www.Amazon.com](http://www.Amazon.com)  
[www.OutSkirtsPress.com](http://www.OutSkirtsPress.com)

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



## Marketing Firm Gains Prestigious Designation

GrowFL has honored Priority Marketing as a 2020 Company to Watch, a prestigious designation that recognizes second-stage businesses poised for significant growth over the next several years.

Priority Marketing was the only company in Lee County, and one of just three in Southwest Florida, to be named as a 2020 honoree. Teri Hansen founded Priority Marketing in 1992, and today it is the region's largest marketing firm delivering solutions to for-profit and nonprofit clients across the region, state and nation. Priority Marketing has grown to employ more than 40 full-time professionals.

"Florida is home to more than 2.5 million small businesses, so being recognized as one of just 50 top-performing businesses is quite an honor," said Hansen. "The companies and nonprofits we serve recognize that effective marketing, advertising, public relations and digital marketing solutions will help advance their organizations, and we've had to grow to help them grow."

Now in its 10th year, GrowFL's Companies to Watch program was developed by the Edward Lowe Foundation and honors impressive second-stage companies that are developing valuable products and services, creating quality jobs, enriching communities and broadening new industries throughout Florida.

Honorees were selected after a final round of judging by a panel of independent judges comprised of past honorees, economic development leaders and corporate partners of GrowFL. Companies were judged on criteria that include growth in number of employees; impact of the business in the job market; increase in sales and/or unit volume; current and past financial reports; innovativeness of the product or service; response to adversity; and contributions to aid community-oriented projects.

"These stand-out companies are all led by entrepreneurs and have demonstrated not only their willingness to grow, but their capacity to do it successfully," said GrowFL Founder Tom O'Neal. "They are all positioned to make a significant impact on Florida's economy with their products, services, critical intellectual property or a niche position that gives them a competitive edge in their markets. These business owners demonstrate strong leadership, philanthropic involvement, perseverance and all it means to be an entrepreneur."

"The 50 second-stage companies named as GrowFL Florida Companies to Watch honorees reflect the exceptional leaders who are making a difference in growing and diversifying the state of Florida," added Jennifer Barrows, chairwoman of the GrowFL Advisory Board.

Second-stage companies are defined as those with six to 150 full-time employees and between \$750,000 and \$100 million in annual revenue.

From 2016 through 2019, Companies to Watch honorees generated \$813 million in revenue and added 668 employees, reflecting a 103 percent increase in revenue and 113 percent increase in jobs for the four-year period. That translates into a 27 percent average annual revenue growth and 20 percent average annual growth in employees.

Even through the pandemic, these Florida companies collectively projected continued growth in 2020, with a 15 percent revenue increase and 17 percent growth in employees compared to 2019. If their projections hold, these companies will have generated \$1.14 billion in revenue and added 887 employees over the last five years – a 133 percent increase in revenue and 150 percent increase in jobs since 2016.

Companies named to the list will be officially recognized at the 10th annual GrowFL Florida Companies to Watch Celebration on February 18 at the Hammock Beach Resort and Spa in Palm Coast. The event will also be livestreamed. For more information, visit [www.growfl.com/flctw20/about-flctw](http://www.growfl.com/flctw20/about-flctw).

## From page 1 Alliance

more festive, the afternoon will include a variety of events and offers such as the Alliance's Deck the Halls and Off the Wall

Exhibit, and a loom and weaving artist demonstration by Carolyn Daniels.

The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information, call 939-2787 or visit [www.artinlee.org/sidewalksale](http://www.artinlee.org/sidewalksale).



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## Governor Makes Appointment To FGCU Board

Longtime  
Sanibel  
resident

Robbie Roepstorff, president and director of Edison National Bank/Bank of the Islands, has been appointed to the board of trustees for Florida Gulf Coast University (FGCU) by Florida Gov. Ron DeSantis. Roepstorff was first appointed as an FGCU trustee in 2010 and was elected to serve as its chair in 2012.

"It is an honor to be appointed by the governor and to be returning to the board of trustees," said Roepstorff. "FGCU continues to play an irreplaceable role in providing academic offerings, workforce development and a better quality of life for Southwest Florida. It is widely regarded as an institution defined by high quality and accessible educational opportunities for its students. I am sincerely grateful to Governor DeSantis for giving me this opportunity to continue serving FGCU's students, faculty and administration."

In addition to serving as an FGCU trustee, Roepstorff's community



Robbie Roepstorff

leadership has been demonstrated through many other organizations throughout Southwest Florida. In the official announcement of her appointment, her positions as board chair for both the Community Foundation of Southwest Florida and the Lee County Port Authority were noted. The statement from the governor's office also highlighted Roepstorff's work with the Lee County Industrial Development Authority, the Horizon Council and Foundation, the Foundation for Lee County Public Schools and the Sanibel-Captiva Conservation Foundation.✱

## Bank Hires Loan Processor

Amber Morgan  
Smith has  
joined

Sanibel Captiva Community Bank as a loan processor in the bank's loan operations division at the downtown branch, located at 1533 Hendry Street.

She is responsible for assembling, reviewing and verifying the accuracy and completion of loan documentation; coordinating with underwriters; and acting as a liaison between customers and the bank.✱

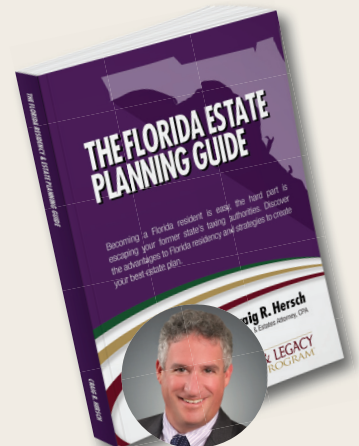


Amber Smith

## FREE ESTATE PLANNING GUIDE

### Is Your Plan:

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



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

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Will Power

# How Might A Biden Administration Affect Taxes?



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

It appears that Joe Biden will take the oath of office on January 20 as our nation’s 46th president. Reading his platform, proposed changes to capital gains and estate taxes could radically change planning for many. That leaves professionals like me in a position to do the impossible: make guesses about major changes next year, and advise our clients what kind of year-end planning they might consider based on his platform and those guesses.

Obviously, a President Biden would need a Democrat controlled House (he has that) and Senate (we won’t know

whether this happens until sometime in January as well) to push through any proposed changes. Winning both Georgia Senate seat runoff elections would give Democrats 50 Senate seats, enabling Kamala Harris as vice president to break any tie.

Biden’s tax platform calls for major increases to corporate tax rates as well as on personal income tax rates for those with high net incomes, which he defines as those making more than \$400,000 annually. He also wants to raise the highest marginal income tax rate to 39.6 percent from its current 37 percent. Deductions may also be phased out for those making more than \$400,000 annually.

If you’re affected by this, you might want to consider taking a 2020 IRA distribution, even though the SECURE Act suspended Required Minimum Distributions for 2020. Another strategy to consider is to convert traditional IRAs into a Roth, which accelerates the recognition of income tax.

Biden also wants to do away with the “step-up” in tax cost basis of assets to the date of death fair market value. Almost all beneficiaries of estates both large and

small benefit from the step-up. Under current IRS rules, if you don’t know the basis of an asset, it is assumed to be zero. So, if you didn’t know the tax cost basis of your mother’s home at the time of her death, and later sold it, you could face a capital gains tax on the entire net sales proceeds.

Even those not inheriting might pay more in capital gains tax and dividends, as they might pay ordinary income tax rates as opposed to lower capital gains rates. The top federal rate on these sources of income could therefore increase from 23.8 percent to 39.6 percent.

Social security and self-employment taxes might increase. Currently, social security tax isn’t paid above \$137,700 of earned income (\$142,800 in 2021). Taxpayers making more than \$400,000 might have the cap lifted, which would be a major tax increase.

Moreover, the estate tax exemptions may fall from their present highs of \$11.54 million, while the estate tax rates may increase from the current highest marginal bracket at 40 percent. Biden’s platform called for an estate tax exemption of only \$3.5 million, a 70 percent decrease from the current exemption. If you’ve already made more than \$3.5 million of taxable gifts, under this law, you will have already consumed your exemption, and your entire estate could be subject to tax at your death.

Legislation is always unpredictable, as we don’t know who bargains for what in the Congressional back offices. So what should you do about all this?

It depends on so many things and is highly individualized to your current facts and circumstances.

Please understand that I’m not making a judgment on whether these proposals are good or bad. Reasonable arguments can be made both ways on this issue. It does confirm what I’ve always said; you can’t let your estate and financial plan sit in a drawer for years and expect it to contain the best provisions for your loved ones when you become disabled or pass away. It’s a good idea to always keep up with the times.

There’s only so much that I can write about in a column, so I’m holding a free Zoom webinar on the subject with my law partner, Mike Hill. Go to [www.floridaestateplanning.com/Bidentax](http://www.floridaestateplanning.com/Bidentax) to register. I hope to see you there.

©2020 Craig R. Hersch. Learn more at [www.sbshlaw.com](http://www.sbshlaw.com).✴

## Loan Coordinator Joins Bank

Dawn Hall has joined Sanibel Captiva Community Bank as a loan coordinator in the bank’s residential lending division at the McGregor branch, located at 15975 McGregor Boulevard.



Dawn Hall

Hall is responsible for supporting residential loan officers and assisting customers with residential loans, including conventional and construction loans. Hall has more than 15 years of experience in the residential lending, banking and sales industries.✴

## Thanksgiving Schedules For County Agencies

Most Lee County administrative operations will be closed Thursday, November 26 and Friday, November 27, in observance of the Thanksgiving holiday. Other schedule adjustments include:

Solid Waste – Thursday, November 26: 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. Friday, November 27: 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. Saturday, November 28: 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 – Thursday, November 26: No bus, trolley or Passport service. Friday, November 27: Normal service resumes.

Parks & Recreation – Thursday, November 26, Friday, November 27 and through the holiday weekend: Beaches, boat ramps, parks and preserves will be open. Administration offices, pools and recreation centers are closed Thursday, November 26 and Friday, November 27. Recreation centers and pools resume normal operating hours Saturday, November 28. Administration offices resume normal operating hours Monday, November 30.

Library System – Thursday, November 26 and Friday, November 27: All libraries will be closed. The online library is available at [www.leegov.com/library](http://www.leegov.com/library). Saturday, November 28: Libraries open with current limited hours.

Domestic Animal Services – Thursday, November 26 and Friday, November 27: The shelter at 5600 Banner Drive in south Fort Myers will be closed. Saturday, November 28: The Lost & Found Pet Center will reopen for regular hours at 8 a.m. The adoption center will open at 10:30 a.m.

Utilities – The Customer Service Lobby at 7391 College Parkway remains closed to the public. The drive-thru window is closed Thursday, November 26 and Friday, November 27, and will reopen Monday, November 30. A drop-box is on-site at the front door and another accessible via the drive-thru for payments by check. A drop-box is also available at the Lee County

Community Development/Public Works Center located at 1500 Monroe Street in Fort Myers (near the Eastern entrance on Monroe Street). The Call Center will be closed Thursday, November 26 and Friday, November 27, and will reopen Monday, November 30.✴

## Building Permit Fee Reductions Approved

The Lee Board of County Commissioners agreed to reduce building permit fees by 25 percent for one year beginning December 1. The reduction will apply to fees assessed by the Lee County Department of Community Development to cover costs for processing and reviewing applications and inspecting work for most building permits in unincorporated Lee County.

The discount applies to permit applications received on or after December 1. It would include the typical building permits associated with residential and commercial construction. People building new homes, installing fences or replacing mechanical or plumbing systems will benefit from the reduced fees. Businesses remodeling their facilities will also save money on permit expenses.

The Lee County Community Development Department issued more than 25,000 such permits in the most recent fiscal year.

The discount does not affect impact fee collection rates or fees charged by other departments or agencies, such as water and sewer connection fees, right-of-way permit fees or fire district related review fees.

For more information on the permitting discount, call 533-8585.✴

## Recording Office For In-Person Services Reopens

Fort Myers residents and businesses can once again record deeds, mortgages and other official records in person at the Clerk of Court’s Recording office. Lee County Clerk Linda Doggett announced the downtown Fort Myers location is accepting customers under new safety guidelines, effective November 17.

“We understand that mailed documents may take days to receive and record, extending the time it takes to purchase or build a home,” Doggett said. “Customers can now immediately record documents and have them certified without delay.”

Anyone visiting the office will be required to wear a face mask, maintain six feet distance from others, and go through a temperature and health screening.

Appointments are not needed to record documents, but they are required to apply for a passport. To schedule an appointment for passport services, customers can call 533-5007. Marriage licenses and ceremonies continue to be provided by appointment via video conference at [LeeClerk.org](http://LeeClerk.org).

The Recording Office drop-boxes located at the entrance of the Cape Coral Government Complex and Administration Building downtown Fort Myers will remain for your recording convenience.

The Clerk of Court’s Recording office is located on the second floor of the County Administration Building at 2115 Second Street in Fort Myers.

For more information on services offered, visit [www.leeclerk.org](http://www.leeclerk.org) or call 533-5000.✴



# Frankly Speaking

by Howard Prager



**D**o you remember where you were on Friday, November 13 when the glass ceiling came down in major league sports and Kim Ng, a baseball professional for

30 years, was named the first woman general manager (GM) in major league baseball history? I'm not old enough to remember Jackie Robinson (despite my mom being at Ebbets Field the day I was born in 1956), but I have seen the movies and read biographies. This time baseball history was made, and a run wasn't even scored. Ng, who was hired by the Miami Marlins, has significant baseball experience with three major league teams, three World Series rings and, most recently, nine years working for Joe Torre as senior vice president of baseball operations for MLB.

Ng has been a candidate for a GM role for quite a while. Five years ago, Joe Torre said, "I always talk her up at owners meetings and say at some point you're going to have to ignore the fact that she's a woman and make a baseball decision." Betsy Helfand, who covers the Twins for *Pioneer Press* in Minneapolis said "It was really great to see. When they announced the news, it was meaningful for women everywhere, not just women in sports or baseball. It

provides representation at the highest level of any career. Groundbreaking. Women are told you can do anything you want, but when you see someone at the highest level, it makes it real."

Upon being named GM, Ng said "This challenge is one I don't take lightly. When I got into this business, it seemed unlikely that a woman would lead a major league team, but I am dogged in the pursuit of my goals. I am both humbled and eager to continue building the winning culture (Marlin) fans expect and deserve." Derek Jeter, whose contracts she negotiated on for the Yankees, was in the perfect position as CEO and a co-owner of the Marlins to "play Branch Rickey" and make this historic hire. Her reaction when he told her was, "I didn't believe it. I usually play things close to the vest." Jeter said, "You could at least smile." Since then she's been overwhelmed with supportive texts and messages and has smiled a lot.

I reached out to Michelle Kaufman, sportswriter for the *Miami Herald* on her reaction. "Friday certainly was a historic day for women in sports, and women and girls in general. When I first saw the news on a *Miami Herald* alert on my cell phone, I did a double-take to make sure I had read correctly. I immediately clicked on the story and smiled as I read. As a sportswriter for 33 years, covering everything from the NFL to NBA to college sports, Olympics and World Cups, I am acutely aware of what a male-dominated world it can be. Although women have made great strides in sports over the past three decades, there are

still enormous gaps in salary, media coverage, attendance and coaching/front office opportunities. There are still times – although not as frequently as early in my career – that I have felt like I invaded a fraternity house or bachelor party.

"Ng being hired as the Marlins general manager is monumental and long overdue. She spent three decades in Major League Baseball front offices, 14 as an assistant general manager, was part of eight playoff runs and three World Series championships and spent the past nine years as MLB's senior vice president of baseball operations. I think it is safe to say that most men with that resume would have been hired for a GM position a long time ago. Her hiring is not only an inspiration to girls and young women that it is possible for a woman to reach the highest level of sports management, but also a strong message to boys and young men that a qualified woman is deserving of those opportunities."

I believe we will see women in other key roles in sports, including players. Every few years in the NFL, there's a rumor that a woman field goal/kickoff specialist will be hired by a team. Zach Nally, columnist for the *Cateret County News-Times* reminded readers that, "During World War II, when baseball saw nearly its entire employee base get shipped out to Europe, the All-American Girls Professional Baseball League entered the scene to provide a rabid fan base some relief. More than 600 women took the field as professional athletes, including the Racine Belles, the team popularized in

the 1992 film *A League of Their Own*. By the 1950s, however, male players returned to their clubs and interest in women's baseball waned." Helfand believes we are closer to seeing women as managers before we will see them as players.

A brief homage to another sporting first. The Masters was finally played last week, quite a different time than when it usually occurs in the spring. Dustin Johnson, who grew up in South Carolina and was back at No. 1 since August, set a record for the best score in Masters' history and was quite emotional during the Green Jacket ceremony. Remarkable.

The good news story of the week is about Cy Young runner-up Yu Darvish of the Cubs. Darvish's second place finish activated a contract clause providing him with an additional \$1M in each of his next 3 seasons, something he had not realized. Darvish posted (in Japanese) on Twitter that he will donate a portion of his bonus to charity. He has already donated to a number of charities, including to help single mother households, animal rescues, cancer and ALS research, as well as the Yu Darvish Water Fund to help provide clean water in developing countries. Yu's a winner 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](mailto:press@islandsunnews.com).*✴



From left, Grant Girtman, Brent Addison, Neil Newton and Trevor Hinote with first place trophies photo provided

## Clay Shoot To Benefit Builders Care Programs

**L**ee BIA Builders Care will hold its 4th annual Charity Clay Shoot at Bermont Shooting Club on Friday, December 4. Check-in begins at 7:30 a.m. All participants must attend

a mandatory safety meeting at 8:15 a.m., and the tournament starts at 8:30. Following the tournament, participants will enjoy lunch, live music, raffle drawings and an awards ceremony.

The tournament offers individual shooters and shooting teams an opportunity to navigate a multi-station interactive course while completing specialty challenges and competing for prizes. The event is a signature fundraiser

for Lee BIA Builders Care, which provides emergency construction services at no cost to needy and deserving elderly and/or disabled homeowners, and their families, who cannot obtain repairs through traditional means.

For individual shooters, the cost to participate is \$250 and includes lunch. The entry fee for a four-person team is \$750 and also includes lunch for each participant.

LSI Companies is returning as the Presenting Sponsor for the fourth consecutive year. Saint Raphael Roofing is the Breakfast & Lunch Sponsor,

Barraco & Associates, Inc. is the Beverage Sponsor, Better Buildings, Inc. is the Judge Shoot Out Sponsor and Paul Homes is the Green Bird Sponsor. Additional sponsorship opportunities start at \$200. One hundred percent of proceeds from the tournament directly support Builders Care's charitable efforts.

Bermont Shooting Club is located at 40571 Bermont Road in Punta Gorda. For more information on sponsorships, tournament details and volunteer opportunities, contact Builders Care at 938-0056 or [builderscare@bia.net](mailto:builderscare@bia.net) or visit [www.leebuilderscare.org](http://www.leebuilderscare.org).✴

## SPORTS QUIZ

1. What is the name of the fuzzy blob that serves as mascot for the Western Kentucky University Hilltoppers?
2. What mixed martial arts fighter won a major upset at UFC 193 in 2015 and gave Ronda Rousey her first loss?
3. What team selected goaltender John Vanbiesbrouck with their first pick in the 1993 NHL Expansion Draft?
4. How many double stitches are hand-sewn on the cover of an official Major League baseball?
5. The Hopman Cup tennis tournament is named after Harry Hopman, a player and coach from what country?
6. Who did unheralded boxer Hasim Rahman knock out to win the unified heavyweight championship in April 2001?
7. Nick Nolte and country music artist Mac Davis starred in what 1979 football comedy film?

## ANSWERS

1. Big Red. 2. Holly Holm. 3. The Florida Panthers. 4. 108. 5. Australia. 6. Lennox Lewis. 7. North Dallas Forty.



# Explore An Early Fishing Cottage On Sanibel

Visitors to the Sanibel Historical Village can explore Burnap Cottage, an 1898 fishing cottage built by Sam Woodring. The building sat on the tip of Tarpon Bay for about 100 years before being moved to the village. Photos of Esperanza Woodring, Sam's widow, adorn the walls. At Sam's death, Esperanza took over and became the leading fishing guide on the Sanibel. Her stove and sewing machine are on display in the cottage.

The building's name refers to Hiram Burnap, a retired businessman from Toledo, Ohio, who added the cottage to his southern fishing retreat in 1902. He and his friends used the cottage for tarpon fishing in the bay every November until his death in 1910.

A number of features of island life are on display in Burnap Cottage, including a Fresnel lens in the back room. This lens was on a lightship before it was moved to the Sanibel Lighthouse, where it was in use from 1962 to 1982. A lot of information about the Sanibel Lighthouse fills the back room, including schematics and a timeline of the lighthouse keepers, all of them with interesting stories to tell.

In one corner hangs a stained glass window above a small organ, reminders that this building was also used by itinerant preacher George Gatewood for Sunday services when Burnap was not using the cottage. At one time, the window lighted the stairs to the second floor.

Burnap Cottage also houses photographs and memorabilia from the *Algiers*, Sanibel's first "mega mansion." It all began in 1925 in a Cincinnati shipyard where a workhorse boat was built to haul automobiles across the Mississippi. The boat had been a car ferry for 25 years until a wealthy Boston couple with a fondness for quirky fixer-uppers bought it at an auction in 1958.

Lathrop and Helen Brown brought the 155-foot boat to Sanibel in 1959 to the 25 beachfront acres they had



Burnap Cottage with a replica of the Sanibel Lighthouse out front photos provided

bought after vacationing on the island. They were no ordinary vacationers, though. Helen was a shipping heiress and Lathrop was a New York congressman, and Franklin D. Roosevelt's college roommate and best man.

They gave the rather plain boat a glamorous makeover, retrofitting the exterior with antebellum trimmings, a huge paddlewheel, feathered smokestacks and vintage gingerbread. Inside, they created a palace with Italian terrazzo tiles, French marble countertops, and sinks inlaid with gold seahorses and gold-plated dolphin faucets. There was an elevator and a restaurant-equipped kitchen boasting a fairly new-fangled invention: the microwave.

To get the *Algiers* to its Sanibel destination, the Browns had it pulled by tugboat. They hired crews to cut a channel through the island's interior, which they filled in behind themselves as they went. The Browns had borrowed the volunteer fire department's pump truck to help move water in the canal.

Lathrop died suddenly soon thereafter.

Broken-hearted, Helen returned to Boston, never to return to Sanibel and never to sleep in her "dream boat." Eventually, she put it up for sale for \$550,000 and in 1979, when the newly



Fresnel lens that illuminated the Sanibel Lighthouse

incorporated City of Sanibel was looking to acquire more beachfront land, it was suggested they consider the Brown property. The deal closed in 1981, but by then, the boat was dangerously dilapidated. Though there was talk of using it as city hall or leasing it for a restaurant, it was beyond repair. After everything salvageable was stripped and auctioned, the city had the *Algiers* demolished in 1982. The one building left standing was the servants' quarters, which were converted into the restrooms at Sanibel's Gulfside City Park, also known as Algiers Beach.

From the boat itself, just a few things remain: the captain's wheel, the anchor, and the bell, all of which are on display at the Burnap Cottage in the Sanibel Historical Village.

Burnap Cottage eventually became a home, and an extension and second story were added. When the building was moved to the historical village, the volunteer group known as the "Hammerheads" restored the cottage to its original condition.

The Sanibel Historical Museum and Village is located at 950 Dunlop Road, next to BIG ARTS on Sanibel. Hours are Tuesday through Saturday from 10 a.m. to 4 p.m. Guided tours take place at



Esperanza Woodring's stove



A stained glass window hangs above a small organ

10:30 a.m. and 1:30 p.m. at no additional charge, depending on docent availability. There is handicap access to the buildings. Admission is \$10 for adults over 18, no charge for members and children. Masks are required and safety precautions are in place. For more information, visit [www.sanibelmuseum.org](http://www.sanibelmuseum.org) or call 472-4648.✧



Closeup of the *Algiers*



Aerial view of the *Algiers*



## Health First

## Is A COVID-19 Vaccine On The Horizon?



by Julie Rosenberg, MD

Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), the cause of coronavirus disease 2019 (COVID-19), has caused a global pandemic of historic

proportions. This month, the United States has reached a grim milestone – more than 10 million cases of COVID-19 have been reported and over 240,000 individuals have died from complications of COVID-19 infection.

The good news – an effective vaccine appears to be on the horizon. In the first breakthrough in the race for a COVID-19 vaccine, Pfizer and BioNTech announced on November 9 that early data from their Phase 3, placebo-controlled, randomized clinical trial show that the experimental coronavirus vaccine is 90 percent effective.

What does this mean and what more do we need to know?

The Pfizer-BioNTech vaccine candidate is being evaluated in very a large clinical trial – more than 43,000 healthy volunteers are enrolled with half of these individuals receiving a vaccine and half receiving a placebo. Overall, there were 94 confirmed cases of COVID-19 among all participants. The case split between vaccinated individuals and those who received the placebo indicated a vaccine efficacy rate above 90 percent, at seven days after the second dose. This means that protection is achieved 28 days after the initiation of the vaccination, which consists of a two-dose schedule with 21 days separating the two doses. The 90 percent efficacy rate is significantly above the 50 percent benchmark that the FDA expects to see with an effective vaccine candidate.

These initial positive results are very exciting, but key questions remain. Does the vaccine protect against coronavirus infection, or simply against developing symptoms once a person is infected? Is the vaccine effective at preventing severe COVID-19 infection? How long does protection from the vaccine last – in other words, does it confer long-term immunity? Is the vaccine effective in children and older adults? Is the vaccine safe? While no serious safety concerns have been identified to date, safety data continue to be collected. We must understand the complete safety profile of this vaccine candidate.

If the testing continues to go well and the vaccine is given emergency use authorization by the FDA, the first doses of the Pfizer-BioNTech vaccine could be distributed to those deemed high-priority individuals (such as healthcare providers) as early as this next month. However, hurdles will remain as the vaccine needs to be stored at extremely cold temperatures (minus 70 degrees Celsius or minus 94 degrees Fahrenheit, or below) and a

widespread distribution plan must be successfully implemented – a colossal undertaking.

While Pfizer-BioNTech reported the first successful interim data from a large-scale COVID-19 vaccine trial, results from multiple Phase 3 candidate vaccine trials are forthcoming soon. Therefore, it is highly probable that more than one safe and effective COVID-19 vaccine could be available in 2021.

A vaccine will certainly be part of the strategy to control the novel coronavirus, but human behavior will determine the ultimate toll on society of the COVID-19 pandemic. The virus will not just disappear once a vaccine is available. We all have access to a COVID-19 prevention toolbox. Masks should be worn in combination with physical distancing, hand hygiene, adequate ventilation and avoiding crowded spaces to prevent the spread of SARS-CoV-2. Our return to normalcy will require not only an effective vaccine, but also the widespread acceptance and implementation of these simple public health measures.

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

## Therapists Gain Professional Credentials

Lighthouse of SW Florida staff members Aria Lobl and Roselyn Hoffman recently earned the professional credential of certified vision rehabilitation therapist (CVRT) from the Academy for Certification of Vision Rehabilitation & Education Professionals.

CVRTs make up a highly trained cadre of rehabilitation experts who specialize in working with individuals who are blind, visually impaired or who have functional visual limitations. They are instrumental in empowering individuals to achieve their maximum life goals for education, employment, personal safety and independence.

Vision rehabilitation therapists work in areas that enhance vocational opportunities, independent living and the educational development of persons with vision loss. To qualify for the certification exam, you must have a minimum of a bachelor's degree with an emphasis in vision rehabilitation therapy from an accredited school. You also must provide proof of a minimum of 350 hours of supervised practice, accompanied by a clinical competency evaluation form signed by the supervisor.

Hoffman and Lobl join Lighthouse of Southwest Florida colleagues Diane "DC" Colburn, Mildred Eads and Kya Cain with the designation of CVRT. Eads has dual certification in CVRT and Certified Low Vision Therapist (CLVT). Colburn and Eads have shared their expertise through supervising interns in the field of vision rehabilitation during their careers.

For more information, visit [www.lighthousewfl.org](http://www.lighthousewfl.org), or call 997-7797.✱

## Lee Health Promotions To Leadership Roles

Lee Health has announced several promotions within the organization to allow for more integration of clinical operations and improve collaboration across the system. These changes are a reflection of the health system's strategic approach to fully operationalize and continue to work towards its vision to become a more effective and efficient, nationally recognized, high-value, integrated delivery network.

In dyad leadership with Dr. Eric Appelgren, Darcy Allen, RN, BSN, MBA, has moved from Lee Memorial Hospital to HealthPark Medical Center to serve as the vice president of operations/chief nurse executive, a position she has held at Lee Memorial Hospital since 2019. With nearly 20 years of experience, Allen has held various leadership positions at large health systems including Inova Medical Center in Fairfax, Virginia and Kaiser Permanente in California. She will also oversee the medical center's nursing cardiovascular operations.

Alyssa Bostwick MSN, MBA, RN, CPN has been promoted to the role of vice president of operations and chief nurse executive for Golisano Children's Services. In this role, she will continue to focus on strategic planning, regional growth and exceptional outcomes for children in dyad partnership with Dr. Emad Salman. Most recently, Bostwick served as the program development coordinator,



Darcy Allen

working closely with the administrative and clinical teams to bring new programs to the hospital, including urology and video urodynamics, pectus malformation program, post-stabilization trauma program, burn service, inpatient dialysis, and the eye institute.



Alyssa Bostwick



Julia Liebscher

Julia Liebscher, MS, BSN, RNC, has been promoted to vice president of operations/chief nurse executive at Lee Memorial Hospital. Most recently, Liebscher served as system director of integration and planning. Prior to that, she was the interim vice president/certified nurse educator at Gulf Coast Medical Center. In her new role, Liebscher will work in dyad leadership with Dr. James Kasiewicz, interim chief physician executive, to transform Lee Memorial

continued on page 25

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



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dearRPharmacist

# Making More Catalase Is Good For Your Health



by Suzy Cohen, RPh

**Dear Readers:** Catalase is an important enzyme you make in your liver, just like glutathione. These are both strong antioxidants. Today's focus is on catalase,

it's incredibly important to your health, and I hope you are still making enough of it. If you're not, all kinds of health problems can ensue. That's because catalase breaks down a poison, turning it into water and oxygen. If you don't have enough catalase, the poisonous peroxide builds up in your tissues and organs. The thyroid will suffer, as will arteries and all of your organs.

One catalase molecule can convert millions of hydrogen peroxide molecules to water and oxygen each second! You could say it prevents "rusting" in a way. Reducing peroxide via catalase is therefore anti-aging – it reduces the speed at which one rusts (or turns grey).

We know this because aberrations in the genetic CAT code (think SNP) will cause the CAT gene to stop producing normal, healthy amounts of the enzyme catalase. This can lead to premature greying of the hair.

Catalase is used commercially in the dairy industry to remove peroxide from milk prior to making cheese. It protects garments from peroxide during the fabric making process, especially polyester. Contact lens makers rinse the peroxide off with catalase. In the human body, catalase acts like a vacuum cleaner, similarly to glutathione, another potent antioxidant. It can help with hypertension which is a silent disease that leads to devastating consequences if not controlled.

There was an important study about this. Researchers studied one of the most popular blood pressure medications of all time called "lisinopril." Brand names vary. The researchers evaluated the effect of lisinopril on cholesterol and blood pressure, because as you know, an increase in either of those raises risk for heart attack and stroke.

The researchers determined that lisinopril did not have any impact on lipids or cholesterol – after all, it is for hypertension. But the interesting thing is that they noticed a catalase connection. The higher the blood pressure was in a participant, the lower the amount of catalase enzyme present.

Lisinopril seems to work, at least in part, by raising your catalase levels, specifically in your red blood cells. This, in turn, will improve blood pressure numbers, both systolic and diastolic. This suggests that lisinopril has a secondary mechanism of action... the first being that it's an ACE inhibitor and the second being it raises RBC (red blood cell) catalase. And would supplements do the same? No one can say, and the reason is that the drug is raising endogenous levels of catalase. No supplement was given to these participants and, besides, dietary supplements do not cure diseases and no claims can be made in that regard, according to current FDA guidelines. I want to be clear in case they read this... I am referring to the catalase enzyme you make inside your body.

The information I'm sharing is based upon an article entitled *Can Erythrocyte Catalase Regulate Blood Pressure?* It was published in 2016.

Your body manufactures its own catalase; it's critical to make more of it by maintaining liver health. This is a potent antioxidant that also destroys formaldehyde too. If this topic interests you, and you would like to read the longer version of my article and learn more about formaldehyde sources, sign up for my free newsletter at [www.suzycohen.com](http://www.suzycohen.com)

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

Doctor and Dietician

# Acorn Squash: Delicious And Healthy



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

Fall is in the air, and the temperatures and humidity is declining. With that comes fall food, including the ever-colorful, ever-healthy, acorn squash. Its many varieties are what food scientists call the *Cucurbita* family, which includes zucchini and pumpkin as well as butternut and, yes, acorn squash.

Acorn squash is a winter squash, so that means that it grows longer on the vine before the harvest. Because of this extra growing time, the skin turns harder, giving it a longer storage life. Interestingly enough, you can store it up to three months or even longer as long as it is stored in a cool, dry place.

One of the things we love about acorn squash is the fact that it can be used in sweet and in savory dishes. The taste of acorn squash itself is sweet and savory as well. The simplest way to cook it is to slice it in half or slice it in rings, drizzle with a cinnamon olive oil, sprinkle with salt and pepper, and roast in a steamer or regular oven. Another favorite way to make acorn squash is to stuff a half or quarter acorn squash with risotto, stuffing, or an apple/nut

mixture. Onions or shallots with some sage also pair nicely with acorn squash. We also like making mashed acorn squash or cubing it and tossing it in with roasted Brussels sprouts and dried cranberries. Ooh, so delicious! Can't you just taste it?

Not only is acorn squash delicious, but it is loaded with nutrients, due to its deep dark color. Acorn squash is a great antioxidant-rich food that can help fight against harmful free radicals, as well as stimulate immunity, keep the blood thin which helps in overall health, especially cardiovascular and circulatory health, as well as cancer prevention.

Acorn squash, due to its dark yellow-orange color contains carotenoids, which are "food" for the eyes, skin, heart and immune system. One half-cup of cooked acorn squash contains 9 percent of the RDA for Vitamin A – this is where you get the alpha- and beta-carotenes.

As you know, we feel that it is best to try to get all of the nutrients you need from your food. Organic food does not contain harmful pesticides and chemicals, which can reduce the health benefits of the food. Foods like acorn squash have a thick skin, so if you cannot find organic acorn squash, it is not as bad because the pesticides do not penetrate the thick skin.

Supplements are great – and we are strong proponents of them. However, including nutrient-dense foods regularly in your daily eating plans, such as acorn squash, helps reduce the need for supplementation.

*Let your medicine be your food and your food your medicine – Hippocrates*

*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](mailto:info@caringmedical.com).*✧✧

Beautifulife:

# The Table



by Kay Casperson

**F**or as long as I can remember, I have always made it a point to make my breakfast, lunch or dinner table look and feel inviting and beautiful. No matter how many people will be at

that table, whether it is just my husband and me, my family or guests, I believe that coming to the table should be an experience every day.

The table represents sharing. There is something special and traditional for me about the table. It was the place that our family would gather together every

evening at a specific time. We would not only enjoy a meal together, but we would also have great conversations about our lives, our days and our dreams. This gathering time stayed with me and to this day, my family enjoys the same thing as we venture through life. It is a time for all to share about their day and discuss life's moments, either good or bad. I know we all look forward to it.

The table represents giving. I have always been a giver and it gives me much pleasure in providing a beautiful, well-balanced meal for all to enjoy. I thoughtfully plan out each week with various meals that cover all aspects, from Italian to Asian to good old fashioned surf and turf, and everything in between. I am satisfied when all tummies are full, and everyone is happy!

The table represents creativity. From flowers to candles to food presentation, there are so many ways to keep things

beautiful, inspiring, warm and inviting. It also gives a sense of pride and accomplishment when you love the way your table and presentation look. So even if you are by yourself, I encourage you to take the extra time to make it enjoyable and a place you want to be.

The table represents connection. This is probably the most important aspect of the table for me, and it should be for all of us. We live in a very busy, noisy and active world that has become even more loud and stressful because of our instant communication on all levels. In my house, no devices are allowed at the table. We are there to talk, to vent, to celebrate and to truly connect with each other. We all need more of this.

The table represents faith. Our table has become our virtual church gathering place since we have been mostly watching online for the past several months. It is fitting, though, as we can have a beautiful breakfast, enjoy our service and discuss how the

message relates to our lives. It is also a place where we frequently pray for our family, others and our world.

As we approach this Thanksgiving time, I know that things may look a bit different for some in terms of gatherings. Now more than ever, it is essential to get creative and stay inspired to make the best of each and every meal. I encourage you to take the time to find a new way to enjoy coming to the table.

My affirmation for you this week is: "I am finding new ways to make coming to the table in my house more enjoyable, inspirational and fulfilling."

*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](http://www.kaycasperson.com) or follow on social media @kaycasperson.*✧✧



PETS OF THE WEEK photos provided



Dash ID# A833358

Lee County Domestic Animal Services

Dash And Leaf

Hello, my name is Dash. I am an 8-year-old male collie rough mix that is well-behaved, leash-trained, knows several commands and will be your faithful companion. Plus, I have rugged good looks to go with the total package for a \$10 adoption fee. Just look at my amber eyes and beautiful tricolor coat. How can you resist?!

My adoption fee is \$10.  
Hi, I'm Leaf. I am a 5-year-old male domestic shorthair that is super curious and don't miss a thing. I watch everyone and everything around me. I am very playful and will keep you busy for hours. No worries if you do not have time because if you give me toys to play with, I will



Leaf ID# A831361

amuse myself with them as well. Lee County Domestic Animal Services is still at capacity with cats and kittens, so during November all feline adoptions are waived with an approved application!

My adoption fee is waived.  
November is National Adopt a Senior Month and this 'Super Senior' comes with all the advantages of adopting an older pet.  
Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10 a.m. to 4 p.m. Visit [www.leelostpets.com](http://www.leelostpets.com) to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.\*

Starlight Auction To Benefit No-Kill Animal Shelter

The Animal Refuge Center's 26th annual Starlight Auction will be held at the Marriott Sanibel Harbour Resort and Spa on Saturday, November 28. The Starlight Auction is ARC's signature event and main fundraiser for Southwest Florida's largest no-kill shelter.

The live gala will feature an exquisite meal and the participation in both silent and live auctions. Tickets are \$100 per person and include admission, complimentary cocktail, dinner, dessert and coffee. There will be some seating and serving differences for the in-house event.

New to the auction this year is the opportunity to participate virtually. The live auction will be broadcast on the Animal Refuge Center's Facebook page, and both the live and silent auction will have mobile bidding for guests watching from outside the hotel. Instructions on downloading the app will be posted at [www.animalrefugecenter.com](http://www.animalrefugecenter.com) and ARC's Facebook page closer to the auction.

The live auction features a dozen items, and more than 100 baskets are available in the silent auction. Some are for cat owners and some for dog owners, others include golf outings, hotel stays, jewelry, artwork and gift certificates. Bidding will open for all the available items several days ahead of the event.

Sponsorships are still available for businesses and individuals interested in supporting the Animal Refuge Center.

Marriott Sanibel Harbour Resort and Spa is located at 17260 Harbour Pointe Drive in Fort Myers. For more information and tickets, visit [www.animalrefugecenter.com/all-upcoming-events/the-starlight-auction](http://www.animalrefugecenter.com/all-upcoming-events/the-starlight-auction).\*

From page 23

Leadership Roles

Hospital for the future of health care as the health system strengthens the overall health and well-being of residents and visitors of Southwest Florida.

"We are pleased to announce these well-deserved promotions. Darcy, Alyssa and Julia have demonstrated exceptional leadership in building collaborative relationships and are skilled at leading clinical and operational transformation to enhance care delivery," said Armando Llechu, chief officer of hospital operations and women and children's services at Lee Health. "These changes are essential as we continue our journey toward standardizing excellence in patient experience, clinical quality and care coordination."

Founded in 1916, Lee Health is the largest employer in Lee County and has nearly 13,000 employees. The health system serves patients throughout Southwest Florida.

For more information about Lee Health, visit [www.leehealth.org](http://www.leehealth.org).\*



Emergency	911
Lee County Sheriff's Office	477-1200
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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
<b>ARTS</b>	
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
<b>CLUBS &amp; ORGANIZATIONS</b>	
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	<a href="https://www.audubonswfl.org/">https://www.audubonswfl.org/</a>
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
<b>AREA ATTRACTIONS</b>	
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](mailto:press@riverweekly.com)



PUZZLES

Answers on page 31

Super Crossword

ATROCIOUS TUNES

- ACROSS**

1 Talk big

6 Generally speaking

15 Lhasa — (little dogs)

20 Ed of "Gus"

21 Small drying item on a bathroom bar

22 Obama's successor

23 Start of a riddle

25 Have a blast

26 "Yummy!"

27 "Exodus" actor Mineo

28 Lyric forgetter's syllables

29 "Yippee!"

30 "Forbidden" perfume

33 Common pet lizard

38 Warlike deity

39 Riddle, part 2

44 India's place

46 Brand of contact lens cleaner

47 Place to exit

48 Riddle, part 3

52 Unfurled, e.g.

57 Former Disney head

58 Uncle, in Spain

59 Depict by drawing
- 62 Met maven

63 No, in Essen

66 — bow (upper lip shape)

68 A-list person

69 Riddle, part 4

73 "Neon" fish in a tank

75 Naturally illuminated at dusk

76 Duel weapon

77 Baldwin of "Andron"

78 Morse E's

79 Jet grounded in '03

81 "— Fideles"

86 West Texas city

88 Riddle, part 5

91 Munchkin

95 Farm baby

96 Crimson and carmine

97 End of the riddle

104 Actress Tara

105 Write the score to "The Fosters"

107 Time of note

110 Official seal

112 — Na Na

115 Lopsided

117 Lopsided

118 Riddle's answer

124 Plow maker

125 Consensus
- 126 Acting teacher Stella

127 "90210" actor Rob

128 Quality of sharp pain

129 Ex-NFLer Grier
- 17 Actress Mena

18 Eggy dish

19 Belly flop result

24 Fake display

28 "The Far Side" cartoonist Gary

31 Hamilton dueler Aaron

32 Web surfer, say

34 Great joy

35 Brand of fleecy boots

36 — Lingus

37 Vegas-to-Helena dir.

40 Violin virtuoso Hilary

41 Having a shot to win

42 Shaped like a die

43 Purported psychic gift

44 Suffix for an enzyme

45 Fashion's Anna —

49 Skin dye

50 State north of Calif.

51 Like a boor

53 Blissful site

54 Aswan's river

55 Woman in 53-Down

56 Little bit
- 59 Actress Tyler or Ullmann

60 Concept, in Calais

61 New car sticker fig.

64 Words in an analogy

65 Food box datum: Abbr.

67 Miniature couch for a pooch

68 Female college students, outdatedly

69 One foot forward

70 Two-tone whale

71 Part of HRH

72 52-week unit

73 — Bo (fitness option)

74 Certain pipe fitting

78 Neglects to

80 "How Great — Art"

82 To be, in Le Havre

83 Vile

84 Danson of "Mad Money"

85 Gp. activated by a 911 call

87 Snoop (on)

88 Whence one wicked witch
- 89 Whence one wicked witch

90 Sheltered from the wind

92 Immodesty

93 Saturated

94 Abbr. at LAX

97 Pinball parlor

98 Hires out

99 Wire arch on a croquet course

100 Hold fast

101 Tabloid monster moniker

102 In — (stagnant)

103 Karaoke problem

108 Fleming of opera

109 Spitting nails

111 Lambs' mothers

113 Many a carol

114 See 122-Down

116 Within: Prefix

118 In the role of (Lat.)

119 Dad's bro

120 — de cologne

121 House pest

122 With 114-Down, "Not true!"

123 Part of CBS: Abbr.

1	2	3	4	5		6	7	8	9	10	11	12	13	14		15	16	17	18	19
20						21										22				
23					24											25				
26								27							28					
29				30		31	32			33	34	35	36	37			38			
		39	40					41	42							43				
44	45					46					47									
48				49	50					51					52		53	54	55	56
57								58				59	60	61			62			
				63		64	65		66		67					68				
		69	70					71							72					
73	74					75						76								
77					78					79		80			81		82	83	84	85
86				87						88				89	90					
				91		92	93	94			95						96			
97	98	99	100							101					102	103				
104					105									106				107	108	109
110				111							112	113	114			115		116		
117								118	119	120	121				122	123				
124								125										126		
127								128										129		

King Crossword

- ACROSS**

1 Witticism

4 Out of danger

8 "Price Is Right" guesses

12 Exist

13 Vacation

14 Traditional tales

15 Scout festival

17 Black gem

18 Woolly beast

19 Kanga's kid

21 Firmament

22 Cavort

26 Wander off

29 Potent stick

30 Inventor Whitney

31 Implement

32 "Gosh!"

33 Small combo

34 In times past

35 Support system?

36 Dud on wheels

37 Panda's lunch

39 Neely of hockey fame

40 Debtor's letters

41 Current measure

45 Goad on

48 Angkor Wat locale

50 Roster

51 Hastened
- 52 Egos' counterparts

53 "Why not?"

54 — podrida

55 Ball-bearing item
- terpiece

8 Become a flower

9 Tiny bit

10 Parch

11 Gender

16 — metabo-

20 Feedbag morsel

23 Highway shoulder

24 Hodgepodge

25 MGM mascot

26 Impale

27 Frat party garb

28 Leeway

29 Afternoon
- social

32 Julius Marx

33 Beat

35 Halloween cry

36 11th Greek letter

38 Product of one's labor?

39 Ship of the desert

42 Rewrite

43 Carousel, e.g.

44 Relaxation

45 Crafty

46 Chart format

47 Dos Passos trilogy

49 Have a bug
- DOWN**

1 Naked Goya subject

2 Exam format

3 Sub for a vacationer

4 Thickset

5 Impressive grouping

6 "A pox on thee!"

7 Ornate cen-

MAGIC MAZE ● POLITICAL JARGON

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: **Rescue a Failing Company**

- Beltway

Blue

Earmark

Extender
- Grassroots

Horse race

Leak

Left
- Polls

Pundit

Red

Right
- Spin

Straw vote

Swing state



PUZZLES

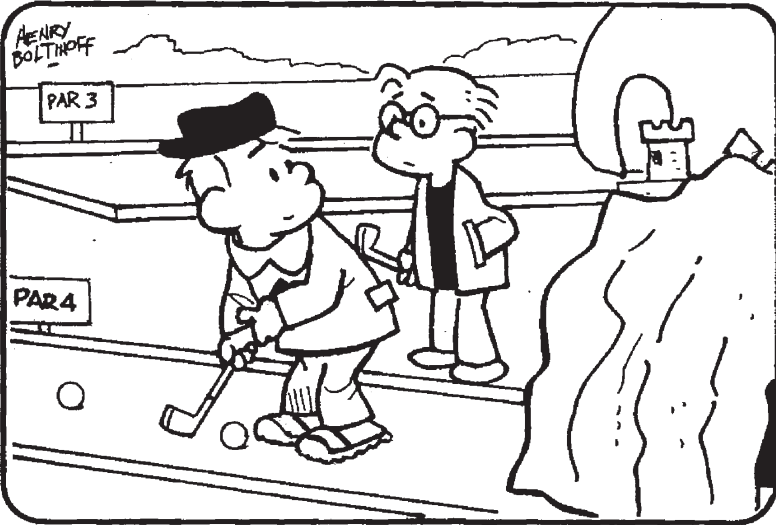
Answers on page 31

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

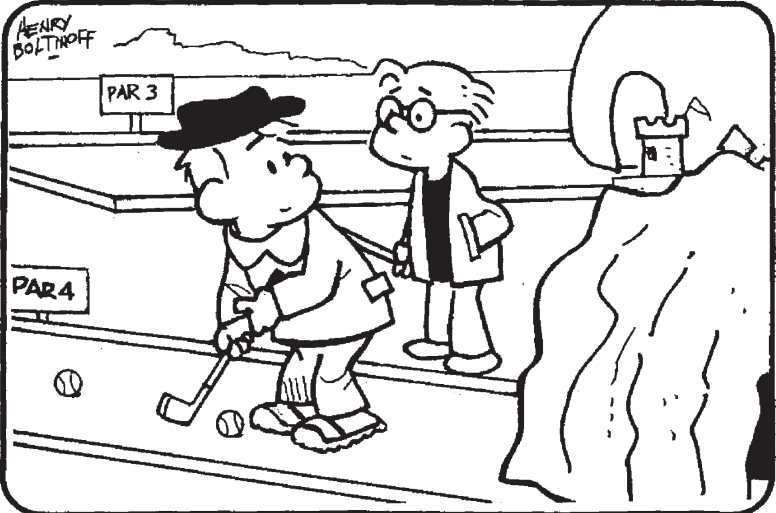
**To Play Sudoku:** Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

HOCUS-FOCUS

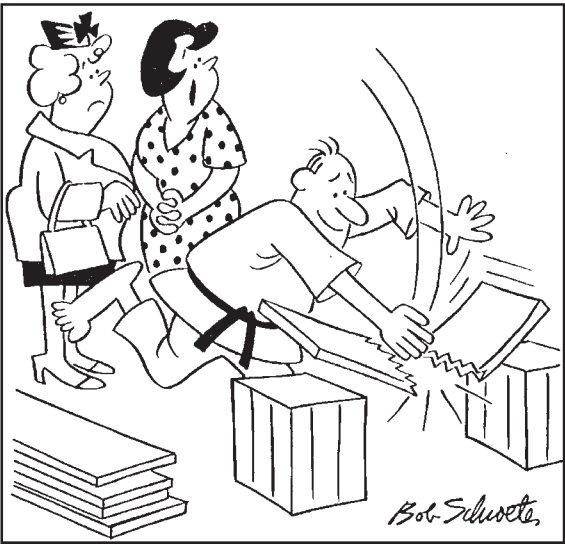
BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Boy's hat is different. 2. Castle has a flag. 3. Par 3 sign has moved. 4. Golf balls have become baseballs. 5. Golf club is longer. 6. Some distant trees are missing.



"I thought golf was an expensive hobby, but do you know how much \_\_\_\_\_ costs?"

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!

Bristle

BULBETS

Current

MASTER

Attendance

MURUQO

Riches

THELAW

TODAY'S WORD





### Vegetable Deep Dish Pizza

- 1 large homemade or purchased pizza dough
- 2 cups marinara sauce
- 4 cups mozzarella cheese, shredded
- 1/2 cup Florida sweet peppers, diced
- 1 cup Florida mushrooms, sliced
- 1 (6-ounce) package of pepperoni
- 1/4 cup black olives, sliced
- 1 cup fresh spinach, rough chopped
- Parmesan cheese, grated as needed

Preheat oven to 375 degrees. Use a large cast-iron skillet or a high-sided baking sheet pan to prepare the pizza in. Carefully start to evenly stretch the pizza dough to fit the pan it will be cooked in. You want to make sure the pizza dough will go part of the way up the sides of the pan to make a deep dish. Start layering the pizza ingredients by first adding most of the cheese. Next arrange about half of the veggies and pepperoni on top of the cheese. Evenly add the sauce on top of the cheese and cut vegetables. Add the rest of the cheese plus more if desired. Finally add the rest of the cut vegetables and pepperoni to the top of the pizza. Bake pizza for 12 to 14 minutes, or until desired doneness. Carefully remove cooked pizza from the oven and let cool slightly. Garnish pizza with fresh grated parmesan cheese.

Fresh Tip: Get fun and creative with this recipe, add or remove toppings to create a family fun pizza making experience.\*



Vegetable Deep Dish Pizza

photo courtesy Fresh From Florida

## My Stars ★★★★★

### FOR WEEK OF NOVEMBER 16, 2020

**Aries** (March 21 to April 19) Your ruling planet, Mars, allows you to assume a sense of command that can help you turn a chaotic workplace situation into one that's orderly, productive and, yes, even friendly.

**Taurus** (April 20 to May 20) Getting a relationship that's been stuck in a rut up and running again depends on how far you want to run with it. Be honest with yourself as you consider which decision to make.

**Gemini** (May 21 to June 20) Be wary of rumors that seem to be coming from everywhere this week. Waiting for the facts before you act means never having to say you're sorry you followed the wrong lead.

**Cancer** (June 21 to July 22) A difficult personal matter might prompt you to turn to a trusted friend to help you sort through a maze of emotional conflicts. The weekend should bring some welcome news.

**Leo** (July 23 to August 22) Some of the new people coming into the Lion's life could play pivotal roles in future personal and professional matters. Meanwhile, an old friend might have an important message.

**Virgo** (August 23 to September 22) A delay in getting things moving on schedule can be a blessing in disguise. Use this extra time to do more research so you can buttress any of the weaker points with solid facts.

**Libra** (September 23 to October 22) You might need to get involved in a personal matter before it becomes a serious problem. Also, be wary of someone offering to mediate, unless you can be sure of his or her motives.

**Scorpio** (October 23 to November 21) Taking sides in a workplace or domestic dispute could prolong the

problem. Stay out and stay cool. Then you can be friends with both parties when things settle down.

**Sagittarius** (November 22 to December 21) A friendship has the potential to become something more, and with this week's aspects favoring romance, you might feel that this possibility is worth exploring.

**Capricorn** (December 22 to January 19) The new job you want might require you to relocate. If so, keep an open mind and weigh all the positives and negatives before making your decision.

**Aquarius** (January 20 to February 18) A new relationship seems to be everything you could have hoped for. Congratulations. Meanwhile, it's not too early to get some feedback on that new project you're working on.

**Pisces** (February 19 to March 20) You might have decided to get out of the fast-moving current and just float around hither and yon for a while. But you might find that the new opportunity is too tempting to turn down.

**Born This Week:** You believe in bringing out the best in people with kind deeds, loving words and recognition of their "special" selves.

### MOMENTS IN TIME

• On Nov. 28, 1582, William Shakespeare, 18, and Anne Hathaway, 26, pay a 40-pound bond for their marriage license in Stratford-upon-Avon. Six months later, Anne gives birth to their daughter, Susanna, and two years later, to twins.

• On Nov. 27, 1868, Lt. Col. George Armstrong Custer leads an early-morning attack on a band of Cheyenne in Oklahoma. Custer did not attempt to identify the group of Cheyenne, or to make even a cursory reconnaissance. Had he done so, he would have discovered that they were peaceful people and the village was on reservation soil.

• On Nov. 26, 1922, in Egypt's Valley of the Kings, British archaeologists become the first souls to enter King Tutankhamen's tomb in more than 3,000 years. Inside were several thousand priceless objects, including a gold coffin containing the mummy of the teenage king.

• On Nov. 29, 1942, coffee joins the list of items rationed in the United States during World War II. Butter, sugar and milk had been rationed earlier. By the end of the year, cars were limited to 3 gallons of gas per week.

• On Nov. 23, 1966, Elvis Presley's 22nd film, *Spinout*, in which Elvis played a singing race car driver, opens in theaters.

• On Nov. 24, 1971, a hijacker calling himself DB Cooper parachutes from a Northwest Orient Airlines 727 into a raging thunderstorm over Washington state. He had \$200,000 in ransom money and was wearing only wraparound sunglasses, a thin suit and a raincoat. No trace of Cooper was ever found, but in 1980 a child found \$5,880 of the ransom money.

• On Nov. 25, 1990, after a howling wind and rainstorm on Thanksgiving Day, Washington state's historic floating Lacey V. Murrow Memorial Bridge slowly breaks apart and sinks to the bottom of Lake Washington. News crews captured the whole thing on camera.

### NOW HERE'S A TIP

• This is a wonderful tip received via e-mail: If you have a panic button for your car alarm, keep your keys by the bedside. If you experience a problem during the night, trip the panic alarm. Let your trusted neighbors know about your intention, and they will be able to assist you.

• "Great gravy is only a plastic bag away! This is my tip for separating the fat from pan drippings to make gravy.

I take a quart-size plastic bag and set it in a glass measuring cup. Pour the pan drippings through a strainer, right into the bag. Let it sit for 15-20 minutes, and the fat will separate to the top. Seal the bag, and snip a small hole in a bottom corner, drain the liquid into a saucepan to make gravy. It's that easy." – TC in Idaho

• Whenever I am baking and the recipe calls for, say, 1 cup of honey (or some other sticky substance), I used to pour the honey into the measuring cup but then have a hard time getting all the honey back out of the cup and into the mixing bowl. Now I rinse the measuring cup with water right before measuring, or spray with nonstick cooking spray. It slides right out!

• To create a self-watering area for potted plants while you are on vacation, set plants in the bathtub or in a kiddie pool and use a length of cotton rope to wick water from the bathtub to the plant's roots. You can either stick it up the holes in the bottom of the pot or dig it down a few inches into the soil. This should get you by for a week or so.

• If you have a table that's wobbly because of an uneven leg, and you are a wine drinker, you're in luck. Take a wine cork, cut it in small slices and glue the slices to the uneven leg until the table no longer wobbles. Easy.

### STRANGE BUT TRUE





• Deceased scientists and researchers who have contributed to the study of Mars will, in a sense, live forever on the red planet: Craters larger than 37 miles are named in their honor.

• Hans Steininger, who is said to have had the longest beard in the world, died in 1567 from tripping over that beard while running from a fire.

• The blue whale is earth's largest living creature, surpassing even most dinosaurs. Not only can it reach over

continued on page 30



	<b>FRIDAY</b> Sunny High: 77 Low: 64		<b>SATURDAY</b> Partly Cloudy High: 78 Low: 66		<b>SUNDAY</b> Sunny High: 77 Low: 64		<b>MONDAY</b> Partly Cloudy High: 78 Low: 67		<b>TUESDAY</b> Mostly Cloudy High: 76 Low: 63		<b>WEDNESDAY</b> Sunny High: 71 Low: 60		<b>THURSDAY</b> Sunny High: 76 Low: 63
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Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	2:53 am	11:22 am	None	None	Fri	1:58 am	11:24 am	None	None	Fri	3:08 am	11:02 am	5:53 pm	10:38 pm	Fri	5:03 am	2:38 pm	None	None
Sat	3:58 am	12:23 pm	8:57 pm	11:49 pm	Sat	3:03 am	12:25 pm	8:02 pm	11:51 pm	Sat	4:23 am	12:05 pm	6:52 pm	None	Sat	6:08 am	3:39 pm	11:07 pm	None
Sun	5:33 am	1:20 pm	9:12 pm	None	Sun	4:38 am	1:22 pm	8:17 pm	None	Sun	5:51 am	12:19 am	7:48 pm	1:14 pm	Sun	7:43 am	3:05 am	11:22 pm	4:36 pm
Mon	7:30 am	1:52 am	9:31 pm	2:10 pm	Mon	6:35 am	1:54 am	8:36 pm	2:12 pm	Mon	7:15 am	1:53 am	8:38 pm	2:11 pm	Mon	9:40 am	5:08 am	11:41 pm	5:26 pm
Tue	9:05 am	3:06 am	9:51 pm	2:52 pm	Tue	8:10 am	3:08 am	8:56 pm	2:54 pm	Tue	8:27 am	2:56 am	9:26 pm	3:00 pm	Tue	11:15 am	6:22 am	None	6:08 pm
Wed	10:18 am	3:57 am	10:09 pm	3:29 pm	Wed	9:23 am	3:59 am	9:14 pm	3:31 pm	Wed	9:44 am	3:51 am	10:08 pm	3:46 pm	Wed	12:01 am	7:13 am	12:28 pm	6:45 pm
Thu	11:20 am	4:40 am	10:27 pm	4:01 pm	Thu	10:25 am	4:42 am	9:32 pm	4:03 pm	Thu	10:52 am	4:40 am	10:42 pm	4:29 pm	Thu	12:19 am	7:56 am	1:30 pm	7:17 pm

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**THE RIVER WEEKLY NEWS**  
FROM THE BEACHES TO DOWNTOWN FORT MYERS

**Harry Chapin Food Bank OF SOUTHWEST FLORIDA**



# Do Your Windows Increase Energy Usage?

You may be surprised to learn that upwards of 30 percent of your cooling costs is attributed to glass and windows. Consider the following tips from energy experts about your home's window and glass to potentially cut down on your electric usage:

Significant air-conditioning savings can be attained by blocking solar heat before it reaches the windows, or by using special heat-reflecting glass or heat-reflecting glass coatings (residential window tint).

Reflective glass or reflective glass coatings should be rated to reflect at least 65 percent of all solar heat to be considered efficient in Southwest Florida.

Internal window coverings trap solar heat between them and the window glass until the heat energy warms the air in that space. The heat-laden air flows up to the ceiling, where it waits for the air conditioner to cycle on and draw it in through the filter. This creates an illusion of efficiency when, in fact, the load on the air conditioner has not been altered.

Awnings, storm shutters, shade trees and porch or lanai roofs are all very effective in blocking solar heat. To be 100 percent effective, the exterior

shading device must never allow direct sunlight to touch the window's surface.

East or west windows are the main source of intrusive heat. It is recommended to use shading devices and tint on east and west windows since they experience many hours of direct sunlight.

South-facing windows experience a great deal of direct sunlight in the winter months when the sun rides lower in the sky. In the summer, south-facing windows are largely shaded by the overhanging soffit of the roof.

Skylights experience many more hours of direct sunlight than any vertical window and should be avoided if possible.

It is difficult to utilize shading devices to block the sun from entering skylights. Existing skylights can be tinted, covered, blocked or shaded to lessen their load on the air conditioner.

When upgrading windows, consider energy-efficient features such as double-pane, low-E glass as well as type of frame material.

For more ways to save on your energy usage, visit [www.lcec.net](http://www.lcec.net).

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# Celebrate Pet Holidays With A Gift Giving Tree

Lee County Domestic Animal Services (LCDAS) is celebrating the upcoming holiday season with a Gift Giving Tree.

The tree is available now in the adoption lobby at LCDAS, located at 5600 Banner Drive in Fort Myers. It is decorated with ornaments with a wish list of gifts for the shelter pets. Visitors can pick an ornament, fulfill a wish and return it to LCDAS by Monday, December 21, to help make the animals' holiday a little brighter. The ornament is yours to keep for your tree.

The adoption center is open 10:30 a.m. to 3:30 p.m. Monday through Saturday. The shelter has dogs, cats, bunnies and guinea pigs looking for a home just in time for the holidays. Visit [www.leelostpets.com](http://www.leelostpets.com) to see pets that are available for adoption.✧

From page 28

## Strange But True

100 feet in length and weigh more than 100 tons, but its heart can tip the scale at 1,300 pounds and is the size of a small car, while its arteries are big enough for a full-grown human to swim through – not that we recommend you go for a swim and attempt it.

- In 2007, Iran claimed 14 squirrels found near the nation's borders were actually spies.
- New York City's Flatiron building used to cause enough downdrafts to lift the skirts of women passing by, giving a then-daring view of their legs and ankles. The phenomenon resulted in groups of young men regularly gathering on 23rd Street to watch.
- People with autism are less likely to catch yawns.
- The record for most times being hit by a baseball pitch – a whopping 287 – belongs to Hughie Jennings, who finally got smart and retired in 1918.
- A bizarre form of Victorian-era entertainment was the "Fasting Girl." Young women appeared in public exhibits and dazzled spectators with claims that they ate nothing at all. Obviously they munched in secret and most were eventually caught at it, though, tragically, some starved to death in a bid for authenticity.

## THOUGHT FOR THE DAY

"What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others."

Pericles

## TRIVIA TEST

1. **Geography:** The country of Equatorial Guinea lies on which continent?
2. **Movies:** Which 1989 movie contains the line, "Have you ever danced with the devil by the pale moonlight?"?

# CLASSIFIED

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