



From left, Ken Quiricone as Abraham, Rachael Endrizzi as Beatrix, Rob Summers as Nicoli, Christopher Russell as Fitz-Loyd and Caitie Moss as Amanda photo provided

Holiday Farce Premieres

Off Broadway Palm Theatre has kicked off the holiday season with the British farce *No Claus For Alarm*. This all-new production, playing through December 25, is written and directed by Southwest Florida resident and

Broadway Palm favorite Victor Legarreta. Fitz-Lloyd Crowley and Abraham Bacrumby of the law office Abe Bacrumby and Fitz are in a bit of a pickle when Abe unknowingly brings the head of the Russian mafia on as a client. It's Christmas and they must try to keep two girlfriends, a bossy barrister and a clueless receptionist from finding out about each other or

continued on page 8

Hollywood Legend On Stage At New Phoenix

by Di Saggau

A one-woman tour de force, *I'll Eat You Last*, is on stage at New Phoenix Theatre. Local actor Bonnie Knapp performs as Hollywood agent Sue Mengers, dropping names of famous people and telling tales of her role in their careers. Mengers is about to throw one of her legendary, star-studded dinner parties. Dressed in a bright blue caftan and seated on a couch throughout the entire 90 minutes, Knapp, as Mengers, is caustic, uses strong language, smokes questionable cigarettes and drinks like prohibition was about to make a comeback. Best of all, she is full of sarcastic humor and has the audience laughing out loud throughout her dramatic account of her rise from William Morris secretary to unstoppable Hollywood power broker.

Mengers is waiting for a call from Barbra Streisand to confirm that she is no



Bonnie Knapp as Sue Mengers

photo provided

longer a client of hers. Having received the news from Streisand's lawyer is an insult to Mengers. While she waits, we learn about her clients, the ones she liked and those she didn't, along with the ones

continued on page 4



Santa on stage at Sidney & Berne Davis Art Center

photos provided

Festival Of Trees Fundraiser Nears

The 15th annual Festival of Trees returns to the Sidney & Berne Davis Art Center (SBDAC) from December 2 to 5. Admission is \$2 for viewing for anyone age 4 or older. Trees will be decorated and adorned with presents by local businesses to raise money for Goodwill Industries of Southwest Florida and SBDAC.

Festival of Trees is presented by Publix Super Markets Charities. All trees will

be raffled (except the tree being donated to Golisano Children's Hospital). Raffle tickets are \$10 each or three for \$25. Each raffle winner will be notified to receive the decorated trees and all gifts beneath it. This includes delivery and setup in home or office. The value of each tree along with the presents is over \$1,500.

A sneak preview will be offered the night before the opening at the Tree Preview Party on Wednesday, December 1 from 5 to 7 p.m. On Thursday, December 2, the tree viewing will be held from 11 a.m. to 9 p.m. and a Wine & Paint Night with local artist Dharma



Ben Allen Band

Lefevre will be offered from 6 to 9 p.m. For more information and to sign up, visit www.sbdac.com/wine-and-paint.

On Friday, December 3, the tree viewing will be held from 11 a.m. to 10 p.m. The Southwest Florida Symphony String Quartet will perform at 5:30 p.m. There will also be a wreath lighting and a Country Christmas concert with the Ben Allen Band beginning at 7 p.m.

On Saturday, December 4, the tree viewing will be held from 10 a.m. to 10 p.m. Santa's Block Party will offer children an opportunity to create holiday art, color

Christmas and holiday cards, decorate cookies and write letters to Santa and military service members from 10 a.m. to 2 p.m. Admission is \$6 per child and includes one train ride. Additional train ride tickets may be purchased for \$2 at the train depot. The Memphis Motown Soul Experience free concert will be held from 7:30 to 10 p.m.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information, visit www.sbdac.com/festival-of-trees-2021.✴

Historic Downtown Fort Myers, Then And Now:

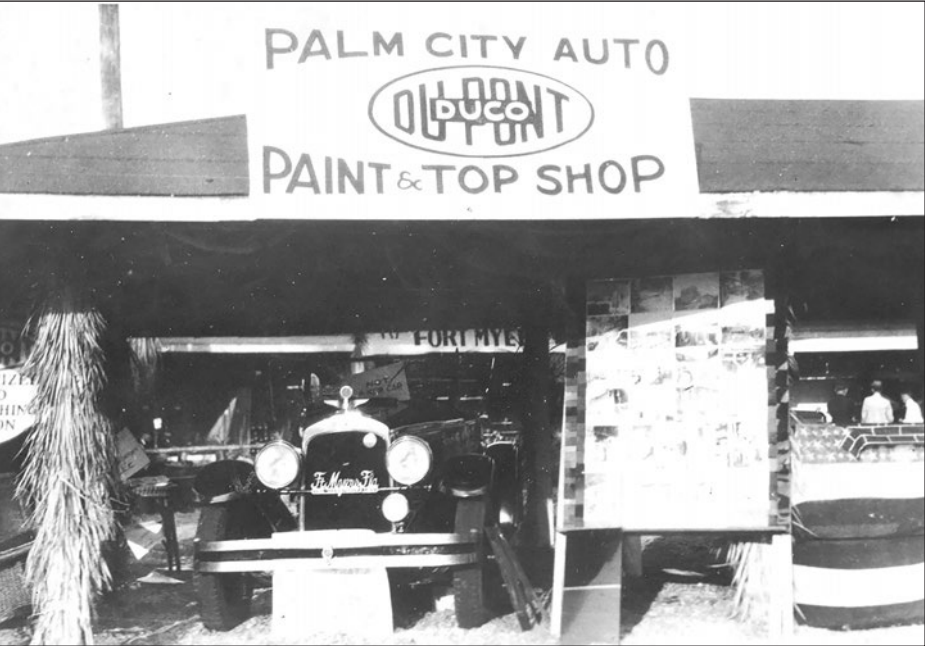
Duco Revolution Arrives



by Gerri Reaves, PhD

Cars have become the ultimate accessory, and extravagant color and detailing evoke barely a moment’s surprise. Chartreuse, shocking pink, or fluorescent mustard yellow – whatever – car color is just another consumer choice. But in the early 1920s, that wasn’t the case. Henry Ford had made the basic black baked enamel the standard. Only high-end automobiles like Cadillac and Rolls Royce offered hand-painted colors other than black. But those expensive custom colors were nothing to celebrate because they were prone to chipping, fading and cracking.

Along came DuPont’s Duco to launch the color revolution in consumer choice for autos and a wide array of consumer goods. And Palm City Auto Paint and Top Shop on Thompson Street was at the center of it. This circa-1926 photo hints at the newsworthiness of the new lacquer: that large display board is titled, “How Duco is made.” That was that year that the business became an authorized auto re-finishing station for DuPont Duco. The shop had recently moved into a new six-thousand-square-foot facility. It was a good time for any business related to autos because of the economic boom and skyrocketing auto ownership. The brand name Duco might not ring a bell, but in the 1920s it quickly innovated the car-paint industry. According to the Science History Institute, in 1926, DuPont and the General Motors Corporation developed Duco finish, “a quick-drying, durable, inexpensive, and colorful automotive lacquer.” DuPont sold the paint to car manufacturers and refinishing garages and supplied



Circa-1926, Palm City Auto Paint & Top Shop showcases the product that revolutionized auto-color choice in a display titled “How Duco is Made”
photo courtesy SWFL Historical Society



The shop was located on Thompson Street west of Evans Avenue (far left)
photo by Gerri Reaves

five GM divisions and 14 other automakers. It was available in a rainbow of colors and paint shops had color panels on hand to help customers choose. Unlike standard auto paint, it endured the onslaught of weather, extreme temperatures and a variety of corroding substances, from dirt to salt. Two-toned paint jobs and striping became possible, as well as the coordination of paint color with interior features such as upholstery. Color democratized aesthetics, as the History Science Institute explains. It’s a legacy we now take for granted. Once the Great Depression hit, the Palm City Auto ads seemed to change accordingly. Boom-time appeals such as “allow us to dress your car up with a Duco job that looks like a new one” changed to ones that emphasized essential rather than optional jobs. The shop advertised more hum-drum jobs, such as wood and cabinet work and fender and body repair. The ominous Depression years of 1929 and 1930 saw wrecker service, day or night, become prominent in ads, with the promise, “the only shop between Miami and Tampa completely equipped to rebuild your wrecked car.” The essential but ordinary radiator repair followed the following year. In June 1935, the shop announced a new department with new services: wheel alignment and axle and frame straightening. The latest Bear alignment equipment had been installed, and a car’s shimmy could be remedied in mere hours, not a couple of days. By the end of World War II, the shops co-owners were working independently at other locations. In 1947, a furniture store was located at the former paint top shop. In 1953, Roberts & White Furniture Company built the structure now on the site. Visit Thompson Street and see the site where the auto-color revolution made a mark in Fort Myers. Then visit the following research centers to learn more about the many angles of auto-marketing in the boom. The Southwest Florida Historical Society is an all-volunteer, nonprofit organization open Wednesday and Saturday between 9 a.m. and noon. It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 for more information. The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park. Call 332-8778 for the hours or visit www.leecountyblackhistorysociety.org. Visit the IMAG History & Science Center at 2000 Cranford Avenue or at www.theimag.org. Sources: Archives of the Southwest Florida Historical Society, the Fort Myers Press, www.sciencehistory.org, and www.utahrails.net.*

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Craft Guild To Exhibit Artwork At ACT Gallery

Arts for ACT Gallery will host an opening reception and meet-the-artist session during Art Walk for an exhibition of one-of-a-kind original artworks by the Southwest Florida Fine Craft Guild (SWFFCG) on Friday, December 3 from 6 to 9 p.m. Works will be on display until January 3.

SWFFCG is an organization of artists creating contemporary artworks in a variety of media: clay, fiber, glass, jewelry, metal, mixed-media, stone and wood. The nonprofit artist collective is celebrating its 50th anniversary as the preeminent guild representing local three-dimensional artists. For more information, visit www.swffinecraftguild.org or email swffinecraftguild@gmail.com.

Funds raised at Arts for ACT Gallery support Abuse Counseling and Treatment, Inc., the domestic violence, sexual assault and human trafficking center serving Lee, Hendry and Glades counties. Arts for ACT Gallery is located at 2265 First Street in downtown Fort Myers. For more information, visit www.artsforactgallery.com.✱



Golden Columns is mixed media artwork by Pamela Jones photo provided

Comic Con Returns With Many Attractions

The SW-FloridaCon has returned for its 5th annual show at the Crowne Plaza Fort Myers at Bell Tower Shops on Sunday, November 28 from 10 a.m. to 5 p.m.

Longtime fans of fantasy will be treated to more than 125 exhibitors that cater to a wide spectrum of interests including comic books, magazines, toys, games, movies, television, anime, manga, cosplay, artwork, sketches and apparel.

In addition, a roster of comic industry professionals and fandom-related celebrities will be in attendance for attendees to meet and greet. There will be \$1,500 in door prizes throughout the day.

Confirmed featured guests include: Tom DeFalco, Marvel comic book

legend;

Fedor Steer, actor in *Haunting of Hill House*;

Melanie Kohn, famous voice actor of *Peanuts' Lucy Van Pelt*;

Patrick David, red power ranger;

Dan Fraga, comic book artist legend; KoKo BWare, WWE hall of famer and wrestling legend.

Attractions include:

Teenage Mutant Ninja Turtles car; Baby vehicle from *SuperNautral TV* series;

Local Southwest Florida cosplayers;

Star Wars characters from the 501st Legion;

Dungeons & Dragons tournament;

Cosplay contest at 4 p.m.

General admission tickets are \$20, while VIP tickets are \$50. All children under age 11 are admitted free with an accompanied adult.

Crowne Plaza Fort Myers at Bell Tower Shops is located at 13051 Bell Tower Drive in Fort Myers.

For more information, visit www.swfloridacomicon.com.✱

Future Of Lehigh Schools To Be Discussed

The School District of Lee County will hold a community meeting for an update on the future of Veterans Park Academy for the Arts and the former campus of Lehigh Acres Middle School on Tuesday, November 30. The meeting will be held in the Star Café at Veterans Park Academy for the Arts from 5:30 to 6:30 p.m. and is

open to the public.

The old Lehigh Acres Middle School campus was vacated in August when the students and staff moved to a new school on Sunrise Boulevard. The campus is to be renovated for future use. The common border with Veterans Park Academy for the Arts allows for improvements at both schools.

District and construction team staff will present an update on the project at the meeting. There will also be time for a question and answer session.

Veterans Park Academy of the Arts is located at 49 Homestead Road South in Lehigh Acres.✱

In the Main Theatre

HOLLY JOLLY Christmas

**NOVEMBER 25 –
DECEMBER 25**

This holiday song and dance extravaganza is perfect entertainment for all ages! *Holly Jolly Christmas* embraces the season with Broadway-style dancing, stunning costumes and the traditional holiday favorites you know and love. Bring family and friends and celebrate the most wonderful time of the year with *Holly Jolly Christmas*, *Jingle Bells*, *Silent Night*, *Santa Claus Is Coming To Town* and more!

TWO SHOWS ON Thanksgiving!



In the Off Broadway Palm

6'6"
6'4"
6'2"
6'0"
5'10"
5'8"
5'6"
5'4"



**NOW –
DECEMBER 25**

A new holiday comedy about a lawyer who's in a pickle when he unknowingly brings on the head of the Russian Mafia as a client. Let's just say, there are more than chestnuts roasting on an open fire!



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Fort Myers Art:

Grant Recipient Show On Display In Historic Home



by Tom Hall
The Fort Myers Individual Artist Grant Recipient Show is on view now through November 27 in the historic Langford Kingston Home in downtown Fort Myers. The exhibition

showcases the work of artists who received grants from the City of Fort Myers in 2018 and 2019, including (alphabetically) Patricia Collins, Lily Hatchett, Krista Johnson, Leo Johnson, Mike Kiniry, Tim Smith, Terry Lynn Spry, Berry van Boekel, Gregory and Warren Van Kirk, and Rosaline Young. As an added bonus, busts cast in 1990 by North Fort Myers sculptor DJ Wilkins for the Harborside Event Center are on display in the foyer of the Langford Kingston Home along with a bust of Seminole Chief Billy Bowlegs. The exhibition is open to the public weekdays between 9 a.m. and 1 p.m. Call ahead to the Uncommon Friends Foundation at 337-9505 to arrange for access to the home by a Burroughs



The historic Langford Kingston Home
House docent. There is no charge, although a \$5 donation is suggested to help defray the cost of maintaining both the Burroughs and Langford Kingston homes. The Langford Kingston Home is administered by the Uncommon Friends Foundation (which also operates the Burroughs Home and the scene of Holiday House each December). The Langford-Kingston Home is a rare Chicago bungalow style home that possesses architectural features normally associated with Frank Lloyd Wright. It was built in 1919 by Walter Langford,


photo courtesy www.artswfl.com

a prominent figure in our area's citrus, railroad and banking industries. In fact, it was Langford who built the elegant Beaux Arts First National Bank building on the southeast corner of First and Hendry streets. The home was purchased by the Kingston carburetor inventor, George Kingston, five years after Langford's sudden and untimely death in 1920. It was ultimately acquired by the United Methodist Church, which donated it to the City of Fort Myers in 2001. The house was moved in May of 2003 to a lot across the street from the Burroughs Home, another historically preserved building in downtown Fort Myers. The Uncommon Friends Foundation was founded in 1993 to carry on the generational values that Fort Myers businessman Jim Newton wrote about in his famous book *Uncommon Friends*, which documents Newton's experiences with Thomas Edison, Henry Ford, Harvey Firestone, Dr. Alexis Carrel and Charles Lindbergh, and the personal traits that he believed set them apart. It is those personal traits that the Uncommon Friends Foundation is committed to carrying forward in today's culture. The Langford Kingston Home is located at 2500 First Street in downtown Fort Myers. For more information about the exhibition, contact Tom Hall, public art consultant for the City of Fort Myers, at 691-2292 or tom@artswfl.com. For more information on the

Uncommon Friends Foundation, the Langford Kingston and Burroughs Home or Holiday House, contact UCF Business Manager Laura Pegler at office@uncommonfriends.org. Tom Hall is both an amateur artist and aspiring novelist who writes art quest thrillers. He is in the final stages of completing his debut novel titled *Art Detective*. A former tax attorney, he lives in Estero with his fiancé and their four cats.✽

From page 1 Hollywood Legend

she wished she had. Her first client was Julie Harris, whom she adored. She tells how Gene Hackman got his role in *The French Connection* and Faye Dunaway her role in *Chinatown*. Ali MacGraw was one of her favorite clients, but she reluctantly gave her up because of MacGraw's husband, Steve McQueen. She calls him an abusive, alcoholic, misogynistic, loutish, pretentious, mean, mean man, who didn't want his wife to have a career anymore. Mengers does not pull any punches as she holds court by sharing gossip from a previous era about people who are mostly retired or dead. She also shares a life story about how she and her parents left Nazi Germany when she was a girl. Her father was never comfortable in America and committed suicide. "He killed himself in a Times Square hotel room, which seems redundant," Mengers says. Twice during the show, once when she wants a joint and then when she wants a drink, she picks a male member of the audience to go up on stage and get them for her. First, she tells him to remove his shoes. Her improvising with the man during these interludes was amusing. Mengers retired over two decades ago and died in 2011, but she comes to life again, thanks to the talents of Knapp, sharing an array of juicy Hollywood stories. *I'll Eat You Last* is a jaw-dropping comedy that plays through November 21 at New Phoenix Theatre, located at 13211 McGregor Boulevard in Fort Myers. Shows are at 8 p.m. through Saturday, with a 3 p.m. matinee on Sunday. This is a show not to be missed. For tickets, call 284-5214 or visit www.newphoenixtheatrefortmyers.org/box-office.✽




"A spectacular new exhibition of high-resolution seashell photographs would also have given Rembrandt oceans of artistic inspiration."
-Forbes.com

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LEE COUNTY
TOURIST DEVELOPMENT COUNCIL



Thanksgiving Day Service

First Church of Christ, Scientist
Invites you to the Thanksgiving Day Service
10:30 - 11:30 a.m.
2390 West First Street, Fort Myers
No collection is taken
For more information, 239-334-6801
ChristianScienceFortMyers.net

Church QR



Thanksgiving Bible Lesson QR





The Fablab at IMAG History & Science Center

photo provided

Thanksgiving Camps At Science Center

The IMAG History & Science Center will offer day camps for students over their Thanksgiving break from Monday, November 22 through Wednesday, November 24. Camp IMAG is presenting Makers' Camp for students to learn about the Makers' Movement while making fall-themed shirts, stickers and games

by using vinyl cutters, 3D printers, laser cutters and other technologies and tools. Campers will have a blast designing, inventing and making their own creations. Intended for kindergarten to fifth grade students, campers will also experience the museum, live animal encounters, sea life in the touch tank, science shows and a 3D movie. The IMAG History & Science Center is located at 2000 Cranford Avenue in downtown Fort Myer. For more information and to register for the camp, visit www.theimag.org.

Golf Tournament Raises Funds For Area Charities

The Knights of Columbus St. John XXIII Council 13624 recently hosted its second annual charity golf tournament at The Forest Country Club in Fort Myers. This year's tournament raised more than \$4,000 for charitable causes, which included Golden PAWS Assistance Dogs, Hope Healthcare, Special Equestrians and St. Martin de Porres Outreach. The winning team of the tournament featured Francis Oberembt, Larry Evener, Vince Smoral and Philip Markey.

Golden PAWS Assistance Dogs, Inc. promotes independence for combat-wounded veterans and children with life-changing disabilities through partnerships with skilled assistance dogs. From its start nearly 40 years ago as a hospice organization caring for 100 people a day in Fort Myers, Hope Healthcare has grown to offer an ever-expanding continuum of care to more than 4,000 people each day within five Florida counties. Hope is dedicated to providing care and comfort to every individual and their loved ones as they fulfill life's journey. Special Equestrians, Inc. is a therapeutic riding center offering equine-assisted activities and therapies



Tom Dolan of the Knights of Columbus presents a check to Darlene Grossman of Hope Hospice photo by Trevor DeSuz

serving children and adults with disabilities in Lee, Charlotte, Hendry and Glades counties. Serving more than 1,000 families throughout Lee and Collier counties, St. Martin de Porres Outreach provides food, education, training and emergency support to those who need assistance with an open heart and in a compassionate, welcoming manner. Established in 1882, the Knights of Columbus is a worldwide charitable organization that provides financial aid and assistance to the sick, disabled and those in need and their families. For more information, visit www.kc23.org.

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ALF #13261



The 50-foot-long megalodon

photo provided

Dinosaur Exhibit Coming Soon

The largest and most realistic dinosaur exhibit in North America – Jurassic Quest – will be on display at the Lee Civic Center from Friday through Sunday, December 3 to 5.

The exhibit offers more than 100 life-like dinosaurs, dinosaur-themed rides, live dinosaur shows, interactive science and art activities, a Triceratops soft play area, bounce houses and inflatable attractions.

General admission tickets include

access to certain exhibits, activities and shows. Some rides and activities require activity tickets, available on site, or guests can upgrade to the kids unlimited rides ticket. Green screen photography and animal art tattoos are available at a separate cost. Entry is free for children under age 2. Reserve tickets online at www.jurassicquest.com. Tickets are for a timed arrival window, and advance ticket purchase is encouraged.

Lee Civic Center is located at 11831 Bayshore Road in North Fort Myers. For more information, visit www.jurassicquest.com/covid-message.

School District To Offer Behavioral Presentations

The School District of Lee County will offer parents the opportunity to learn more about the violence prevention program used in local schools. A series of presentations on behavioral threat assessment and management are available over the next several months.

“After the Marjory Stoneman Douglas High School shooting, Florida mandated threat assessment teams at every school and the behavioral threat assessment and management of cases where there is a potential for violence,” said Threat Assessment Coordinator Rick Parfitt. “This program will provide an overview of our program and give parents a chance to ask questions about what we do.” The topics covered will include targeted violence; behavioral threat assessment; overview of the threat assessment model; pathway to violence and examples and warning signs; and role of parents and the community.

Each presentation will last about 90 minutes and be held via zoom. The meetings schedule is as follows:

Tuesday, November 30, 10 a.m. to noon;

Wednesday, January 12, 6:30 to 8:30 p.m.;

Saturday, February 19, 10 a.m. to noon;

Tuesday, March 29, 6:30 to 8:30 p.m.; and

Wednesday, April 20, 6:30 to 8:30 p.m.

For the links to register for each Zoom presentation, visit www.leeschools.net/cms/one.aspx?portalId=676305&pageId=37686925.

Arts Academy To Perform Classic Holiday Ballet

North Fort Myers Academy for the Arts will perform a special production of Tchaikovsky’s Holiday Classic *The Nutcracker* at Barbara B. Mann Performing Arts Hall on Friday, December 10 at 7 p.m.

The two-act ballet is a multi-faceted arts educational experience for students of all ages and arts disciplines at North Fort Myers Academy for the Arts. More than 200 students ages 6 to 14 will be involved. The production is back on stage for the 19th year, including the 11th performance at Barbara B. Mann.

Tickets range from \$15 to \$35. Proceeds from this production support ongoing arts education programs and special arts opportunities at North Fort Myers Academy for the Arts.

Barbara B. Mann Performing Arts Hall is located at 13350 FSW Parkway in Fort Myers. For tickets, call 481-4849, visit www.bbmannpah.com or stop by the box office.

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

Service 9, and 11 a.m. Children’s RE, Adult Education Forum 10 a.m., www.allfaiths-uc.org, 2756 McGregor Boulevard, 226-0900.

ALL SAINTS BYZANTINE RITE CATHOLIC

Sunday 10:30 a.m., 10291 Bayshore Road, 599-4023.

ANNUNCIATION GREEK ORTHODOX

Sunday 9 and 10 a.m., www.annunciation.fl.goarch.org, 8210 Cypress Lake Drive, 481-2099.

BETH YESHUA MESSIANIC SYNAGOGUE

Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.

BIBLESHARE

10 a.m. Sunday and 7 p.m. Tuesday, www.simplysimpleworship.com, 7050 Winkler Road, Suite 121, 437-8835.

CHABAD LUBAVITCH ORTHODOX

Friday 6:30 p.m., www.chabadswf.org, 5620 Winkler Road, 433-7708.

CHAPEL OF CYPRESS COVE

Sunday 10 a.m., www.revtedalhouse@aol.com, 10200 Cypress Cove Circle, 850-3943.

CHAVURAT SHALOM

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

CHURCH OF THE CROSS

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

COVENANT PRESBYTERIAN

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

CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

Sunday 8 and 10:45 a.m. Jan 1 – Easter; 9 a.m. after Easter – Dec 31. www.crownoflife.org.

crownoflifelutheran.com. 5820 Daniels Pkwy, 482-2315.

REDEEMER CHURCH

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

CYPRESS LAKE PRESBYTERIAN

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

CYPRESS LAKE UNITED METHODIST

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

FAITH UNITED METHODIST

Sunday 9 and 11 a.m., 15690 McGregor Boulevard, 482-2030.

FIRST CHURCH OF CHRIST, SCIENTIST

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

FIRST CHURCH OF THE NAZARENE

Sunday 10:30 a.m. and 6 p.m., 13545 American Colony Boulevard, 936-2511.

FORT MYERS CHRISTIAN CHURCH

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

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

Sunday 10 a.m., 8210 College Parkway, 482-3133.

FIRST PRESBYTERIAN CHURCH OF FORT MYERS

11 a.m. Sunday, www.fpcforymiers.org, 2438 Second Street, 239-334-2261

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

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

LAMB OF GOD

Sunday 7:45 and 10 a.m., www.lambofgodchurch.net, 19691 Cypress View Drive, 267-3525.

NEW HOPE PRESBYTERIAN

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

PEACE COMMUNITY

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

PEACE LUTHERAN

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

REDEEMER LUTHERAN

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

RIVER OF LIFE ASSEMBLY OF GOD

8, 9:45 and 11:30 a.m., 21580 River Ranch Road, 495-0400.

SAMUDRABADRA BUDDHIST CENTER

Meditation classes. www.MeditationInFortMyers.org, 567-9739.

SAINT COLUMBKILLE CATHOLIC

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

ST. FRANCIS XAVIER CATHOLIC

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

SAINT JOHN THE APOSTLE METROPOLITAN

Sunday 10 a.m., 3049 McGregor Boulevard, 344-0012.

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY

Sunday 9:30 a.m., www.saintnicholasmonastery.org.

www.saintnicholasmonastery.org, 111 Evergreen Road, 997-2847.

ST. VINCENT DE PAUL CATHOLIC

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

TEMPLE JUDEA (CONSERVATIVE)

Friday 6:30 p.m. and Saturday 9 a.m., www.tjswfl.org, 14486 A&W Bulb Road, 433-0201.

THE FAITH CENTER

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

THOMAS A. EDISON CONGREGATIONAL

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

UNITARIAN UNIVERSALIST

Sunday 10:30 a.m., www.uucfm.org, 13411 Shire Lane, 561-2700.

UNITY OF FORT MYERS

Sunday 10 a.m., www.unityoffortmyers.org, 11120 Ranchette Road, 278-1511.

WESTMINSTER PRESBYTERIAN CHURCH

Sunday 9:30 and 10:45 a.m., 9065 Ligon Court, 481-2125.

WORD OF LIFE

Sunday 10 a.m., Wednesday 7 p.m., 2120 Collier Avenue, 274-8881.

ZION LUTHERAN

Sunday 8, 9:30 and 10:45 a.m., www.zionfm.org, 7401 Winkler Road, 481-4040. Email changes to press islandsunnews.com or call 395-1213.



Native climbing aster attracts a variety of butterflies, moths and bees it blooms all year long in Florida. photo by Gerri Reaves

Plant Smart

Climbing Stars

by Gerri Reaves

In the wild, climbing aster (*Symphotrichum carolinianum*) grows in moist areas such as coastal hammocks, swamp edges, wet woods, marshes and streambanks.

In Florida, this native wildflower is found in most counties and is also native to Georgia and the Carolinas.

Year-round blooms in Florida, as well as plentiful foliage and showy flowers, make it an excellent addition to an informal pollinator garden. The fact that it tends to bloom late in the year when many nectar sources have faded makes it all the more valuable to a variety of insects.

Among the butterflies that visit it are monarchs, pearl crescents, skippers, fritillaries, common buckeyes, gray hairstreaks, swallowtails and sulphurs.

Native bees, such as polyester, sweat, cuckoo, leafcutter, mining, bumble and chimney bees, also rely on it.

The gray-green opposite leaves are oval or lance-shaped, one to four inches long and clasping.

As is typical of members of the aster – or daisy – family, it has compound flowers.

Nine to 15 lavender to violet elongated ray florets are arranged around the yellow-orange disk florets.

The upper branches contain as many as 15 flowerheads, which are fragrant and an inch or two across.

Vine-like and fast-growing, this plant is useful to cover a fence or trellis, and the rambling habit makes it a good space filler and border.

The slender woody stems can grow to more than 10 feet long if climbing versus free-standing.

Give it full sun to partial shade. It has low tolerance for drought and for salt inundation, spray, or wind.

Propagate by cutting or division or with the dry one-seeded fruit collected from the spent flowerheads.

It will spread via rhizomes and by self-sown seeds.

Wild turkeys eat the flowers.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, <http://floranorthamerica.org>, www.flawildflowers.org, www.fnps.org, www.regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.✱

Florida Legislators Introduce Safe Waterways Act

Residents and tourists come to Florida's iconic waters for recreation and enjoyment but unfortunately, many state waterways have become more polluted and dangerous. In fact, nearly one million acres of coastal estuaries and 9,000 miles of Florida's streams and rivers are verified impaired for fecal indicator bacteria, which indicates the presence of dangerous pathogens that can be found in animal and human feces. However, no state requirement exists to consistently inform the public of this threat to their health. Currently, warnings are only being posted at a small subset of state recreational waters through the Healthy Beaches program.

To solve this problem, State Sen. Lori Berman and State Rep. Yvonne Hayes

Hinson recently filed SB 604 and HB 393, termed the Safe Waterways Act. The legislation will require county health departments to post and maintain warning signs at additional public bathing places that have been verified impaired for fecal coliform, *Escherichia coli*, or enterococci bacteria by the Florida Department of Health. Signage would be present until the waterbody meets state water quality standards, which would provide additional incentive to speed up restoration efforts. The legislation also includes the specific language for the signage.

John Cassani of Calusa Waterkeeper released the following statement:

"For too long, public waters contaminated with fecal bacteria have gone without public notification of the health risk. Many of Florida's waters designated for recreation have fecal bacteria levels consistently above the threshold the Florida Department of Health uses to close coastal beaches, yet on-site signage to indicate the specific risk is lacking. The problem has grown exponentially as Florida's population has exploded, and restoration has not kept pace with the increasing and widespread rate of impairment. This legislation would require signage at statewide recreational waters other than coastal beaches and bring emphasis to the need for accelerated restoration."

Floridians and visitors have the right to know if the waters they swim and recreate in are safe.

To find out more about supporting this public health policy, visit www.right2knowfl.org.✱

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The Fall Feed Is On



by Capt. Matt Mitchell

Chilly mornings and cool afternoons are not our normal for this time of year. This is a much-earlier-than-usual feeling that winter has arrived and

is going to stick around longer than in past years. With our water temperatures already in the low 70s, the fish are eating to pack on pounds for colder temperatures way sooner than later.

Over the period of one week, we went from extreme morning low tides to extreme high tides. A major part of this is wind-generated. Wind direction plays a large part in our tides especially during winter months. We see the lowest water during periods of northeast winds as it blows all the water out of the sound. These crazy low water times are my favorite time to fish during our winter months because all the fish get bunched up in the deeper channels and creeks.

Look for deeper water to fish during these super low tides. While it is a very popular place to fish, Chino Island channel can be on fire during the lowest of low tides. Expect the fish to be out from the mangroves as



Mateo from Vermont got in on the redfish and snook action with Capt. Matt Mitchell this week photo provided

they have to push out to open water and channel edges when it's crazy low. Moving water is always a very important part of the equation, either the end of the outgoing tide or first part of the incoming tide. Deeper channels that feed the JN 'Ding' Darling National Wildlife Refuge are also a good choice.

During the higher tides that we experienced later in the week, the bite switched back to fishing oyster bars and the many mangrove islands throughout the sound. I pick these places based on the day's wind direction. Fishing down wind allows you to sit well out from the target area. You can make a long downwind cast and the fish won't even know your there.

The king mackerel bite out from the beaches is heating up with so much bait out there. Trolling diving plugs is hard to beat along with slow trolling live baits rigged on a stinger rig. Areas with a hard bottom and around well-marked public reefs are all good places to get started. Watch for these fish to skyrocket to know you're in the right place. Hooking these bigger kings may be the fastest drag-screaming run of any fish we catch.

Capt. Matt Mitchell has been fishing local waters since he moved to Sanibel in 1980. He now lives in St. James City and works as a back country fishing guide. If you have comments or questions, email captmattmitchell@aol.com.

From page 1

Holiday Farce

there will be more than chestnuts roasting on an open fire.

The cast features all Broadway Palm alumni including Rachael Endrizzi, Caitlin Moss, Megan Orlowski, Ken Quiricone, Christopher Russell, Rob Summers and Michael Weaver.

Ticket prices range from \$45 to \$65 with discounts available for groups of 20 or more.

Off Broadway Palm, within the main lobby of Broadway Palm Dinner Theatre, is located at 1380 Colonial Boulevard in Fort Myers. For tickets, call 278-4422, visit www.broadwaypalm.com or stop by the box office.

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Green Sea Turtle



by Bob Petcher

The green sea turtle (*Chelonia mydas*) is named for the color of the fat under its shell. It is the largest hard-shell sea turtle and only herbivore among the different species that includes loggerhead,

leatherback, hawksbill, Kemp's ridley, olive ridley and flatback.

Sporting a small head and an oval body, the green sea turtle plays an important role in ocean ecosystems by eating sea grasses which help keep seagrass beds short and healthy.

At CROW, a post-hatchling green sea turtle was admitted after being washed back ashore in Boca Grande. Upon examination, the turtle, estimated to be about four months old, had a deep laceration with some necrotic tissue present on its front right flipper.

"In most cases, necrotic tissue must be removed to allow healthy tissue to regrow," explained CROW Rehabilitation Manager Breanna Frankel. "Necrotic tissue can also lead to other systemic infections, so we are monitoring it closely."

Unfortunately, the injury and subsequent swelling led to decreased use of the flipper. Veterinarians cleaned and



Patient #21-5664 works out his injured flipper

bandaged the laceration and transferred it to rehabilitative care.

"Initially, the wound was flushed out and a topical antimicrobial gel was applied. This sea turtle had a bandage on the wound site while it was dry docked. When their shell and skin is dry, we can apply a bandage similar to one on people," said Frankel. "Since our post-hatchling lives in water full time now, we are not currently applying anything to the wound site. Once it was placed in water, the best thing we can do is keep the water clean and allow the turtle to live in as natural of an environment as possible while healing."

The patient reportedly has a healthy

photo by Brittney Auchmuty

appetite and is eating a formulated turtle food in pellet form while also chewing on some sea grass, said Frankel. While the injured flipper did not look good upon admittance, the young turtle has rebounded and is strengthening its limb in the water.

"Initially, we assumed we would have to do more physical therapy based on how little the flipper could move," said Frankel. "However, the sea turtle has been moving the flipper more in water and even more when it comes to finding food. Doing physical therapy on its own will be crucial for healing."

The road for the post-hatchling is still

uphill, warns Frankel.

"It will take several weeks for the wound to heal based on the amount of infection we're facing," she said. "If the flipper successfully heals, (the patient) can be returned to the water."

Upon hatching, hatchlings usually emerge from their nest and make their way to the shallow, coastal waters to swim out in hopes of reaching the Sargasso Sea. This particular turtle will get a bit of help if and when it is cleared for release.

"It won't be released from shore," said Frankel, "it will be boated out a distance and released offshore to offer the best chance of survival."

The young patient's journey has already been one that has tackled difficult odds to get back to land. It is lucky to have a second chance at survival.

"Only about one in 1,000 hatchlings survive to adulthood. The fact this one made it to CROW without being picked off by a bigger predator or passing due to the injury is incredible," said Frankel. "Getting every turtle back out to the wild is critical to their continued survival, so we are doing everything possible to help this little one recover."

CROW (Clinic for the Rehabilitation of Wildlife, Inc.) is a non-profit wildlife hospital providing veterinary care for native and migratory wildlife from our local area. The hospital accepts patients seven days a week from 8 a.m. to 5 p.m. Mail donations to P.O. Box 150, Sanibel, FL 33957. Call 472-3644 or visit www.crowclinic.org.



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Members of the Alliance for Period Supplies

photo provided

Products Donated To Women And Girls

The Alliance for Period Supplies of SWFL recently distributed two million pads to financially challenged women and girls.

The nonprofit organization, aimed at ending period poverty in Southwest Florida, is the only organization

consistently providing free period products to women and girls in Collier and Lee counties. Since it was founded in 2019, the organization has provided 83,333 healthy, dignified and worry-free periods for women and girls.

"This is an important milestone for our organization, but our work is far from done" said Dusti Beaubien, the president of the Alliance for Period Supplies of SWFL. "We look forward to continuing our work to end period poverty in our communities and

ensuring that a period is the end of a sentence, not a woman's ability to work or a girl's education."

One in four women have struggled to buy period products because of a lack of income. The inability to access period supplies can force women to use rags, socks or paper products, which can lead to infection and create emotional anxiety.

Through partnerships with agencies throughout Collier and Lee counties, APS of SWFL distributes period supplies at 160 locations and serves about 5,000 financially challenged women and girls with an annual year's supply of period products.

For more information about the Alliance for Period Supplies of SWFL or to learn how you can help end period poverty in Southwest Florida, visit www.apsofswfl.org.

Season Changes For Bus Routes

Several LeeTran bus routes will begin seasonal schedules beginning Sunday, November 21.

The seasonal changes are: Fort Myers Beach seasonal tram service will begin Sunday, November 21. Beach Trolley service will begin more frequent arrivals and departures with expanded hours on January 2.

The Fort Myers River District Trolleys (Blue 500 and Gold 505 lines) will begin seasonal service on Sunday, November

21. The Blue Line runs through downtown Fort Myers.

In addition to the seasonal changes, several year-round changes are also planned to begin November 21:

Route 600, Coconut Point to Creekside Transfer Center in Collier County, will transition to a year-round schedule that starts earlier in the day and ends later in the evening with increased frequency.

Two routes – Routes 240 (Bell Tower Shops to Coconut Point) and Route 600 – will be interlined on all trips. Interlined routes allow riders to continue on to their destination without transferring buses. Riders on board will not have to pay an additional fare to continue on this interlined route.

Route 40, from the Cape Transfer Center to Coralwood Shopping Center, will add 15 minutes to each arrival/departure throughout the day. Beginning and end times will not be affected.

Route 20, which serves east Fort Myers, will no longer enter the Eastgate Shopping Center on Palm Beach Boulevard but will continue to serve surrounding stops. There will be no changes to the route schedule.

Complete information about these changes can be found after the changes take place at www.rideleetrans.com or by calling customer service team at 533-8726.

Planned Parenthood To Hold Fundraiser

Planned Parenthood of Southwest and Central Florida (PPSWCF) will hold its 2021 Voices for Planned Parenthood: Let's Get Loud! fundraiser in-person and virtually on Tuesday, December 7 at 2 p.m.

The in-person event will take place outdoors at Shangri-La Springs at 27750 Old 41 Road in Bonita Springs. Guests will also be able to register for the livestream event. Sponsorships and tickets are now available at www.letsgetloud.givesmart.com or by calling 941-500-9689.

The event will begin with cocktails and conversation followed by a program panel of leaders in the fight for truth and reproductive freedom who will engage attendees in conversation and offer opportunities for action.

In the past year, state lawmakers have proposed a bill to restrict abortions, and several local governments including the City of Naples have discussed the idea of ordinances banning abortion and to become sanctuary cities for the unborn.

The event is presented by the Judy Goldenberg Distinguished Speakers Fund, created in 2018 by the Goldenberg family to honor the life and spirit of Judy Goldenberg, a passionate Planned Parenthood volunteer leader in Lee County.

For more information, visit www.myplannedparenthood.org or call 941-365-3913.

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Best Buddies Tops Fundraising Goal

Best Buddies Southwest Florida has surpassed the 2021 Champion of the Year Gala fundraising goal by 15 percent, raising a total of \$103,000 for its second in-person gala. As the top fundraiser, Laura Georgelos of Laura Georgelos Luxury Homes was crowned the 2021 Grand Champion of the Year for the local organization.

The announcement was made at Spanish Wells Country Club during the October 22 event, which also featured silent and live auctions, dinner and dancing. Guest speakers included Julie Lyle and Courtney Sharkey (Southwest Florida ambassadors) along with Nicole Coratti and Jennifer Denike, who were the focus of the night's Mission Moment as the first adult one-to-one friendship match in the citizens program.

Prior to the event, 13 Southwest Florida champions raised awareness and funds for Best Buddies Southwest Florida, and generated countless opportunities for friendships, jobs and leadership development for children and adults with intellectual and developmental disabilities.

"We are so proud of Laura and all of our champions, who worked diligently to help us achieve our goal for the 2021 Champion of the Year event. Their collective efforts will make a tremendous impact on the lives of those with intellectual and developmental abilities," said Melanie Musick, area director of



From left, Gala Chair Alina Gonzalez-Dockery, 2021 Grand Champion of the Year Laura Georgelos and her Mission Partner, daughter Toni photo provided

Best Buddies Southwest Florida. "The Southwest Florida community has wholeheartedly embraced the Best Buddies mission of inclusion, and we so appreciate the continued support from community leaders, business owners, residents and the families we serve.

In addition to Georgelos, the 2021 Southwest Florida participating champions also included Matthew Boggan, Design MNB Web Design Studio; Edye Button, Cash Flow Strategies Business Coaching; Cody Eads, Florida Division of Vocational Rehab; Haley Marra, FGCU student;

Kevin Montoya, Vera Bradley at Miromar Outlets; Laura Morrino, Embassy Creek Elementary School; Alexis Poore, Publix; Sheena Reagan, Zimco Entertainment; Char Seuffert, Brightway Insurance, the Seuffert Agency; Mary Shea, La Quinta Inn & Suites by Wyndham Hotels & Resorts; Lenny Cannova and Kristine Skaarsgard, Modern Woodmen Fraternal Financial; and Dre White, I Want That Yummy.

Event sponsors included: City Furniture, Conditioned Air, Cross Country Mortgage – the Wesson Group, Germain Lexus of Naples, Modern

Woodmen Fraternal Financial, Moore Lending Group, PDQ and TruPixel.

For more information, visit www.bestbuddies.org.

FSW Schools Receive Rankings

Florida SouthWestern State College Collegiate High Schools (FSWC-Lee and FSWC-Charlotte) are ranked No. 1 and No. 4 in the state, respectively, and received A grades for the 2020-21 school year.

The Florida Department of Education's (FLDOE) school ranking data includes all high schools that have taken eight or more end-of-course exams and are ranked by percent possible.

Marketing Firm Relocates

Spiro & Associates has moved from its 2286 West First Street location in downtown Fort Myers to a location shared with Wilbur Smith Law Firm at 2200 Broadway. Spiro & Associates will occupy half of the second floor.

The building, called The Alibi, is the first commercial structure located where the new Midtown project is proposed.

Spiro & Associates is one of Southwest Florida's largest marketing, advertising, public relations and brand architecture firms.



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Book Review

The Perfume Thief



by Di Saggau

The *Perfume Thief* is a gripping novel with gorgeous writing. It's the story of a queer American expat named Clementine who, after a life of notorious thievery all over the globe, has

retired in Paris and become a perfumer for the ladies of Madame Boulette's cabaret. Clem is 72 years old and thinks she's too old to pull off any scams, especially one that involves fooling the Nazis. But that's what she does when her friend Zoe St. Angel recruits her to steal a diary and recipe book of a famous Parisian perfumer named Pascal. The diary reveals Zoe's identity as a Jew, and also might include concoctions that could be used as biological weapons by the Nazis.

Being in Clem's mind is a thrill as we follow her sinking deeper and deeper into this mystery. She worries about her loved ones and how to keep them safe. As she talks about the City of Light crawling with Germans, she reminisces about a long-ago love. A Nebraska native, Clem dares not return to the United States, where too many warrants await.

Clem has to outwit Oskar Voss, a Nazi bureaucrat who wants her book and also

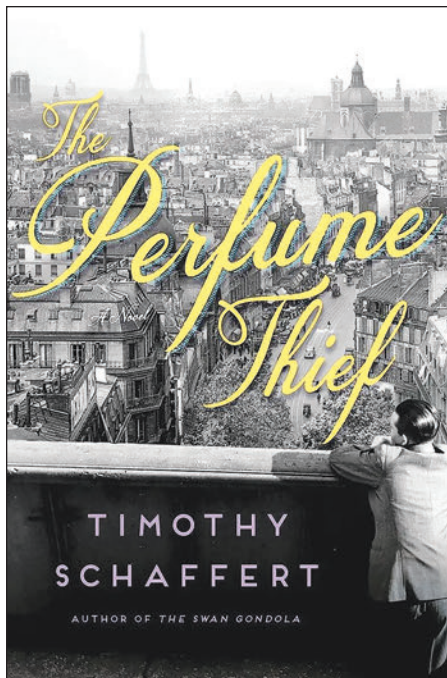


image provided

her expertise. Trying to buy the time and trust she needs to pull off her scheme, Clem settles on a unique strategy, telling Voss the truth about the life and loves she came to Paris to escape.

The Perfume Thief treats us to a wartime Paris with a sharply delicious difference. It's a rich and rewarding tale, original and unique complete with romance, espionage, champagne towers and haute couture. It is a dazzling portrait of the underground resistance

of 20th-century Paris and a passionate love letter to the power of beauty and community in the face of Nazi occupation. The heart of this novel is how Clementine demonstrates, through her own

adventures, how every life is in its own heady perfume, distilled from the personal experiences of the individual. Historical fiction at its finest.*

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My son is in 5th grade and is still struggling with reading. His teacher suggested that he read graphic novels. I don't understand why that would be

helpful. What do you think?

*Allyson C, Fort Myers***Allyson,**

Graphic novels, which are novels in comic-strip format, are a good choice for struggling readers because they have less text than traditional books and are less overwhelming. Graphic novels are easy to read but have age-appropriate content.

Struggling readers are typically not going to read unless required to do so. With graphic novels, kids are reading and getting reading practice without the intense demand of traditional books.

A graphic novel uses images generally in a comic strip format to tell a story. With pictures and illustrations and much less text, graphic novels help kids practice reading and help kids build positive associations with books.

Here are some ways graphic novels can help struggling readers:

Graphic novels look and feel more approachable – Graphic novels give kids a reading experience that's much more manageable with images on every page and much less text. In comparison with a dense text-filled novel, a graphic novel doesn't seem like it will be too hard to read. Kids can flip through the pages quickly and understand the story. Getting to the end of a book builds confidence that they can complete a book.

Kids feel grown up with a graphic novel – Graphic novels are accessible while

still having age-appropriate content. While the typical picture book is easier to read, but it's also meant for younger children. Kids can read a graphic novel in front of their friends without having to worry about looking foolish. Their lower reading level is not an issue with this format.

Graphic novels can help with reading comprehension – With images alongside words in graphic novels, a link is built for understanding the text. The image provides a clue to help with comprehension. The more clues a student uses for comprehension the easier reading can become for them.

Graphic novels can help kids feel a sense of accomplishment – Kids who have trouble reading may have many negative emotions and are often discouraged by reading. A graphic novel can help them experience reading success. Knowing that they have been able to read an entire book and enjoy it builds confidence and motivates kids to keep on reading.

Skills used with graphic novels transfer to other types of reading selections – Despite there being less text with graphic novels, they still require the reader to do the mental work of comprehending the story line. Identifying and understanding the plot, narrative, character development, problem and resolution are the skills kids use with graphic novels. These skills will transfer as they read other material and improve their comprehension across the board.

Graphic novels can turn reading into a happy and worthwhile task for your child. These books can make reading feel achievable for the struggling reader.

Shelley Greggs is former faculty at Florida SouthWestern State College, where she taught psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. To contact her, email smgreggs@gmail.com or visit www.schoolconsultationservices.com.*

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"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

Athletic Programs Gain Grants

The Tommy Bohanon Foundation has awarded \$30,000 to five local high school athletic programs. Sports equipment grant funds will be dispersed between North Fort Myers High, South Fort Myers High, Dunbar High, Riverdale High and Mariner High.

With these funds, programs are able to purchase any necessary equipment, upgrade facilities and provide athletes with new sports gear. Not only do these funds alleviate the financial restraints of the schools, they also help to relieve the financial burden that sports can have on athletes and their families.

"I remember the days of having to duct tape my cleats together and hoping they'd last me through practice or a

game," said former NFL player Tommy Bohanon, founder of the Tommy Bohanon Foundation. "We are constantly working to make sure every kid in our community has access to safe and effective sports gear and equipment, which is what inspired us to create the sports equipment grant."

In previous years, schools have used the sports equipment grant to purchase new jerseys, cleats and other sports equipment for their teams. Last year, North Fort Myers High received \$15,000 from the grant, which was used to renovate the Ron Hoover Field House.

The foundation launched its first sports equipment grant in 2018, but the tradition had been in Tommy and Katie Bohanon's hearts for many years. When Bohanon was in the NFL, he would often donate gently used and brand new cleats to football players at North Fort Myers High. To learn more, visit www.tommybohanonfoundation.org.*



Janice Danzig



Shavon Chester



Marc Collins

Dr. Marlene S.
Moulton

Theater Names New Chair And Board Members

The Florida Repertory Theatre Board of Directors has named Janice Danzig its new chair and welcomed three new members – Shavon Chester, Marc Collins and Dr. Marlene Moulton – to join Vice-Chair Naomi Bloom, Dinah Bloomhall, Alexander

Bremner, Secretary Doris Colgate, David M. Fritz, Fay C. Gronski, David Carleton Hall, R. Marc Laviolette, Sunny Lubner, John Martin, Martin McLaughlin, Rachel Burtram Powers and Treasurer Arthur Zupko.

The newest members of the board are Fort Myers residents with careers representing long-term care, medicine, and interior design. Each brings expansive civic involvement experience to the table. For more information, visit www.floridarep.org.✱

Sales Tax Increase Carrying Weight For Schools

Three years ago, area voters put their trust in the School District of Lee County and approved a half-cent sales tax increase. So far, the sales tax has generated \$228,152,475 for the school district's capital needs. Sales tax revenue has accounted for 33 percent of all capital revenue between 2019 and 2021. In this current fiscal year, it is providing \$87 million for district-wide improvements that would otherwise not be possible.

"It is hard to overstate the impact the sales tax has had on the school district," said Chief Financial Officer Dr. Ami Desamours. "We were delaying maintenance just a few years ago. Now, we are building for the future, upgrading our schools, increasing security and adding new technology."

The sales tax was approved to fund four areas of need. Total spending in those areas is currently:

Construction – \$28,874,601
Maintenance – \$46,567,696
Safety and Security – \$36,617,279
Technology – \$40,584,108

Improvements made to each school can be tracked on the school district's sales tax dashboard. The independent sales surtax oversight committee continues to oversee the use of sales tax revenues in accordance with the referendum and provides quarterly reports of such use to the school board.

Some of the major construction projects completed in the first three years include: Lehigh Senior High School addition and renovations (East Zone); Gateway High School (East Zone); and Lehigh Acres Middle School (East Zone).

Some of the major construction projects just beginning include: Elementary J in Lehigh Acres (East

Zone); Riverdale High School additions and renovations (East Zone); and renovations to the old Lehigh Acres Middle School and Veterans Park (East Zone).

Some of the major construction projects still to come include: Franklin Park Elementary rebuild (South Zone); The Innovation School (East Zone); and Cypress Lake Middle School rebuild (South Zone).✱

Commissioners Award Contract For Transit Center

The Lee Board of County Commission have agreed to award a contract for engineering services for expansion and renovations to LeeTran's Rosa Parks Transportation Center in Fort Myers.

The renovations will include four new bus bays, interior remodeling and ADA improvements to the restrooms. The \$176,000 engineering contract is with DRMP, Inc.

The Rosa Parks Transportation Center currently has nine bays for LeeTran fixed-route buses, one designated ADA paratransit van pull-in area, taxi and rideshare stands, intercity bus pull-in bays, customer service areas for both LeeTran and Greyhound, as well as customer amenities in the lobby.

About 1,100 passengers use bus bays and approximately 65 people use customer service areas for LeeTran and Greyhound services daily.

On October 19, the board approved a contract amendment with Chris-Tel Corp. for construction services for the \$3.2 million construction project. The work is expected to be completed in midyear 2022.

To learn more about LeeTran or to follow service related updates, visit www.rideleetran.com.✱

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Will Power

Making Laws And Sausages



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

Otto von Bismarck (1815-98), a conservative German statesman, once famously said, "If you like laws and sausages, you should never watch either one being made." Members of the United States Congress often quote him when discussing how the legislative process, though messy and sometimes unappetizing, is capable of producing wholesome results.

Reading about proposed tax legislation reminds me of that quote. At first, we expected certain strategies like intentionally defective grantor trust and discounted family partnership

interests to be eliminated from our tax laws. Pitchforks and torches were held by those wanting to eliminate the step-up in tax cost basis.

Miraculously, the next week, we heard that the step-up will be retained. Next, we learned that Congress would instead impose a tax on the wealth of billionaires. Then not. Those earning more than \$400,000 annually would be subject to increased marginal tax rates. Or would they?

Whatever new tax laws enacted would be retroactive to the first of this year. Then not. Then maybe? It's getting pretty late in the year to imagine that a new law would be retroactive to January 1.

One can never know what deals are struck in the cloak rooms of Congress to eventually fashion a bill that would reach the president's desk. I've practiced estate planning and tax law for the better part of 32 years, so I've become accustomed to uncertainty. Yet this year seems extraordinary, even by the making of sausage

standards.

What are we to do then? How should you plan? We can start by examining what is and what will be. Currently, the federal gift and estate tax exemption is \$11.7 million. Without the enactment of any further legislation, in other words, if Congress can't present a bill to the president that he's willing to sign, that exemption will fall to approximately \$6.5 million on January 1, 2026. If you have an estate worth more than that, then now is a good time to plan.

Could a future Republican president coupled with Republican control of both chambers of Congress change that? Yes, that can happen. How likely that is to occur, and how likely the legislative and executive branch would agree on more "tax cuts for the rich" in today's climate is a guess that anyone can make. Only the future will tell.

Another factor to consider is the growth of your estate. Is it likely to continue to grow? If so, how is now not a good opportunity to engage strategies that will transfer that growth out of your estate for federal tax purposes?

What about income taxes? Many estate plans fail to address the many income tax planning opportunities available to your beneficiaries. If you believe that we are likely to see higher marginal income tax rates into the future, then you may consider reviewing strategies to mitigate those taxes.

In short, we do know enough today to act. The future is always uncertain and will continue to be. Only those frozen by uncertainty stand to lose. Let's make some sausage!

On making sausages – or in this case, estate plans – we all know that there are labor shortages everywhere, my firm included. If you know of someone who is interested in working for an estate planning law firm that has an exemplary 98-year track record in Southwest Florida, we have positions open for a paralegal, clerical worker and an attorney (who should have a tax and estate planning academic background and experience). Send a resume to Maria Reimer at mreimer@sbshlaw.com.

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

University Alumna Joins Board

Tamika Seaton has joined the board of trustees at Hodges University.

Seaton is the founder and president of Grow Your Non-Profit, a firm specializing in growing startup, small and stagnant non-profits by providing consultative services for fundraising, strategic planning, executive and board development, and live and virtual event planning. Her firm strongly believes in big picture thinking and running a nonprofit like a business.

Seaton has a combination of 16 years of experience in government as well as the nonprofit and for-profit sectors. She has hosted delegations from China, Russia and Saudi Arabia while working as public information officer with the City of Naples in the mayor's office.

Seaton graduated cum laude from Hodges University, earning a bachelor's and a master's degree in management. She received a fundraising certificate from the University of Indiana Lilly School of Philanthropy and is a recipient of the Lions Club Foundation's 2018 Melvin Jones Fellow Award, the 2013 *Gulfshore Business* 40 under 40 Award, the 2011 Hodges University Founder's Award and the 2009 Collier County NAACP Life Blood Award.

Seaton has a monthly segment on the Lee Pitts Live Show on WXCW The CW channel named *Grow Your Non-Profit*. She also serves as the roundtable chair for the Association of Fundraising Professionals Collier-Lee Chapter, is a



Tamika Seaton

board member of the Alliance for Period Supplies and previously served on the Lee County School District finance advisory committee, as the Estero Chamber of Commerce Lunch n' Learn chair and in the Naples Woman's Club.

Seaton is currently writing a book about how to grow your nonprofit and is pursuing her certificate as a certified fundraising executive. She also serves as a business coach for the Goodwill SWFL Micro Enterprise.✴

Philanthropist Gives To Opera

Philanthropist Mary McVay has gifted Gulfshore Opera in the amount of \$1 million, intended as a leadership gift for growth and sustainability of facilities and programs. McVay is an avid supporter of Gulfshore Opera and served on the board of directors since 2017, acting as the organization's treasurer for three of those years.

Separate from Gulfshore Opera's annual operating fund, this gift will support the future success of the organization.

"I want to see Gulfshore Opera prosper and continue its educational programs," said McVay. "Gulfshore Opera is the perfect vehicle for me to support children and the community I live in."

McVay is a seasoned expert in financial responsibility with a bachelor of science degree in accounting and a master of business administration degree in finance from Virginia Tech. She



Mary McVay

obtained a certified public accountant's license after graduation, and has worked as an auditor for the CIA and as an expert in information technology with Booz, Allen and Hamilton. Additionally, McVay is an accomplished chartered financial analyst, and was a partner at The Burney Management Company, a financial advisory firm.✴

Redevelopment Specialist Hired

The City of Fort Myers Community Redevelopment Agency (CRA) has hired Phenicia McMillion as CRA redevelopment specialist.

In her new position, McMillion will be responsible for assisting the CRA director in coordinating projects and programs that implement and account for the formally adopted CRA redevelopment plan within the designated CRA area. She will be responsible for gathering and disseminating business information, marketing and discussing financial incentives with prospective applicants to promote redevelopment activities as specified in the redevelopment plans.

McMillion graduated from Riverdale High School, received an associate's degree in liberal arts from Edison State College, a bachelor's degree in criminology from the University of South Florida and a master's in psychology from Nova Southeastern University. She most recently served as behavioral/intervention specialist, educator for the Lee County School District.

In 2008, McMillion co-founded the



Phenicia McMillion

McMillion Foundation for Public Service, an IRS-recognized 501c3 nonprofit organization that maintains a climate that attracts and motivates a diverse group of people towards public service.✴

Marketing Firm Promotion

CONRIC PR & Marketing has promoted Christleen Knaub to marketing director. In her new role, Knaub will collaborate closely with CONRIC team members and clients to manage accounts and projects. She will also develop, implement and measure strategic marketing, communications, public relations and advertising campaigns.

Knaub has served as marketing coordinator and handled account management, digital communication, strategic marketing and event planning. She has worked to ensure successful digital marketing campaigns across all social media and newsletter platforms while also lending a hand to the planning and execution of events.

Prior to joining CONRIC, Knaub served as the programs and events manager at SWFL Inc. and community development manager with the American Cancer Society. She was awarded 40 Under 40 by Connect Corporate, featured among other young professionals in the corporate events industry across the globe.

A Southwest Florida native, Knaub studied communication at Florida Gulf Coast University.✴



Christleen Knaub

Superior Interiors

A Fresh Idea For Holiday Decorating



by Linda Coin

Since you've been spending so much time homebound, you're well ahead on your holiday decorating, right? Well, maybe not. Maybe you are in such a state that you are having a brain-freeze on

thinking about the holidays. Or, perhaps you do have those decorating plans pretty well planned out, or even much of it done, but are still looking for a fresh idea or two. Here are a few tips:

First of all, it's always a good idea to focus on the spaces that count the most. A foyer, if you have one, sets the stage — make it fabulous. Then concentrate on the living room, kitchen and dining room. While this isn't to say your other spaces can't be spruced up and decorated, these main spaces are likely where most of the hosting and holiday activities will take place.

The holiday season can be thought of as two distinct periods: autumn and winter. For many, the decorations from fall to the snowy season are a dramatic

change, but decorating those main spaces can be easier if you choose a transitional color palette from the start. Red, gold and silver are all great colors that can be incorporated at the beginning of the season and last until spring.

Don't overlook smaller places that can have an added touch for the holidays. Replace that display of family photos with some holiday ornaments. Windowsills, armoires and, yes, even bathrooms deserve a little touch of holiday magic. And don't forget to add some holiday spice to the guest room.

Accessories are the jewelry for your interior decorating, even more so during the holidays. Ornaments aren't just for the tree. A simple holiday accent can be created by placing ornaments in a crystal bowl or glass urn. Round glass balls can even be used as table place cards when you write each guest's name on them.

Soft glowing light is complementary to you and your holiday guests. Once you've turned the lights down low, bring out the candles by the boxful. From tall and tapered to short and stout, candles set a celebratory tone. Grouping candles in odd numbers and varying heights can add interest, or consider displaying them on a silver platter for even more light and shine. Mirrors, picture frames and metallic vases will help your room sparkle and shine. Don't be afraid to mix it up with lots of different metals.

When choosing plants to help add holiday cheer, think beyond the traditional poinsettias. Fill vases with

bouquets of fresh flowers in addition to the usual holly. Or choose beautifully shaped topiaries covered with pepper berries. Or how about draping your dining room chandelier with a pine garland or holly.

Visit the produce aisle of your grocery store for some simple and unique holiday decorations. For example, spray paint walnuts and gourds in silver or gold and display them in a decorative basket. Or fill a crystal bowl with red and green apples. Simple and definitely festive.

Above all, make your holiday décor reflect your family's personality. Are antique toys a personal passion? Are you a dedicated beachcomber? Try incorporating your passions into your holiday tree design and other aspects of your decorating. Do not be afraid to give your festive decorating an unexpected feel, a feel that relates personally to those who will use the space.

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

Commissioners Approve Arena Agreements

The Lee Board of County Commissioners have approved funding agreements with the Florida Department of Economic Opportunity for \$4.5 million to harden the roofs, windows and doors at Hertz Arena, and \$2.8 million to do the same at Alico Arena. Both serve as emergency shelters.

The federal Community Development Block Grant Mitigation (CDBG-MIT) program made these funds available after Hurricane Irma when Lee County was designated a Most Impacted and Distressed area by the U.S. Department of Housing and Urban Development. The board approved the grant applications in June 2020.

Commissioners have now signed \$14.7 million in post-Irma CDBG disaster relief and mitigation funding agreements, including \$7.1 million for improvements to canal and roadside flood control structures, sidewalk repair in San Carlos Park and \$253,000 for a coastal risk assessment and resiliency study. Through the final quarter of 2021, commissioners are expected to review and approve additional funding agreements valued at \$6.9 million for disaster-mitigation projects, including hardening of the Lee County Waste-to-Energy plant, sidewalk and roadside drainage repairs, canal clearing and replacement of pedestrian walkways.

Lee County competes statewide for these grants.

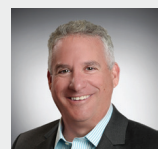
For more information on the Florida Department of Economic Opportunity's mitigation program for communities statewide impacted by storms in 2016-17, visit www.floridajobs.org/rebuildflorida/mitigation.*

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Frankly Speaking



by Howard Prager

Anyone win a Lamborghini lately? If not, you're not playing on the next to final stop of the LPGA tour this year at the Pelican Women's Championship in Bellair, Florida.

Morgan Auto Group had made the offer for a hole in one on No. 12 hole for tournament week. Not one, not two, but three golfers aced and won a free two-year lease on a Lamborghini. Austin Ernst made her ace during Monday's pro-am, Pavarisa Yoktuan made her one during the second round on Friday, and Sue Oh became the third player when she jarred her tee shot with a 7-iron on the 156-yard hole during Sunday's final round. However, they will drive their new wheels without a trophy, as none of them won the tournament. Bradenton's Nelly Korda won the championship in a four-way playoff. She joins Jin Young Ko for the most wins on the tour this year and became the winningest American in a season since Stacy Lewis won four times in 2012. Korda took home \$262,500, adding to her \$2,237,157 in season earnings. "It's been crazy," Korda said of her season, which also includes an Olympic gold medal. "I put in a lot of work, but

mentally, being in these positions and playing week in, week out under the pressure definitely takes a toll on you." Earlier this week, *Chicago Tribune* published a commentary from AP reporter Paul Newberry who said there's no way the Cincinnati Bearcats are going to break through to the College Football Playoff (CFP), despite their (so far) undefeated season. He said, "No team from outside the Power Five has come close to getting the call. Those four playoff spots are always reserved for the big boys." This week, the Bearcats ranked No. 2 in one poll and No. 3 in the other. Could the Bearcats find themselves in the hunt for a national championship? It all depends on what the 13-member selection committee thinks. Criteria to choose the four playoff teams includes strength of schedule, head-to-head results, comparison of results against common opponents, championships won and more. In a year where most of the top powers have at least one loss, perhaps this is the breakthrough that college football needs. However will that expand in the future?

Sports Illustrated reported last week that there's a new model to consider, as college football leaders are debating about playoff expansion. "At their meeting last week, a group of conference commissioners introduced a new alternate 12-team postseason model that guarantees a berth to each Power 5 champion," sources tell the magazine. The model is almost identical to the one a subcommittee

introduced over the summer – aside from one change. The alternate model grants automatic bids to the Power 5 champions plus the highest-ranked Group of 5 champion. The subcommittee's proposal gives automatic access to the six highest-ranked conference champions. Each format completes the field with six at-large selections based on rankings. Commissioners are expected to meet again December 1 and 2 in Dallas to further explore what appears to be a trio of options: (1) remain at four teams through 2025, the last year of the CFP's contract with ESPN; (2) approve the subcommittee's 12-team format; or (3) approve the alternate 12-team model guaranteeing bids to Power 5 champions. Any approved proposal needs the OK from the CFP Board of Managers, a group of school presidents and the ultimate decision-makers in the process.

And those leaders are on a deadline. They have about two months to settle on a new 2024 format or shelve expansion until 2026. The majority of commissioners are in favor of the subcommittee's 12-team proposal."

One more comment to ponder. The Athletic recently interviewed an unnamed athletic director about the future of college football. The discussion was all about what if college football became totally separate from college? No longer would athletes have to appear to be students. And they would get lured with salaries, benefits and perks. The most talented high school seniors would give up their senior year at a chance to start earning in college football. Athletic directors would become GMs. And college football would formally align with the NFL as their minor league. How many teams and colleges would survive this way – 30, 40? What about all the others? Would it open up other sports in college more, or hurt them without the football revenue to support them? Too far-fetched? Duke Corporate Education spun off of Duke's Fuqua School of Business in 2000 for greater flexibility and creativity than an academic institution can provide.

How about some ageless news. Growing older doesn't have to be limiting. *Runner's World* reports on 105-year-old American Julia "Hurricane" Hawkins setting the first-ever record in the 105-plus age group. "Hawkins ran her world record time of 1:02:95 in her age category in the 2021 Louisiana Senior Games, but despite setting a new

benchmark, she was not entirely happy with her performance. Like most runners, she thought she had a little more in the tank. Hawkins only took up running when she turned 100 because she says she ran out of people to compete against in cycling when she hit her late 90s. She was the former holder of the 100-meter world record after recording a time of 39:62 in 2017. However, that record was broken in August this year by 100-year-old Diane Friedman, who clocked 36.71. Hawkins' training largely revolves around gardening – she loves nothing more than spending her days tending to her flowers, hence her other nickname "The Flower Lady." She aims to walk or jog around a mile a day, adding in the occasional 50-meter sprint. Although, as she told *USA Today*, "When you're 105, you don't have too many 100-meter dashes left in you, so you save them for when you need them." I'm going to start saving mine today!

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 to press@islandsunnews.com.

Commissioner Officers Selected

The Lee Board of County Commissioners on Tuesday selected District 2 Commissioner Cecil Pendergrass to serve as board chairman for the coming year and District 3 Commissioner Ray Sandelli to serve as vice chairman.

The board selects a chairman annually on the third Tuesday in November from among the five commissioners. Commissioner Pendergrass previously served as vice chairman.

Commissioner Pendergrass was first elected to the board in 2012, while Commissioner Sandelli was appointed to the board by Gov. Ron DeSantis in 2019 and elected to the board in 2020. For complete biographies of all members of the Lee Board of County Commissioners, including Meet the Commissioner videos, visit www.leegov.com/bocc.

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SPORTS QUIZ

1. Former NFL kick return specialist Mel Gray was named to four Pro Bowls in the early 1990s playing for what team?
2. U.S. Olympian Ryan Crouser won gold medals at the 2016 Rio Games and the 2020 Tokyo Games competing in what track and field event?
3. In the 1983 NBA playoffs, what member of the Atlanta Hawks bit Danny Ainge of the Boston Celtics in the finger during an on-court fight?
4. By what nickname is former Dallas Cowboys fullback and longtime TV analyst Daryl Johnston known?
5. What U.S. women's soccer star scored three goals vs. Japan in the 2015 FIFA Women's World Cup final match?
6. The Platypus Trophy is an award presented in the college football rivalry between which two teams?
7. What South Carolina racetrack is known as "The Lady in Black"?

ANSWERS

1. The Detroit Lions. 2. The shot put. 3. Tree Rollins. 4. Moose. 5. Carli Lloyd. 6. The Oregon Ducks and the Oregon State Beavers. 7. Darlington Raceway.

Doctor and Dietician

Anti-Inflammatory Medications, Exercise, Healing



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

One fact of medicine that most people may not realize is that the body heals by the process of inflammation. Taking medications or non-steroidal anti-inflammatory drugs (NSAIDs) that stop inflammation will subsequently stop the body from healing. Arthritis is one of the most common conditions causing people pain. Interestingly enough, the reason arthritis forms in the first place is because an injured area did not heal. The pain of the initial injury may have been relieved by taking a medication that blunted the symptoms, but the injured tissue remained injured, as manifested by decreased strength.

Exercise alone does not cause arthritis. Injury causes arthritis. In a study where dogs were exercised for one year carrying jackets weighing 130 percent of their body weight, all knee joints were inspected for evidence of joint injury and degeneration at the completion of the study. Articular cartilage surfaces from the medial tibial plateau were examined by light microscopy, the cartilage thickness was measured, and intrinsic material properties were determined by mechanical testing. No joints had ligament or meniscal injuries, cartilage erosions, or osteophytes, and tibial articular cartilage thickness and mechanical properties did not differ between the two groups.

These results show that a lifetime of regular weight-bearing exercise in dogs with normal joints did not cause alterations in the structure and mechanical properties of articular cartilage that might lead to joint degeneration. Exercise is healthy and does not cause injury if properly performed. If

an injury occurs, it is important to treat it until it is completely healed. The worst things for healing an injury are to take anti-inflammatories and receive cortisone injections. These are the main reasons so many people have articular cartilage problems. NSAIDs such as ibuprofen became available over the counter in 1984, and people have been reaching over the counter ever since then.

Sales of over-the-counter pain relievers is a billion-dollar industry. There are numerous studies showing the deleterious effects of anti-inflammatories, such as ibuprofen, on healing. Ibuprofen, the prototype anti-inflammatory medication, has been shown to have an inhibitory effect on bone healing, remodeling, resorption and metabolism. Ibuprofen has also been shown to have a tremendous dose-dependent suppressive effect on articular cartilage healing. As ibuprofen doses increase, healing of the articular cartilage decreases.

NSAIDs inhibit cyclooxygenase, the enzyme involved in the synthesis of prostaglandins which aid in the inflammatory healing response. NSAIDs inhibit glucuronyltransferase, an enzyme responsible for the elongation of chondroitin sulfate chains on the proteoglycan complex, thus inhibiting the synthesis of proteoglycans that are being made by the chondrocytes to heal the articular cartilage damage.

Use of NSAIDs in a patient with articular cartilage damage pretty much guarantees more damage. This is exactly what is seen. If NSAID use continues, then most likely the exponential rise in degenerative arthritis and subsequent musculoskeletal surgeries, including knee and hip replacements as well as spine surgeries, will continue to rise as well. One research team confirmed that NSAID use increases the risk of getting a hip replacement due to primary osteoarthritis by 50 percent during a two-year period.

For the athlete or the physically active person, the RICE (rest, ice, compression and elevation) treatment is also a scary prospect. It devastates the natural healing response. People are often given NSAIDs along with RICE, which further suppresses the local inflammatory reaction that is needed to heal the injured tissues. Instead of recommending movement, heat and regenerating treatments such as prolotherapy for continued complaints of pain, the usual course of treatment is perhaps the most potent of all anti-healing therapies: the cortisone shot. Receiving a cortisone shot is perhaps one of the

quickest ways to lose strength at the ligament-bone junction with known deleterious effects on bone and soft tissue healing.

The body heals naturally by inflammation. Blocking the body's natural healing response leads to further degeneration. Let your body do what it is meant to do – heal.

dearPharmacist

Natural Treatments For Blurry Vision



by Suzy
Cohen, RPh

Dear Readers:

As we get older, most people experience blurry vision, and sometimes other eye problems. With blurry vision, it's hard to see things

clearly up close.

What happens is the lens in your eyes are no longer bendy, so they don't quickly change shape anymore meaning you can't focus on close-up pictures or words. Things go out of a focus now, whereas in the past, you could probably focus very efficiently, and very quickly. The medical term for this is presbyopia.

The situation is common affecting millions of adults who are over the age of 40. With the advent of digital screens and smartphones, there is an exploding number of cases with teenagers experiencing blurry vision.

Do you have a tendency to hold your book or other reading material a little farther away than normal? Doing this makes the letters come into focus for you, right? If so, you could have presbyopia. Other signs and symptoms include headaches, eye pain and tired eyes.

There is much you can do, but before trying my suggestions, please consult with your local eye doctor about what's right for you. Here are natural treatments and options for your consideration:

Glasses – One very quick and affordable option is to buy reading or “cheater” glasses and see if they help. They're sold in pharmacies and department stores and online. They come in various strengths, for

example 1.5X or 2X, and so forth.

Maintain Healthy Blood Sugar – Diabetes is known to impact eyesight, and uncontrolled blood sugar (and blood pressure) will adversely effect the retina, optic nerve and more!

Vitamins and Herbs – There are well-documented benefits with fish oils, black currant seed extract, vitamin A, zinc and the prized flower-derived extract called saffron. Other nutrients such as lutein and zeaxanthin help.

There is a new medication – In October 2021, the FDA approved a new eye drop called Vuity, made by the company called AbbVie. It works in 15 minutes to help you focus. The benefits last about six hours. It improves near vision, without impacting distance vision and is most helpful for mild-moderate cases. You would apply one drop daily into each eye. The most common side effects include mild headache and temporary eye redness/irritation.

The chemical ingredient is called pilocarpine. The value of pilocarpine for eye health has been well-established for decades, and doctors have prescribed this medication for a long time. Vuity is a new and improved version of other, older eye drops.

Ophthalmic pilocarpine is prescribed to treat glaucoma and works by draining fluid from the eye, and relieving the pressure. It has to be an ongoing drug, meaning if you stop taking it, your visual acuity reverts. In other words, it isn't a cure, it doesn't reverse presbyopia, it's just a treatment for a few hours.

You can also learn more about presbyopia from your doctor, or by visiting the website for the American Optometric Association. I can offer you a free ebook as well, with delicious recipes that improve recipes. Download it at www.store.suzycohen.com/recipes-vision.

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.

Lee Health Nets Designation

Lee Health Coconut Point (LHCP) has been designated as “Dementia Friendly” by the Lee County Dementia Care and Cure Initiative (DCCI). To earn this designation, more than 75 percent of LHCP's staff completed training to gain a deeper understanding of dementia. They learned lessons on identifying common signs and symptoms of dementia, how to effectively communicate with dementia patients and their families, and the availability of

community resources available to assist those affected by this type of diagnosis.

DCCI Dementia Friendly facilities are certified as having the appropriate training and knowledge to effectively and compassionately care for patients with dementia. Employees are also trained to work with the families of dementia patients to provide support with the day-to-day challenges posed by the diagnosis. Approximately 720,000 Floridians will be living with Alzheimer's by 2025, and the expertise gained through these training programs is invaluable in preparing health care professionals to meet the special needs of dementia patients.

Lee Health Coconut Point is located at 23450 Via Coconut Point in Bonita Springs. For more information, email healthylifecenter@leehealth.org.

Health Director Earns Recognition

Regina Eberwein, system director of research and strategic analysis at Lee Health, has been recognized nationally for her commitment and dedication to providing high quality care to the Southwest Florida community.

PRC, a leader in the healthcare intelligence space, recently announced the recipients of their 2021 Healthcare Leadership Awards, awarding Eberwein with the Partnership recognition.

“Regina is an exemplary member of our team, and I couldn't be prouder of her for receiving such a prestigious recognition. It is very well-deserved,” said Lisa Martinez, Lee Health's vice president of strategy and innovation.

Award recipients were recognized during PRC's Healthcare Experience Summit on September 29, with award recipients receiving a Credly badge issued by Healthcare Experience Foundation.

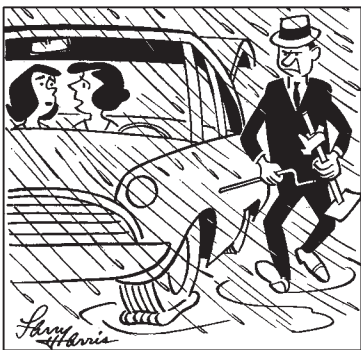


Emergency	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
HealthPark Medical Center	1-800-936-5321
Ft. Myers Chamber of Commerce	332-3624
Foundation for Quality Childcare	425-2685
Fort Myers Beach Chamber of Commerce	454-7500
Fort Myers Beach Library	463-9691
Lakes Regional Library	533-4000
Lee County Chamber of Commerce	931-0931
Post Office	1-800-275-8777
Visitor & Convention Bureau	338-3500
ARTS	
Alliance for the Arts	939-2787
Arts For ACT Gallery & Studio	337-5050
Art League Of Fort Myers	275-3970
Barbara B. Mann Performing Arts Hall	481-4849
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Cultural Park Theatre	772-5862
Edison Festival of Light	334-2999
Florida Repertory Theatre at the Arcade	332-4488
Florida West Arts	948-4427
Fort Myers Harmonica Band	610-653-7940
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	239-597-1111
The Schoolhouse Theater	472-6862
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards	574-9321
CLUBS & ORGANIZATIONS	
American Legion Post #38	239-332-1853
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	https://www.audubonswfl.org/
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy	939-1338
Southwest Florida Music Association	561-2118
Kiwanis Fort Myers Beach	765-4254 or 454-8090
Kiwanis Fort Myers Edison	694-1056
Kiwanis Fort Myers South	691-1405
Iona-McGregor	482-0869
Lions Club Fort Myers Beach	463-9738
Lions Club Fort Myers High Noon	466-4228
Lions Club Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
Organ Transplant Recipients of SW Florida	247-3073
POLO Club of Lee County	477-4906
Rotary Club of Fort Myers	332-8158
Sanibel-Captiva Orchid Society	472-6940
United Way of Lee County	433-2000
United Way 211 Helpline (24 hour)	211 or 433-3900
AREA ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
Burrough's Home	337-9505
Calusa Nature Center & Planetarium	275-3435
Edison & Ford Winter Estates	334-7419
Fort Myers Skate Park	321-7558
Imaginarium Hands-On Museum & Aquarium	321-7420
JN "Ding" Darling National Wildlife Refuge	472-1100
Koreshan State Historic Site	239-992-0311
Langford Kingston Home	239-334-2550
Ostego Bay Foundation Marine Science Center	765-8101
Skatium	321-7510
Southwest Florida Historical Society	939-4044
Southwest Florida Museum of History	321-7430
True Tours	945-0405

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

PUZZLES

Answers on page 23



"Usually he WELCOMES an opportunity
to _____ with the car."

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!

Pure

SCATHE

Pile

OVERT

Smack

SKITER

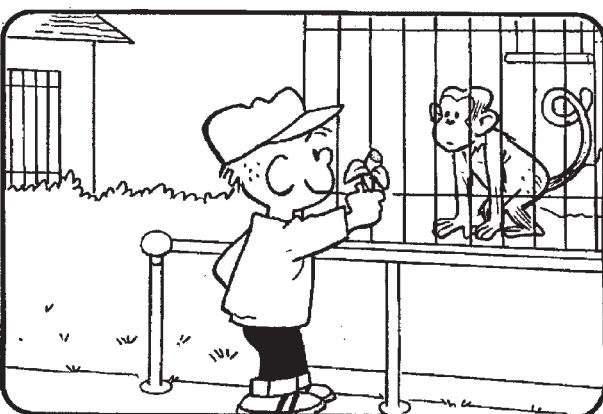
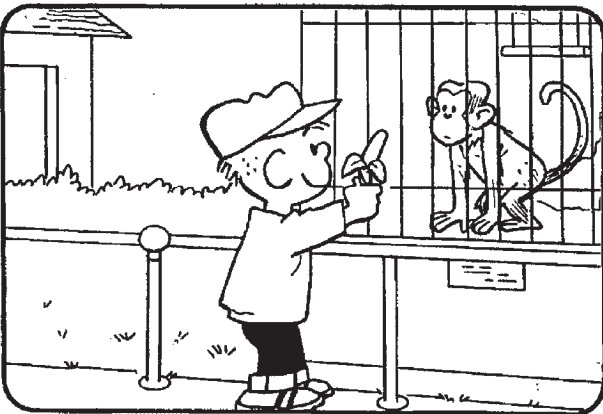
Edge

ARMING

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Banana is smaller. 2. Tail is longer. 3. Fence is shorter. 4. Sign is missing. 5. Arm is showing. 6. Bars are added.

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

To Play
Sudoku:

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

PUZZLES

Answers on page 23

Super Crossword

SHAPELY
BREAKFAST

- ACROSS**

1 John, James or Judas

8 GI show sponsor

11 13-digit publishing ID

15 Just barely

19 Taking place in cyberspace

20 Give a very bad review of

21 Piddling

22 Papa's mate

23 For a very long time

25 Experts

26 Body part over the eyes

27 Bakery units

28 Brand of fat replacer

30 Arouse the interest of

32 Auntie — (pretzel bakery chain)

33 Good-fortune symbols

35 Here, in Cannes

37 Beards on barley

38 State, in Cannes

39 Cruel ruler in "Alice in Wonderland"

46 High-ranking clergyman

49 Terrifying dino

50 With no muss or fuss

51 Nintendo consoles

53 CNN anchor Burnett

54 Dots on sea maps

56 Torah temple

57 Car ding

58 "— a vacation!"

59 Volkswagen sedan model

61 Aspire to high goals

64 Seek the love of

66 100%

67 Thumbs-up vote

68 Their passengers stand in baskets

76 Skewered meat dishes

81 Old family name in violinmaking

82 "Dies —" (Latin hymn)

83 Castro of Cuba

85 Monte —

86 Nada

87 Round hammer part

88 Conical shelters

90 Bog grass

91 Enchants

93 Pursue impossible dreams

96 One-named singer who was a muse for Andy Warhol

97 Subpar grades

98 Historic start?

99 Get ringers and leaners

105 Topic to debate

110 In a disturbed way

111 Gem often on a string

112 Goddess of wisdom

113 Think (over)

114 Offers

116 Cereal associated with seven key words in this puzzle

118 Tablet

119 Composer Charles

120 LAX info

121 Icy treat

122 Stick around

123 Big top, e.g.

124 — Moines River

125 Old Greek harp players
- DOWN**

1 Home of St. Teresa

2 Attach, as a boutonniere

3 Financial adviser

4 Fend (off)

5 Listens to a broadcast

6 Deposits

7 "Slippery" tree

8 Samoan island where Robert Louis Stevenson died

9 More lucid

10 Getting a regular paycheck

11 Small demon

12 Tiny letter flourishes

13 Bucking ride

14 People cuddling up

15 Having mixed feelings

16 Place to set one's sights

17 Illicit affair

18 1920s U.S. veep Charles

24 Hugs, in a letter

29 Salamander

31 Memorizing process

33 Military flutes

34 Part of Q&A

36 Swindle

39 Swab brand

40 Celestial bear

41 Sinuous swimmers

42 Previous spouses

43 Gag reaction

44 Needle case

45 Men-only

46 Succinct

47 Arena part

48 Finales

52 Acct. accrual

55 Horror film sequel of 2005

57 Del Rio of old Hollywood

58 Sci-fi writer Asimov

60 Blue Jays, on a scoreboard

62 Andy Capp's missus

63 "Eww, mice!"

65 Some theater awards

68 Mental fog

69 Boding sign

70 Fast Italian whirling dance

71 How a nation with nukes is armed

72 Consist of

73 Cavalry weapons

74 Neck back

75 Bringer of a legal action

77 Catty remark

78 Nabisco bite

79 Erupted

80 Grassy turfs

84 Vaults

87 Put a ban on

88 Like grads' caps

89 Titled man

92 Folkie Phil

94 Dickens' Uriah

95 Nor's partner

97 "All for Love" playwright John

99 Oil rig parts

100 Native Alaskan

101 Drab hue

102 Terre —

103 Killer whales

104 Wapiti

106 Ventriloquist Lewis

107 Kosovo inhabitants

108 Not fulfilled, as a goal

109 The Far and the Near?

112 Suffering a flu symptom

115 Old JFK jet

117 Big initials in fashion

King Crossword

- ACROSS**

1 Greet the villain

5 Bummer

9 Wd. from Roget

12 Incite

13 Writer Rice

14 Scot's refusal

15 Time of youthful innocence

17 World Cup cheer

18 Jacket part

19 Cut wood

21 Hectic hosp. area

22 Sun block?

24 Satirist Mort

27 "Exodus" hero

28 Infatuated

31 Acapulco gold

32 Impose

33 "Delicious!"

34 Lugosi of film

36 Observe

37 Nick and Nora's pet

38 Cove

40 Room cooler, for short

41 Pal

43 Geronimo, for one

47 Mound stat

48 1987 Woody Allen movie

51 Hobbyist's abbr.

52 Apple product

53 Pet-food brand

54 Snake's warning

55 Mediocre grades

56 Part of A.D.

57 Bas-relief medium

58 "I — Rock"

59 Moreover

60 National park in Maine

61 Ira Gershwin's contribution

62 GI's address

63 Hotel furniture

64 "Topaz" author

65 Helps

66 "Misery" star James

67 Church song

68 Old U.S. gas brand

69 Gorilla

70 Fawn's mom

71 Grant basis, at times

72 Harvard rival

73 Mediocre grades

74 Part of A.D.

75 TiVo, for example

76 Calendar abbr.

77 Vinegar bottle

78 Low-calorie

79 Weep

80 "Right you —!"

81 Work breaks

82 Church section

83 Belly

84 "I — Rock"

85 Moreover

86 National park in Maine

87 Ira Gershwin's contribution

88 GI's address

89 Hotel furniture

90 "Topaz" author

91 Helps

92 "Misery" star James

93 Church song

94 Old U.S. gas brand

95 Gorilla

96 Fawn's mom
- DOWN**

1 Smooch

2 Spoken

3 Leer at

4 Sargasso wriggler

5 Florida county

6 Genetic let-ters

7 Whatever

8 Bas-relief medium

9 Winter "no school" times

10 Harvard rival

11 Grant basis, at times

16 TiVo, for example

20 Calendar abbr.

22 Vinegar bottle

23 Low-calorie

24 Weep

25 "Right you —!"

26 Work breaks

27 Church section

28 Infatuated

29 Belly

30 "I — Rock"

31 Acapulco gold

32 Impose

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91 Helps

92 "Misery" star James

93 Church song

94 Old U.S. gas brand

95 Gorilla

96 Fawn's mom

MAGIC MAZE

PHONY
WORDS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: CLAMSHELL-STYLE PHONE

- Allophone

Car phone

Cellphone

Diphone
- Geophone

Megaphone

Microphone

Pay phone
- Phone tag

Phoneme

Phonetic

Saxophone
- Siphoned

Smartphone

Telephone



Sweet Corn with Southern Barbecue Butter

photo courtesy Fresh From Florida



Sweet Corn with Southern Barbecue Butter

4 ears fresh sweet corn, shucked
1/4 cup your favorite barbecue sauce
1/4 stick butter

Sea salt and fresh ground pepper, to taste
Preheat oven broiler on high. In small saucepan over low heat, combine barbecue sauce and butter until melted and smooth. Place sweet corn in a medium-sized baking dish and pour barbecue mixture over sweet corn. Broil sweet corn for five to 10 minutes, four inches from broiler, being sure to watch the whole time. Turn and baste the sweet corn until golden. Serve warm.✱

My Stars ★★★★★
FOR WEEK OF NOVEMBER 22, 2021

Aries (March 21 to April 19) Some changes might seem confusing at first, especially to an Aries whose impatience levels are pretty shaky this week. Take it one step at a time, Lamb, and soon all will be made clear.
Taurus (April 20 to May 20) That difficult situation you've been dealing with continues to call for careful handling. Avoid quickly made choices that might not stand up when they're finally put to the test.
Gemini (May 21 to June 20) You still have lots of evaluating to do before you can consider making a commitment. It's better to move cautiously than to risk stumbling into a major misunderstanding.
Cancer (June 21 to July 22) A previously peevish partner offers to be more helpful with your problems. But remember: The final choice is yours. Be guided by what you feel is the right thing to do.
Leo (July 23 to August 22) As the Big Cat, you sometimes can be pretty

rough on those you suspect of betrayal. The best advice is to pull in those claws and listen to the explanation. It might surprise you.
Virgo (August 23 to September 22) Your inner voice usually guides you well. But a note of caution: This is a period of mixed signals for you, so be careful that you don't misunderstand the messages you're getting.
Libra (September 23 to October 22) Cupid's call beckons both single Librans looking for a new love, as well as couples hoping to strengthen their relationships. A workplace problem is quickly resolved.
Scorpio (October 23 to November 21) It's been a hectic time for you, and you might want to take a break to restore both body and soul. You'll then be set to face new challenges later this month.
Sagittarius (November 22 to December 21) It's a good idea to take a more conservative approach to your financial situation right now. Some plans made earlier this year might need readjusting.
Capricorn (December 22 to January 19) This is a fine time to move

PETS OF THE WEEK



Isaac photos provided Lee County Domestic Animal Services

Isaac and Kasha

Hello, my name is Isaac. I'm a black 3-year-old male terrier mix. Can you believe that this extremely handsome, playful, friendly boy has been with Animal Services for weeks and weeks without being adopted?? I would be a perfect dog for anyone as I have learned many commands during my time here – such as sit, down – with great leash manners. My adoption fee is \$20.
Hi, I'm Kasha. I am a brown tabby 3-year-old female domestic shorthair. I am one of those rare finds because I am the perfect amount of independence and 'let me love you' at the same time.



Kasha
I am also at the age where I need no training, and my sparkling personality has already blossomed. I get along well with the other felines here at Animal Services too, so take advantage of the adopt-one-get-a-friend at no additional charge. My adoption fee is \$10 and you can get me a feline friend at no additional charge.
Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit www.leelostpets.com to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.✱

boldly into those new opportunities I promised would open up for you. Check them over, and then choose the best one for you.
Aquarius (January 20 to February 18) Congratulations. Your self-assurance is growing stronger, and you should now feel more confident about making that long-deferred decision about a possible commitment.
Pisces (February 19 to March 20) You're very close to reaching your goal. But be wary of distractions that can lure you off-course and leave you stranded far away from where you really want to be.
Born This Week: You have an inner sight that helps you see into people's hearts. You would be an excellent psychologist or social worker.

MOMENTS IN TIME

• On November 25, 1783, nearly three months after the Treaty of Paris was signed ending the American Revolution, the remaining British soldiers withdraw from New York City, the last British military position in its former colonies.

• On November 26, 1862, Oxford mathematician Charles Dodgson sends a handwritten manuscript, *Alice's Adventures Under Ground*, to 10-year-old Alice Liddell. Dodgson made up the story on a picnic, and Alice insisted he write it down. He published it under his nom de plume Lewis Carroll in 1865.
• On November 22, 1900, the first car produced under the Mercedes name is taken for its inaugural drive in Cannstatt, Germany. The car was specially built for Emil Jellinek, a fan of fast, flashy cars, who bought 36 of them. In exchange, the car was named after his 11-year-old daughter, Mercedes.
• On November 26, 1931, the first cloverleaf interchange to be built in the U.S., at the junction of U.S. Rt. 1 and NJ Rt. 35 in Woodbridge, New Jersey, is featured on the cover of the *Engineering News-Record*. A piece on the under-construction Hoover Dam was relegated to the journal's back pages.
• On November 23, 1959, Robert Stroud, the famous "Birdman of Alcatraz," is released from solitary

 FRIDAY Cloudy High: 77 Low: 65	 SATURDAY Cloudy High: 76 Low: 66	 SUNDAY Mostly Cloudy High: 81 Low: 69	 MONDAY Mostly Cloudy High: 77 Low: 67	 TUESDAY Cloudy High: 75 Low: 63	 WEDNESDAY Sunny High: 74 Low: 64	 THURSDAY Mostly Sunny High: 76 Low: 63
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	2:20 pm	6:54 am	11:51 pm	5:32 pm
Sat	3:05 pm	7:27 am	None	5:46 pm
Sun	12:17 am	8:03 am	3:52 pm	6:01 pm
Mon	12:48 am	8:43 am	None	None
Tue	1:24 am	9:28 am	None	None
Wed	2:06 am	10:19 am	None	None
Thu	2:56 am	11:14 am	None	None

Point Ybel Tides

Day	High	Low	High	Low
Fri	1:25 pm	6:56 am	10:56 pm	5:34 pm
Sat	2:10 pm	7:29 am	11:22 pm	5:48 pm
Sun	2:57 pm	8:05 am	11:53 pm	6:03 pm
Mon	None	8:45 am	None	None
Tue	12:29 am	9:30 am	None	None
Wed	1:11 am	10:21 am	None	None
Thu	2:01 am	11:16 am	None	None

Punta Rassa Tides

Day	High	Low	High	Low
Fri	12:01 am	7:09 am	1:22 pm	6:53 pm
Sat	12:14 am	7:46 am	2:00 pm	7:15 pm
Sun	12:25 am	8:23 am	2:42 pm	7:30 pm
Mon	12:44 am	9:00 am	3:27 pm	7:45 pm
Tue	1:13 am	9:37 am	4:13 pm	8:11 pm
Wed	1:52 am	10:15 am	5:01 pm	8:47 pm
Thu	2:41 am	10:59 am	5:55 pm	9:31 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	1:40 am	10:10 am	4:30 pm	8:48 pm
Sat	2:01 am	10:43 am	5:15 pm	9:02 pm
Sun	2:27 am	11:19 am	6:02 pm	9:17 pm
Mon	2:58 am	11:59 am	None	None
Tue	3:34 am	12:44 pm	None	None
Wed	4:16 am	1:35 pm	None	None
Thu	5:06 am	2:30 pm	None	None

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From page 20

Moments In Time

confinement for the first time since 1916. For 15 years, Stroud lived with canaries that were brought to him by visitors.

- On November 24, 1960, Philadelphia Warrior’s center Wilt Chamberlain snags 55 rebounds in a game against the Boston Celtics and sets an NBA record for the most rebounds in a single game. Chamberlin broke more than 70 NBA records in his 14-year career.
- On November 28, 1979, a New Zealander sightseeing plane traveling over Antarctica crashes, killing all 257 people on board. The pilot had descended to 1,500 feet just as the plane reached Mount Erebus, a 12,444-foot volcano.

NOW HERE’S A TIP

- You can cut the bitterness in some varieties of greens by soaking them in ice water for roughly an hour before serving. Use a salad spinner to get all of the water off.
- “Place an ice cube (or ice chips) in carpet divots left behind by furniture legs. This will help the fibers “plump up,” and the spot will disappear!” – AI in Utah
- Remove the annoying sticky residue

from price tags with WD-40 or baby oil. This is for use on hard surfaces only. If you are unsure, test in an inconspicuous spot first to make sure the oil doesn’t leave a stain where the tag was.

- “To help repel the dust on baseboards between cleanings, wipe with a used dryer sheet. To make this even easier, you can put the dryer sheet over a Swiffer-type floor cleaner. This way, you don’t even have to bend down.” – ME in Alabama
- Felt circles are great for putting under small appliances on the kitchen counter. They are easier to move around, and they won’t scratch the countertops. You can find them at the hardware store, or make your own by cutting out what you need from a piece of felt and attaching it to the bottom of your appliance with double-stick tape... or even a drop of glue.
- Running a washing machine that isn’t full not only wastes energy and water, it also wastes money because you’re paying to run more washes. Always fill the machine – but remember not to overload it. This applies to your dishwasher, too.

STRANGE BUT TRUE

- McDonald’s is the world’s largest toy distributor.
- The ice cream bean is a fruit with a taste very similar to its namesake vanilla

ice cream. The tree that the bean grows on is native to the Americas and can reach nearly 100 feet tall, with bean pods up to six feet long.

- Anyone who moves to the Villas Las Estrellas, a settlement in Antarctica, must first have their appendix preemptively removed, because the nearest hospital is over 625 miles away.
- The limbo world record is under six inches.
- In 1994, West Virginia prison inmate Robert Shepard braided dental floss into a rope as thick as a telephone cord, used it to scale an 18-foot wall, and escaped.
- King Richard II once had to pawn his crown because he was such a spendthrift.
- The first Olympic race took place in 776 BC and was won by a chef named Corubus. Moments after receiving his first paycheck, he hired a cook and an agent.
- Swedish athlete Ari Petrof is a National Sauna Champion. He once stayed in a 212 F sauna for five hours and 10 minutes.
- The band called Postal Service took its moniker from the fact that members originally used USPS to send each other music tracks, due to their conflicting schedules.
- Golf balls were made of wood until the 16th century.
- Spam mail got its nickname from

the canned meat after a Monty Python skit that made fun of Spam as tasting “horrible and being ubiquitous and inescapable.”

THOUGHT FOR THE DAY

“Rest is not idleness, and to lie sometimes on the grass under trees on a summer’s day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.” – John Lubbock

TRIVIA TEST

1. **Literature:** What is the name of Ron Weasley’s house in the *Harry Potter* novel series?
2. **Television:** The sitcom *Petticoat Junction* spawned which other popular spinoff series?
3. **Language:** What is the meaning of the Latin phrase, “littera scripta manet”?
4. **Movies:** What is the name of cartoon character Porky Pig’s girlfriend?
5. **U.S. States:** What is the capital of Wyoming?
6. **Geography:** Which U.S. interstate highway is the longest in the nation?
7. **Ad Slogans:** What product’s TV ad sparked the catchphrase “Mikey likes it!”?
8. **Geometry:** How many straight lines

CLASSIFIED

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<div><p>Island Vacations Of Sanibel & Captiva <i>Million \$ Views Await You!</i> • Cottages • Condos • Homes • Miles of Beaches & Bike Paths 239-472-7277 1-888-451-7277 1/4 ★ TFN</p></div>	<div><p>RENTAL WANTED</p><div><p>WANTED ANNUAL RENTAL ON SANIBEL 2/2 or 3/2 Please call or text Sharon 407-230-1294 11/12 ★ 11/19</p></div></div>			<div><p>GARAGE SALE From a coyote fur coat and mounted deer head to designer handbags, distinctive serving pieces, lots of art objects, kitchen items and more. 9 a.m. to 3 p.m. Saturday, November 20, Sunday, November 21, 857 Birdie View Point, Sanibel 11/12 ★ 11/19</p></div>
	<div><p>SERVICES OFFERED</p><div><p>ROGER NODRUFF ELECTRIC Dock Lighting, affordable LED conversion. FPE panel replacement, Landscape Lighting, Generator Sizing, etc, etc, etc. Call or text Roger 239-707-7203 State License #13002788 4/20 ★ TFN</p></div></div>	<div><p>FULL/PART-TIME SALES ASSOCIATE Sanibel Sole is seeking an additional sales associate to join our great team! We have expanded in the Tahitian Gardens plaza and offer a wide variety of clothing and footwear. We offer competitive wages, benefits, and perks. No evenings required. Please email a resume to sanibelsale@gmail.com. 11/19 ★ TFN</p></div>	<div><p>ISLAND PRESCHOOL TEACHERS The Children's Education Center of the Islands (CECI) is looking for part-time or substitute preschool teachers for its nature themed education program. Potential for full-time growth possible. Flexible hours. Competitive salary. Tolls paid. Please call Nita at 239-472-4538. 10/22 ★ TFN</p></div>	<div><p>PUBLIC SERVICE</p><div><p>AL-ATEEN HELP LINE Are you concerned with a friend or family member's drinking? Call the 24-hour help line of South Florida Al-Anon at 941-564-5098 or visit www.southfloridadal-anon.org. 4/24 ★ TFN</p></div></div>
<div><p>Read us online at www.islandsunnews.com</p></div>			<div><p>To advertise in the Island Sun and The River Weekly News Call 395-1213</p></div>	

- can be drawn through two given points?
9. **Food & Drink:** What is the hottest chili pepper in the world?
10. **Music:** Which iconic rock band was once named The Detours?

TRIVIA ANSWERS

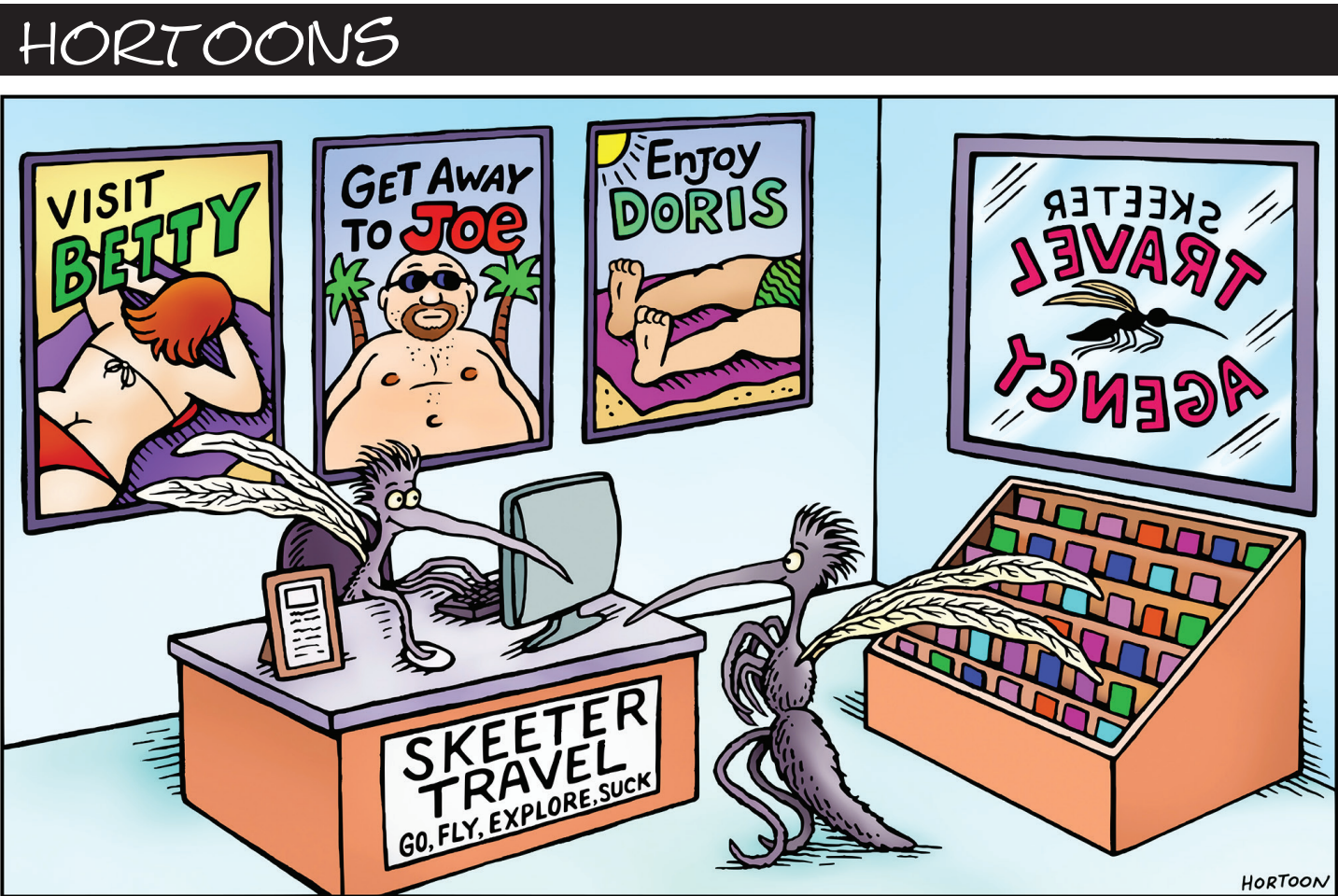
1. The Burrow 2. Green Acres 3. "The written letter remains," motto of The National Archives 4. Petunia Pig 5. Cheyenne 6. I-90 7. Life cereal 8. One 9. Carolina Reaper (Guinness Book of World Records, 2013) 10. The Who

SCRAMBLERS ANSWER

1. Chaste 2. Trove;
3. Strike; 4. Margin

Today's Word
TINKER

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PUZZLE ANSWERS

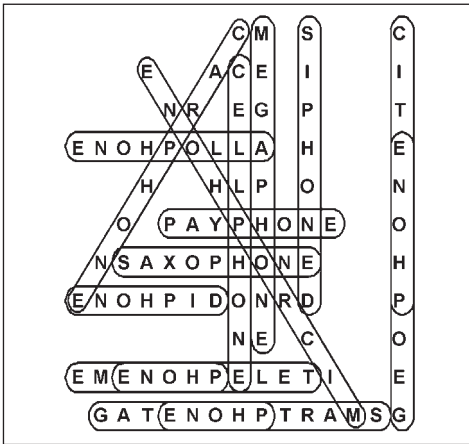
SUPER CROSSWORD

A	P	O	S	T	L	E	U	S	O	I	S	B	N	A	T	A	D
V	I	R	T	U	A	L	P	A	N	M	E	R	E	M	A	M	A
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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Imperial Shores	Bonita Springs	2004	5,293	\$4,500,000	\$4,450,000	33
Cape Coral	Cape Coral	2000	4,582	\$3,790,000	\$3,500,000	11
Cortona	Miromar Lakes	2020	4,160	\$2,925,000	\$2,800,000	69
Island Shores	Fort Myers Beach	2021	3,228	\$2,994,000	\$2,725,000	68
Carolands	Bonita Springs	1987	2,760	\$2,900,000	\$2,675,000	42
Esplanade Lake Club	Fort Myers	2021	4,891	\$2,299,000	\$2,250,000	9
Cape Coral	Cape Coral	2021	3,213	\$2,200,000	\$2,200,000	0
Cape Harbour	Cape Coral	2001	3,362	\$2,150,000	\$2,100,000	2
Alva	Alva	2009	5,389	\$1,730,000	\$1,700,000	60
Sanibel Estates	Sanibel	1988	2,600	\$1,399,000	\$1,419,999	111

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