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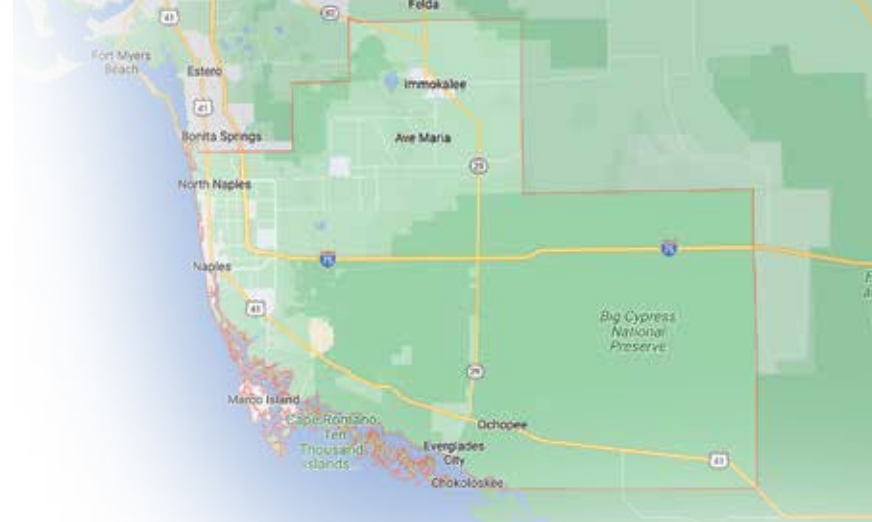
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Life in Naples

THE MAGAZINE OF NAPLES

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Let's Get the Facts Straight

a message from your publisher



There is a constant chatter on Collier County and its demise as a great place to live. A few thoughts to set the record straight.

Collier County is the largest county in Florida in terms of land area in square miles. It is a paradise to all of us that live here and enjoy its diversity.



In Collier County 78.2% of land can never be built on. Land that is set aside, The Everglades, land trusts, some undevelopable, protected. Of the 21.8% that can be developed only 13.8% has been developed.

To put that in perspective we have a population of 415,000 as of July 2022. Experts who are paid to know state that by 2030 Collier County will have a population of 500-525,000.

By 2050 a long time in human years but a very short time in planning years Collier County will be at 950,000-1.2 million in population. Currently we have 415,000 on 13.8% of the buildable land. In 2050 we will have a projected increase in population of between 535,000-785,000 more than today. That increase will be on the 86.2% of the buildable land in Collier County . . . Go back and look at what you just read. You cannot look at those numbers and say people will be living on top of each other.

What will come about with proper collaboration between landowners, government and developers is an area where we have clusters of homes with needed amenities and jobs (think small towns, villages) surrounded by very large areas of green space.

What do I base all this on? Listening to wise planners, looking at the future, my years on the **Collier County Metropolitan Planning Organization**, plus my years on the **Florida State M P O Board of Governors**.

Could I be wrong ? Of course that could happen. We might have people who don't care about planning and working collaboratively with the wish to stop everything or not work to build the future. Either one of these options would prove devastating for our county and our future.

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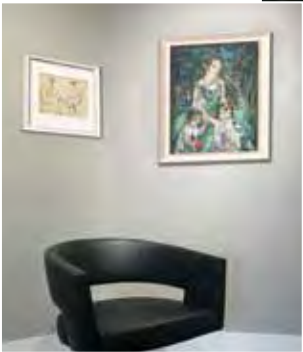
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BILL BARNETT

NAPLES *Potpourri*



Normally I can sit down and write my article for *Life in Naples* with little difficulty, but this one is a challenge. Because this article has to cover August, September and October and with all that's going on around us it's a challenge!

Sometimes it's just nice to sit down on the couch, put your comfy slippers on, and just write a feel good article and that's what I'm going to attempt to do because with all the craziness going on around us it's just something that in my opinion is needed.

Locally season is for sure over. My restaurant friends who just wrapped up one of the best seasons ever are a little bit wary of what this summer is going to bring but remain optimistic as always. My feeling is the newcomers that have made Naples their permanent home over the last few years will stay here rather than travel and will support our local businesses. I am constantly asked what my favorite restaurants are, where is a good place for breakfast, and do I have any recommendations for Sunday brunch. I can only give my opinion on all the above and am constantly amazed about the quantity and quality of our Naples dining establishments.

I'll start with what I consider the best meal for the price, and this includes breakfast, lunch and dinner and it's a place that my wife and I dine at when it's been a long day and neither of us want to cook. It's Mel's Diner on the North Trail (US 41). The menu is large, choices are many and the portions generous. For those of us that are familiar with the Blue Zones Project, which is all about healthy choices and healthy eating, Mel's has a Blue Zones menu to choose from. We are indeed fortunate to still have Mom & Pop restaurants in Naples. There are far too many for me to name, but here are just a scant few of them. Pastrami Dan's fabulous tacos and awesome fresh pastrami sandwiches, open for lunch only. If you're a chili lover, try Skyline Chili. Regina's Ice Cream on Fifth Avenue South has been a landmark in Naples for many years. Their flavors are abundant and delicious. Andre's Steakhouse has been here for over 20 years. Andre worked for Peter Luger Steak House many years ago in Brooklyn, New York. It is still one of the best steakhouses in the world. One thing is certain, there is a place to dine in Naples, Florida for every budget and many family friendly ones.

I wonder what it will be like on the roads this summer as we drive from Naples in a few weeks for our summer vacation in Western New York, Buffalo Bill's territory 35 miles south of Buffalo in a small town named Angola. It borders the shores of Lake Erie and my wife Chris has lots of family there including her sister and a ton of nieces and nephews of all different ages, so it's never boring there. My healthy diet, at least part of it disappears. It's cookouts galore, fresh corn for me almost every day, and on those long summer days finishing the day at our local frozen custard stand that has been there for at least 40 years. It opens in May and closes October 1st! The other great enjoyment I have is walking in Evangola State Park everyday rain or shine, and going to my all-time favorite grocery store, Wegmans. This year driving to New York will be a different experience for us as we sadly lost our Bully Zsa-Zsa, and our Persian cat Maggie last December. We still have our Maine Coon cat Ava, she is now the Queen of the house and will be our lone traveler in the car with us. I wonder, will there be less traffic because of gas and food prices or will it be the same? I'll let you know in the Fall when my next article comes out.

I have served on the Board of The Shelter for Abused Women & Children for the past two years and I am honored to say that I have been elected by my peers to serve as Board Chair starting July 1st. It is one of the finest organizations I have ever served for and they are truly Super Stars for our community. I only hope I can do them proud.

As usual I'm out of space, not words! Have a great safe Summer and Fall and we can only hope that next Season will be as good as this one was and that turmoil will have calmed down sooner than later.

Former Mayor,
Bill Barnett

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Proactive Lifestyle Medicine

The Future of Healthcare

For many people, the Coronavirus pandemic was especially scary because there seemed to be so little that they could do to keep themselves and their loved ones safe. Everyone seemed to be waiting for a medical miracle to save them!

As a medical doctor with nearly forty years of experience in both anesthesiology and preventative medicine, Dr. Darren FX Clair of Vibrance Health took a more proactive approach. “The way I treated my patients during this challenge has been different. Vaccines aside, I truly believe that the key to maintaining good health is to support our body’s innate intelligence, which will foster a strong and healthy immune system. With a strong and healthy immune system, the body has a far greater chance to ward off “invader” viruses, cancers, and other diseases.”

Dr. Clair notes, “Our mission here at Vibrance Health is not only to prevent disease, but to restore optimal health and full vitality to all of our patients – no matter the age!” He continues, “The simple fact is that there is a lot that every person can and should do to maximize their own health. I can assure you that having exceptional health is not only possible – it is even likely – if someone is willing to work with me and make the commitment to optimal health.”

In addition to earning his medical degree from the prestigious Columbia University College of Physicians and Surgeons and completing his post graduate training at UCLA, in 2017, Dr. Clair became one of the first diplomats of the American College of Lifestyle Medicine, a new medical specialty that focuses on “Addressing the root causes of disease with evidence-based therapies in lifestyle behaviors such as diet, exercise, sleep, social connectivity and stress.” – The American College of Lifestyle Medicine.

Dr. Clair has a passion for helping people regain and maintain what he has coined as “Vibrant Health.” He defines this as “having the vitality to enjoy life to the fullest. Vibrant Health is available to all of us, regardless of our age or current state of health.” He has also been a pioneer in the use of human growth hormone and other hormone therapies to help people retain their health, and he is continually researching the latest technologies in medical testing and nutrition. He offers his patients at Vibrance Health a variety of cutting-edge tests including: intracellular vitamin and mineral testing, nutrigenomic testing (genetic), non-invasive at home sleep monitoring, and ultrasound technology that can detect the potential risk for heart disease – before a stroke or heart attack occurs – while there is still time to reverse the disease! Dr. Clair also offers the ultimate healing tool – stem cell therapy – which can repair damage in joints, internal organs, the immune system, and other systems in the body.

In addition to the office in Westlake Village, California, in January of 2022 Dr. Clair expanded Vibrance Health to include a membership-based practice here in Naples, Florida. For more information, please contact Vibrance Health at (239) 564-3867 or learn more at vibrancehealth.com.

From the Desk of Representative Byron Donalds

Representing Florida's 19th Congressional District

by Congressman Byron Donalds



While we prepare for the start of the school year, we must remain vigilant as we continue to monitor and prepare for a potentially active hurricane season. As a proud Southwest Floridian and your Member of Congress, my priority is not only to fight for our values in Washington but to ensure the safety of my constituents. Although many of us aren't unfamiliar with extreme weather events, our area continues to gain new residents, and I cannot stress enough the importance of being prepared in the case of a weather emergency. Knowledge is power, and it can save a life. Below my staff and I have provided the great people of Florida's 19th Congressional District with critical tips, suggestions, and guidelines to best prepare you and your loved ones for a powerful storm.

- **Pay close attention to various weather reports**
- **Stock up on emergency supplies**
 - Food, water, dry clothes, a first aid kit, batteries, flashlights, a radio, necessary medications, and more.
- **Board up all windows and doors in your home and secure all items or belongings that may get damaged in the storm**

- **Make sure that you have access to a functioning vehicle**
- **Fill up on gas before a storm's landfall, just in case of emergency.**
- **Store all essential documents in a safe and secure place**
 - Birth certificates, insurance papers, licenses, and more.
- **If an evacuation notice is in place, it is essential to know your closest and most convenient evacuation routes.**

Staying prepared is the best defense we have against torrential storms. To best serve you and the Southwest Florida community, I've compiled a Hurricane Preparedness Guide consisting of local and state resources. Access this all-encompassing guide, visit: www.donalds.house.gov/hurricane

Sign up for my weekly newsletter at <https://donalds.house.gov/forms/emailsignup/> to be the first to know about breaking news, legislative announcements, community events, and more.

If you require assistance with a federal agency, please reach out to either my Collier County or Lee County offices:

Collier County: (239)252-6225

Lee County: (239)599-6033

Stay safe this hurricane season!

Sincerely,

Byron Donalds
Member of Congress

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Climate Change and the Land of My Ancestors



by Tina Osceola

in paradise, I never remember the sand burning my feet. I realize that discussing climate change is a touchy subject because many deny its existence and the mere mention of it can provoke violence. That is not my intent. I want to tell you about climate change and my Tribe... mostly about the land of my ancestors.

As a Seminole, I am asked quite regularly, "Where do y'all come from?" Could you hear my Southern accent? Just kidding, but the question is what some call "loaded" because depending on who you ask, the answers will vary. In some cases, like my own, my answer has varied depending on which chapter of my life the question was posed. As a young child, I would reply that we are from Florida. My answer



Uncle Pete Osceola, Sr.

was solely based that I knew I was Seminole and that I lived in Florida, so Seminoles must be from Florida.

As I grew older and reached middle school, I had begun reading books about my own people and was listening to the academic scholars of the day, who said that we were a tribe of runaways. We were all originally from Georgia and Alabama and were all forced into Florida because of the Civil War, and the "Indian Wars." To me, that was shocking because I felt disconnected from my own sense of home.

Of course, I have always been very inquisitive. I want to know and understand the big picture. I was not satisfied with that story... it did not feel "right" to me. I would eavesdrop on conversations, and I remember hearing my dad's older brother, Uncle Pete, talk about the Calusa. He would let me ask questions because I think my interest intrigued him. As an adult, my questions probably annoyed him, but as a young person, he was generous with his time. He told me not to believe the stories that we aren't from here. That you can't

believe what they write in books because the "experts" don't know. Our ancestors lived here and survived. Uncle Pete didn't go deep into explaining this to me. I always felt that he owed me no explanation, he was there just to give me the facts.

In my professional life with the Seminole Tribe of Florida, this question still comes up and it's fairly common. Remember, the question of where an "Indian" is from can be loaded? This is why... We are not a race of people. We are legally defined as a political entity given that we are members of a federally recognized Tribe. All three branches of government still struggle with the "Indian problem." If you want to weaken a Tribe, how best to do that? You disconnect them from their homelands. You alienate, isolate them from their traditional plants, sacred sites, and natural resources. Every day when I go to work, it is a face off with a federal agency, public institution or private citizen who tries to use academic scholarship to sever the bond between our people and our ancestral lands.

How does this tie back to my burnt, red feet from this summer? It's easy. The Tribal Historic Preservation Office (THPO) for the Seminole Tribe of Florida has developed a map that illustrates the expanse of our ancestral lands. It is our duty to figure out a way to protect the cultural resources within this area. We need to make sure we do everything we can to protect our traditional plants, historic sites, and burial resources. We also have to plan for our communities. Once our resources are compromised by rising sea levels and excessive heat, we may have to look to move our people back to some of these areas. This year, I am going to focus on sharing some of these stories with you and take you on a journey to show you where my people come from. See you in the next issue!

Seminole Tribe's Archaeologist & Crew Chief, Shawn Keyte, June 2022, inspecting a site in North Florida for cultural resource evidence.



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Everglades National Park ~ Douglas and Coe's Vision 75 Years Later



by Lois Bolin, Ph.D., Old Naples Historian



Marjory Stoneman Douglas, author of the enduring publication *The Everglades: River of Grass*, was known for her humanitarian efforts before she lent her energies to the cause of protecting the swamp at the southern tip of Florida. In honor of the dedication of the Everglades National Park in 1947, Mrs. Douglas wrote a fitting tribute to the man to whom all Floridians owed a great debt of thanks: Ernest Francis Coe, the

Forgotten Father of the Everglades.

Her tribute began with, "He was certainly the prophet, and unmistakably the founder, but what more he was is hard to define. Ernest F. Coe, the 6-foot-tall, spare, courtly gentleman without whose startling vision, slow-burning passion, steely endurance, and indomitable will, there would be no Everglades National Park today. And probably no Everglades. No one word can contain his complexity or equal his simplicity..."

'A white fire of revelation'

Mr. Coe, a Yale graduate who earned his post education in landscape architecture in Japan and Europe, became one of New England's best and brightest in landscape design. When he landed in Miami in 1925, he was ready to market himself to the wealthy Palm Beach society, who would need his landscaping talent. This is where he met Harold Bailey, the organizer of a group of Miami intellectuals who were interested in the Everglades.

He wanted to see these Glades firsthand, and upon that first gaze, a "white fire of revelation" took hold. From that moment on, until his death in 1951, he was her unyielding champion in words and deeds. She became his home away from home — a rare and misunderstood treasure he vowed to protect.

Mr. Coe would roam the Glades alone, with only a walking stick, and was reportedly able to sleep just about anywhere — on the beach, on a riverbank with the alligators nearby or on a bed of leaves in the hammock.

Even the scream of panthers never fazed him. As the story was told to the *Saturday Evening Post*, one night as he fell asleep a big cat sat next to his shoulder and he "enjoyed the friendliness of the wild thing."

The goal line

On May 30, 1934, an Act was passed authorizing a park of 2,164,480 acres (875,953 hectares) to be acquired through public or private donation. Everglades National Park was to be "... wilderness, (where) no development ... or plan for the entertainment of visitors shall be undertaken which will interfere with the preservation intact of the unique flora and fauna of the essential primitive natural conditions now prevailing in this area." This was one of the strongest mandates in the legislative history of the National Park System.

Mr. Coe talked, petitioned, and pleaded his case about the importance and value of protecting the Everglades for more than two decades, but it wasn't until after World War II that his passion finally reached those who could make his dream a reality.

Preservation hesitation

John Pennekamp, the editor of the *Miami Herald*, who knew both Mrs. Douglas and Mr. Coe as conservation kindred spirits (Mrs. Douglas was also a Herald columnist), revived the Everglades National Park Commission. Mr. Pennekamp learned that 900,000 acres belonged to the state and then convinced the public-spirited Barron Collier family to donate additional lands to comprise the park.

On December 6, 1947, President Harry S. Truman formally dedicated Everglades National Park in a ceremony held at Everglades City. It took five Florida governors, three United States presidents and \$2 million dollars, but finally the hesitation was over - Everglades National Park became a reality.

Statues of Ernest Coe and Marjory Stoneman Douglas were housed at the Naples Heritage Trail Museum inside the Naples Trolley Station on 6th Avenue S. They are now patiently awaiting their new home at the Hoffman Welcome Center on 5th Avenue South coming this year and we can hardly wait. Stay tuned!

COURTESY PHOTO / FLORIDA MEMORY STATE LIBRARY & ARCHIVES OF FLORIDA Ernest F. Coe, right, accepts a plaque in recognition of his efforts at the dedication of Everglades National Park, December 6, 1947.




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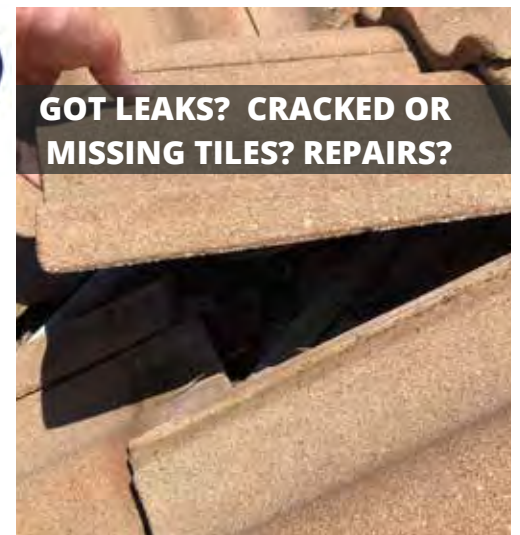
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Janes Scenic Drive

by Chris Wiggins, Owner, the Psychic Derailleur
With Michelle Avola-Brown, Executive Director, Naples Pathways Coalition



One of the perks of riding a bicycle is tuning out all the noise of everyday life. At least, that used to be the case. Increased traffic and distracted drivers have made finding your two-wheeled zen more challenging. Solitude is out there. It just takes a bit of looking.

When the Lee-Tidewater Cypress company started logging the Fakahatchee Strand in 1944, they needed to cut paths through the forest. These trams allowed them to transport the freshly felled ancient trees. Logging changed the strand forever, but every dark cloud has a silver lining. Today, the Fakahatchee is a protected preserve, and that main tram has become Janes Scenic Drive. This road will transport you into the world's largest strand swamp.

The drive is what I would call a "minimally maintained" road. If I were still in Indiana, I would swear it was limestone. As you get deeper into the strand, you'll notice the forest has started to reclaim the center section of the once well-traveled road.

I was expecting to see wildlife, but I never imagined seeing so much! The number of large birds was incredible, but the quiet was what struck me most during the ride. At one point, I stopped and just listened. Other than those birds, there was no sound. No cars, no people talking, no cell phones ringing. Just nature.

Janes Scenic Drive is a little over 11 miles long, or 22 miles round trip. If you don't want to ride the whole thing, you can drive in a ways and ride from there. I noted two places to park your car. Once you get 5 or 6 miles in, you can only walk or ride a bicycle. When the forest becomes more dense, you see the true Fakahatchee.

There was a surprising amount of shade during the ride, but I would still suggest taking more water than you think you'll need. I always recommend having basic repair tools and the ability to use them. You may or may not have cell service as you go deeper into the strand. The ride is best done during the dry season for obvious reasons - it is a swamp, after all. The riding surface is firm, but I would suggest a tire at least 42mm wide for comfort.

Janes Scenic Drive starts just off Route 29 in Copeland, Florida, approximately 2 miles north of SR 41. Follow the road to the small parking lot and ranger's station. There is a \$3 fee to park your car.

As a new Florida resident, I am astonished by the number of wild places there are to explore. Even more surprising is how few people take advantage of them. Peace, quiet, nature, and solitude are out there. I'm glad I took the time to look.



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transforming the traditional ASK THE artsperts



by Kristine Meek and Juliana Meek

599 NINTH STREET NORTH SUITE 309 | NAPLES, FL 34102 | 239.261.2637

Dear Artsperts,

I have some older paintings that I just love, but I've been flipping through magazines and feel like I should update my great room with a more Florida contemporary feel. If I change to light gray walls and modern furniture, what should I do with my older paintings that are dark oils with heavy gold frames? How can I keep the art I love and update my décor?

Sincerely,

Contemporary Conundrum

Dear Contemporary,

There is no need to replace the more traditional style paintings in your collection as you update your décor for a more contemporary or Florida look. There are a few tricks you can use to transform the feel of darker or older paintings: replace the frames, remove the frame, use a salon style installation, create a feature wall, and add new contemporary works without replacing your old works.

The trend of light grey walls is perfect for any work of art – contemporary and traditional. Light grey is a pure neutral so there aren't any hues in the paint that would fight with the colors in a painting. We often think of neutral as off white. But off white has light brown or orange hues in it, so it isn't considered a pure neutral like grey.

If you would like to lighten the look of traditional paintings, the best way may be to change (or paint the frames) to a lighter color. If the original frame is of value as in a gold leaf frame, be sure to keep the original frame in climate-controlled storage for future resale value of the work. In the meantime, you can certainly enjoy the work in your home with a different frame. The frame is

the transition from the home décor to the painting. It does not have to just match the traditional nature of a work of art.

Most traditional oils had a linen liner between the painting and the frame. A more contemporary style would be to remove the linen liner and perhaps frame using a shadow box type of frame. With works on paper, a contemporary way to frame is to 'float' the work of art within the frame instead of matting over the edges. You will see the edges of the paper with this contemporary look.

It is also acceptable and even trendy to mix contemporary works with traditional works for the juxtaposition of new/old or light/heavy. You may try salon style hanging where multiple works are clustered on a wall, or a feature wall of a traditional painting surrounded by walls of contemporary works. You may want to paint the feature wall a different color to add to the contrast.

No matter the direction you take, there are no rules. Have fun with this process and let your style dictate the end result.

Sincerely,

The Artsperts



Before and After of transforming traditional works into a more contemporary feel by changing the frames. The After was rendered in photoshop to give an idea of the finished look. Always a good option to use photoshop to place works and adjust frame styles, before making any actual changes. The works to the side are by Adolf Dehn (1895-1968) left and Darrel Austin (1907-1994) right.

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Outta This World!



by Diana Jarrett GG RMV

Collectors adore discovering the imaginative artistry of jewelry designer's original work. Where does their inspiration spring from? What exactly causes them to combine color, form, and utility together into one gemstone story?

The creative jewelry artist may find inspiration simply from the world around him or her. Spying the colorful

dress of a child may prompt them to put together certain hues to enliven a piece. But the combination of materials and colors really make us take note, prompting, "I've never seen anything like that!" to a well-constructed piece of jewelry artistry.

Regional jewelry expert Mark Loren of his eponymous Mark Loren Designs in Fort Myers, FL has made a name for himself by consistently turning out creative jewelry that is imaginative and expertly crafted.

The Sum of its Parts

The ingenious piece he shows us prompts more explanation to fully appreciate what we're looking at. Loren says, "It's a one-of-a-kind 14K gold hand-forged pendant showcasing a 10.50ct cushion Cabochon, Ethiopian "Smoked" Opal accented with a slice of Gibeon Meteorite and Diamonds." Now we know.

Opal Like You've Never Seen

The piece is striking in its complexity and for the juxtaposition of incongruent gemstones. While jewelry fans know about opal, many of us have never heard of smoked Ethiopian opal. Most opal comes from Australia which accounts for 95% of its global output. But in the last few years, Ethiopia has become an important source of opal too. And to deepen its colors with richer tones, a treatment of smoking is applied. The result? Breathtaking as you can see here.



Striking-From Outer Space

The other remarkable item in this alluring pendant is Gibeon Meteorite. While it may be new to us, local Namibians have been using this ancient material for centuries. Extraterrestrial meteorites having fallen near Gibeon, Namibia in prehistoric times were strewn across fields in that part of Africa. Treasured for their unique appearance, they are an artist's muse.

The next time an alluring piece of jewelry catches your eye, make sure you learn all you can about it to deepen your appreciation of its unique charm.

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Live, soothing music takes a bow at NCH



by Jeff Lytle

The busy lobby of a hospital can be a stressful place as medical staff crosses paths with patients – some happy, some not – coming and going for tests and care. Patients' friends and families add to the mix.

The main entrance at NCH Healthcare System's Baker Downtown Naples campus is going an extra mile to relax everyone. Not only is there a greeter, Peter Fisfis, famous for spreading good cheer, but a café with aromas of fresh coffee and muffins, and an outdoor garden for strolling nearby.

Now add soothing, live music.

The tunes come from a donated piano – “a Christmas miracle,” says Director of Guest Relations Amanda Smith – that plays programmed music when volunteers are not at the keyboard. Actual staff members “with many hidden talents” will pop in for an impromptu mini-concert to entertain and let off steam, Amanda shares.

Other music comes from violinists or singers in the fledgling program, which was welcoming 72 high school musicians during the summer at NCH Naples and North Naples hospitals.

To Smith, the melodies are a form of music therapy, which research has shown to lower blood pressure, ease anxiety, reduce pain and spread happiness. An apt sign next to musicians informs “Music Is Healing.”

“In highly stressful environments, such as a hospital or medical settings, music can provide respite for patients, caregivers, loved ones and staff in a casual setting through live performance,” confirms one authority, Devan Elliott, a licensed music therapist at Moorings Park in Naples. “Placing live music in an anxiety-inducing environment can allow opportunities of rest and mindfulness.”

Fisfis – nicknamed Peter the Greeter – says he can observe listeners moving to the music. “People thank us all the time,” he says, for renditions of classical music, standards, jazz and show tunes.



Bev Ranstrom plays near the café at NCH lobby in Naples. Courtesy NCH



A nice moment took place one morning in June as volunteer Vivian Aiello played a tune unexpected from a violin, “Crazy.”

A random passerby called out “Patsy Cline.”

He was gone before Aiello could ask aloud who wrote it (Willie Nelson).

Another nice moment came when she was playing “I’ll Be Home for Christmas” in December. The tune prompted an elder listener to shed tears as he tapped Smith, seated nearby, on the shoulder. He said his mother would play the song in memory of his late father. That day his wife was in surgery and he needed a break from the waiting room. The music gave him hope and faith, he told Smith.

The NCH role, Aiello explains, “keeps me playing and I enjoy all the nice comments. My goal is for people to enjoy it.”

Her view resonates with another local authority, Marissa Luizzi, manager of dementia respite activities at the Naples Senior Center. “Live music is a gift to all -- those actively playing the music and those passively listening,” she says.

“Hospitals bring a variety of different stressors to a variety of different people, and live music is a wonderful way to briefly redirect those stressors into thoughts and perhaps feelings of joy and relaxation. I once saw and heard a child hack out “Twinkle, Twinkle Little Star” on a hospital lobby piano, and it brought the most laughter and happiness out of everyone.

“I love and appreciate any musician who will share their talents of music with others, especially in a setting like a hospital lobby.”

Another of those musicians is Bev Ranstrom, coincidentally a retired health care administrator who has a special childhood piano memory: “Every time I went by a piano a little voice inside urged me to ‘go over and play it.’”

Ranstrom calls the volunteer gig a blessing. “Musicians need a venue,” she says. “Volunteering at NCH gives me an opportunity to play music just for the fun of playing. I also had a long career in healthcare quality and realized I missed the hospital environment where staff show up every day to make a real difference in people’s lives.”

She goes on: “I have had visitors, one with tears in her eyes, come over and thank me for playing. When people take the time to stop or say ‘thanks’ I feel that my playing may be worthwhile.”

Jim Mahon, NCH senior vice president, sums it up. “Often overlooked but nonetheless very critical to the continuum of care is the healing power of music, art and prayer,” he says. “At NCH we are blessed with the continually growing number of talented musicians who are donating their time and talent.”



Vivian Aiello and the Music Is Healing sign at NCH lobby in Naples. Courtesy Jeff Lytle



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ART *after* DARK



Summer is going by quickly with many days of afternoon rain and dramatic sunsets. Phil Fisher likes these days of colorful clouds and skies, especially. It gives him the opportunity to paint the exciting colors and light. The quiet of this time of year is nice, too. He works on paintings of birds you might catch a glimpse of in the shallows of a mangrove tree or the “Footprints in the Sand” at the beach exciting the color that bounces off the sand affected by the water. The wading birds are a favorite subject as they are characters of grace and charm, standing still in a floral background or in the water, fishing for dinner.

This time of year, we have the time to enjoy them and their beauty and it's nice to save them in the form of a painting to enjoy for years to come. His works can be seen at Phil Fisher Gallery in Crayton Cove during the months of September and October. While in the area, a visit to Random Acts of Art, Paws Pet Boutique and Shannon Green Jewelers is in order, as well. There is no waiting at the five restaurants within walking distance of the shops. Crayton Cove is a unique commercial area with a laid-back charm, worth the visit. Located at the intersection of 8th St S and 12th Ave S by the Naples Bay.

Insights from Don Drury

President, Moran Wealth Management

Although investors do not have a crystal ball, certain economic metrics can help investors and business owners make informed decisions on the direction of the economy. For instance, leading economic indicators can signal changes in the economy before they occur. One of the most well-known leading economic indicators is the Yield Curve, which conveys the relationship between short-term and long-term interest rates on treasury bonds.

Financial experts argue that the slope of the yield curve can predict future economic activity. In a normal economic landscape, the curve is upward sloping with the short-term rate lower than the long-term. To understand why, it is useful to think about treasury bonds as essentially investors lending money to the U.S. government. As the maturity of a bond increases, investors expect to be compensated for the increased risk of lending their money over a longer period. This relationship between short-term and long-term rates can change, however, with the curve flattening and even inverting. Short-term rates are primarily influenced by expectations of the Fed's monetary policy, while long-term rates are set by investor's outlook on inflation and economic growth. A normal, upward sloping curve indicate investors predict future economic health and market expansion. When investors start to anticipate the economy slowing down in the future, this curve inverts with short-term bonds yielding higher than long-term bonds. This yield curve inversion signals investors have a pessimistic long-term economic outlook and are willing to pay a premium on shorter term bonds.

Traditionally, economists look at the difference between the three-month and the 10-year Treasury note to determine the possibility of a future recession. Economists pay attention to this metric because it has reliably predicted the last eight recessions consecutively, including the Great Recession of 2008.¹ As of June 23, 2022, the spread between the three-month and the 10-year Treasury has remained positive. The spread of the two-year and 10-year Treasury note, on the other hand, does not have a perfect track record of predicting a recession, but is still significant,

nonetheless. This inversion historically has predicted seven out of the eight past recessions and has had one false positive in 1994.² On April 1, 2022, we briefly saw the two-year Treasury note top the 10-year Treasury note at 2.44% versus 2.38%, signaling to investors another recession may be impending. It is important to remember that a recession does not follow immediately after an inversion. On average, a recession comes 19 months after the two-year and 10-year yield inversion.³

With all of this in mind, we believe that we remain at a crucial turning point in the economy as the Fed embarks on aggressive monetary policies to combat inflation. Here at Moran Wealth Management, we are actively watching for changes in leading economic indicators including the yield curve and encourage you to reach out to us regarding any questions or concerns. You may contact us at your own convenience on our mainline 239-920-4440 or schedule an appointment at moranwm.com.

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¹www.barrons.com

²Ibid

³LPL Research

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Holistic Hacks for 2 Common Health Concerns

by Svetlana Kogan, M.D.



So I commonly see patients who have been experiencing severe lower back pain while lying in bed. Most of the time, patients have no idea what's causing the pain since they have not done any heavy lifting or unusual activity. Some nights the pain is so sharp that they can't even fall asleep. Back pain – which affects 80 percent of Americans at some point in their lives – is one of the top complaints in primary care practice. I recommend that you have your

primary care doctor check this back pain out with an X-ray and often a MRI first.

Assuming the outcome of the above is all good, you can then approach this issue holistically. If your pain is worse when you lie down and you have not overexerted yourself, you could be suffering from muscle spasms, which are often brought on by a magnesium or calcium deficiency. You may be feeling bad now because warmer weather raises the risk of a magnesium shortfall. To restore the proper flow of nutrients to muscle cells and ease your pain, try taking 200 mg of magnesium citrate twice a day and about 500 mg of calcium citrate once a day. You may also want to include magnesium-rich foods like wheat-bran cereal (if you are not gluten-sensitive) into your diet. If you are gluten sensitive, pumpkin seeds, bananas, avocados, and spinach are excellent sources of magnesium. It can take three to four weeks to correct the deficiency, so in the meantime, consider rubbing a bit of magnesium oil on your back before going to bed. The oil penetrates the skin and gets to the muscle layer, and could help improve the discomfort in about a week.

I would also recommend Mind-Body techniques such as Progressive Muscle Relaxation, in which you can relax different parts of your body, one muscle group at a time. Another great holistic modality is Ondamed (pulsed low frequency electromagnetic fields) – a painless treatment in which the vibrational frequencies of the muscle groups receive a tune up.

For acute pain, a series of 30-minute treatments are typically sufficient. Patients also commonly ask me about the dangers of acid reflux medications and whether there are any natural fixes that will help. People are right to be leery of proton pump inhibitors and H2 blockers. Their chronic use has been linked to bone fractures and increased risk of infections. These pharmaceuticals can also decrease calcium absorption and wipe out stomach acid, which is needed for breaking down any and all food proteins. If your GI doctor agrees with you trying to wean off of your meds, try sleeping with 2 pillows – this will help to prevent acid from accumulating in your esophagus and throat. Also, try not to eat after 7pm and go to sleep no later than 10pm to avoid unnecessary acid production in the late evening. There are some foods that increase acid production which you should try to avoid: caffeine, alcohol, tomatoes, chocolate, potatoes, and spicy foods.

There are also several simple natural remedies that will improve your reflux. My favorites is Rhizinate Chewable supplement by Integrative Therapeutics. The main ingredient – deglycyrrhizinated licorice stimulates and accelerates the natural protective factors in the digestive tract which help relieve occasional heartburn. In Rhizinate, the glycyrrhizin compound--associated with high blood pressure--has been removed. It's chewable because saliva enhances the effect of Rhizinate's natural compounds, and it tastes great. Alternatively, you can try slippery elm bark and mastic gum - based supplement called Pylori-Plex by Douglas Labs. Mastic gum, a resin obtained from the tree, *Pistacia lentiscus*, is used traditionally in the Mediterranean as both a food ingredient and a traditional healing plant for the gastrointestinal system. Several animal and human studies indicate that it may have the ability to reduce the H. Pylori bacteria, commonly related to many cases of heartburn and acid reflux. This in turn can play an important role in supporting the body's exposure to H. pylori and maintaining the body's natural defenses against ulcer formation.

Dr. Kogan is a Concierge Holistic Internal Medicine doctor in Naples. Her website is CustomLongevity.com

Is your commissioner making the grade?

**These
were
Penny
Taylor's
Top 3
Stated
Priorities:**

REPORT CARD	
Growth and Development Taylor states: "Sprawling, crowded development can stay on the East Coast, not in Collier County," yet she approved three (3) 15-story buildings of up to 491 units in the Triangle District, just steps from Naples City Limits.	F
Economic Development Taylor states that she has "Broadened our tax base through diverse economic development to keep residential property taxes low and attract high-paying jobs," yet she voted to subsidize companies that bring low-wage jobs to our area, ie: \$15 million for Great Wolf Lodge.	F
Water Quality Taylor states: "We must properly manage our water resources. There is no room for complacency," yet she was complacent with the Belle Meade project which will significantly improve the health of the Gordon River and Naples Bay. She also voted to redirect monies from the Beach Renourishment fund to the Paradise Coast Sports Complex which is \$67 million over budget.	F

You deserve better! - Vote for Michelle McLeod

As a native of this area, I bring a unique historic perspective to the table as well as in-depth knowledge of city and county issues. In addition to decades of business experience in banking and hospitality, I have a graduate degree with a concentration in finance.

I also served on Naples City Council, leading three significant landmark projects that benefit all Collier County residents (*all three projects were started and completed under budget within my 4-year term*):

- Design and construction of Baker Park
- Reconstruction of the Naples City Dock
- Construction of the Naples's Emergency Operations Center

As county commissioner, my top three priorities will be to:

- Stop excessive spending on projects like the Paradise Coast Sports Complex (currently \$67 million over budget).
- Stop subsidizing companies that bring low wage jobs which only exacerbates our affordable housing problems.
- Support smart growth policies to avoid further urban sprawl and negative impacts on the environment.

I have the background, education, and the experience to be your next county commissioner and I ask for your vote on August 23.



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The A-Bee-Cs of mosquito control

by Patrick Linn, MS, MSHAPI
Executive Director, Collier Mosquito Control District

Many of you are asking about the effects of mosquito control treatments on our area's bees and other pollinators. In this article, I hope to address those questions and provide reassurance that the Collier Mosquito Control District is committed to the health and well-being of the community we serve, including the beneficial insects who call Collier home.

The success of any integrated mosquito management program requires application not only of control products, but of the knowledge and relationships between biology, ecology, and more. Great care is taken in planning the time of day we treat with materials that control adult mosquitoes. The District's airplanes apply these materials when mosquitoes are most active: during twilight hours of dawn and dusk. That's the time of day most pollinators are not active and therefore our materials will not come into contact with them.

The nighttime hours also tend to move humans indoors. The District seeks to pose an absolute minimum of risk to beneficial insects, humans, and pets. Thus, great care is taken in planning aerial treatments. An exception to aerial treatments occurs when the District applies granular materials via helicopter to swamp and mangrove areas during morning hours. These products are 100 percent mosquito larvae specific, and daylight is necessary to maintain safety of flight while applying the product.



Extensive studies on the effect of nighttime Ultra Low Volume (ULV) adult mosquito control applications on non-target insects in the United States show no evidence of material risk to pollinator health. The combination of timing, altitude of application, droplet size, and product type all contribute to a mosquito-specific control effort. Further, the materials used by the District to control adult mosquitoes do not persist in the atmosphere or settle on surfaces. They degrade rapidly with time, sunlight, and the atmospheric changes associated with daytime hours.

Many years ago, the District developed an automated notification system that alerts enrolled residents of mosquito control treatments when their home address is included in a treatment area. Our county's apiarists eagerly adopted the use of the system, and those with concerns about their hives can verify that their bees are inside the hives at night when treatments occur in their area. You too can register to receive these alerts using the form on our website: www.cmcd.org/spray_maps/?notify

If you wish to learn more about the extensive research into this topic, please visit www.mosquito.org/page/pollinators.



Want to know more about the science behind mosquito control? Looking for someone to speak to your group's next meeting? Visit the District's website at cmcd.org or call 239.436.1000.



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Whether you are a year-round Neapolitan or returning for another glorious season on the Paradise Coast, if you love the arts, Artis—Naples is the place to be this fall. Artis—Naples, home of The Baker Museum and the Naples Philharmonic, presents another full and robust season starting in September. The season's schedule reflects Artis—Naples' commitment to its multidisciplinary mission and world-class offerings in the visual arts, classical music, symphonic pops, dance, touring Broadway productions, special presentations, holiday concerts and film.

"This exciting season is thoughtfully crafted, creative and wildly varied," Artis—Naples CEO and President Kathleen van Bergen said. "Part of our multidisciplinary mission is to provide artistic experiences across the creative spectrum, and this season's breadth and depth of programming brings that commitment beautifully to life."

Opening for the season in September, The Baker Museum presents a remarkable slate of exhibitions starting with *Helen Frankenthaler: Late Works, 1990-2003*, opening on September 6 and showcasing the innovative soak-stain paintings of Frankenthaler's late years. *Envisioning Evil: "The Nazi Drawings" by Mauricio Lasansky* opens on September 17 with powerful drawings by Lasansky, the son of Jewish immigrants in Argentina, as he grappled with the horrors of the Holocaust. The Baker Museum continues its annual tradition of spotlighting notable Florida artists for a 10th year, with varied exhibitions on display throughout the Hayes Hall galleries in *Florida Contemporary 2022-23*, opening



Helen Frankenthaler (American, 1928-2011). *Stella Polaris*, 1990. Acrylic on canvas, 96 x 108 in. Collection of the Helen Frankenthaler Foundation, New York. © 2022 Helen Frankenthaler Foundation, Inc. / Artists Rights Society (ARS), New York.

October 14. Beginning on October 22, museum visitors can experience the exhibition *Ran Hwang: Becoming Again*. This stunning installation by Korean-born artist Ran Hwang incorporates buttons, beads, pins and video projections and meditates on the transient and cyclical nature of life.

Performing arts aficionados can anticipate many stellar classical and jazz performances this fall. The Wang Chamber Music series kicks off with a longtime Artis—Naples artistic friend, violinist James

Ehnes, joining Naples Philharmonic musicians for a program that includes the Dvořák String Quintet, Op. 97 on October 9. Chamber music lovers will also be treated to Naples Philharmonic musicians playing Mendelssohn's String Quintet No. 1 as part of the Sybert Salon series on October 16 and 18. For the

more free-form crowd, the perennial cool cats of the Naples Philharmonic Jazz Orchestra are joined by guest saxophonist Jimmy Greene on October 12. The Naples Philharmonic Masterworks series triumphantly begins its season on October 20 and 21 with guest conductor Hannu Lintu and guest soloist Conrad Tao playing Tchaikovsky's glorious Piano Concerto No. 1.

Cinephiles will flock to Artis—Naples and Silverspot Cinema at Mercato in Naples at the end of October for the 14th annual Naples International Film Festival. Starting off with a glamorous Opening Night Film and Party on October 27, movie lovers will enjoy this glitzy weekend of film and fun. Screenings continue at Silverspot Cinema from October 28-30, and capping off the final evening of NIFF is an opportunity to join Principal Pops Conductor Jack Everly and the Naples Philharmonic as they journey to a prehistoric land inhabited by dinosaurs! Patrons will experience Steven Spielberg's Academy Award-winning film *Jurassic Park* like never before with a live screening as Jack and the orchestra perform John Williams' iconic score onstage.

For details on all exhibitions, performances and events, visit artisnaples.org.



Wang Chamber:
James Ehnes
© Benjamin Ealovega



12th Annual Daniel Lewis Dance
Sampler Dance NOW! Miami Random
Patterns of Falling Leaves
Photo Jenny Abreu



Mauricio Lasansky,
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Getting ready for Season

by Claudia Polzin, Independent Consultant



through April.

Lucky for us that the Naples Players continue programs all year round – if you saw the adult, full version of “Something Rotten” which ran from June 22 through July 24, 2022 – you will not want to miss the teen version which will be performed on August 5-7, 2022. Whether the full play or the teen version – it is hilarious – brothers Nick and Nigel desperately want to write a hit play – but they are stuck in the shadow of the Bard (Shakespeare). But when a fortune teller says that the future of the theatre will involve singing, dancing and acting all done at the same time – they decide that they will write the world’s first musical. The chaos of opening night makes them realize that reaching the top means being true to one’s self, etc. etc. Enjoy this version of the play – it’s pure entertainment.

If you like to be a part of the action when you go out – it’s time for you to explore Comedy Nights at the Sugden Theatre. Stage 2 Improv introduces you to an original group in Southwest Florida that uses suggestions from the audience to fuel their unscripted shows. August 13 – “Class Reunion” – if you loved your high school years – come and share your memories of your younger years – remember bell bottoms and blue tuxedos.

September 10 – “Tournament of Champions” – an evening of games and songs fueled by the input of the audience. October 1 – “Pumpkin Spice Improv” – even though it doesn’t feel like a northern fall – it is fall in Southwest Florida – so enjoy remembering holidays past and getting ready to celebrate the holidays yet to come.

This may be the time to find some venues for entertainment – like a show while you are eating. A relatively new restaurant might be a spot to explore – Bodega Olé located at 965 4th Ave. N. They have live entertainment four nights a week – so dine and enjoy. Tuesday nights – Carlos Nunez performs with his lute guitar or German guitar. This guitar has been common since 1850, has 6 strings on a lute bowl – but at times it can be strung with up to 11 strings. Wednesday nights – features Flamenco Guitar – with John Housley. Friday nights – Havy Rodriguez a versatile Latin singer-guitarist who performs in four languages. Saturday nights – features the Acoustic Bros, so enjoy your favorite Spanish cuisine while being entertained. (It’s time to try some paëlla with music.)

As always there are places to explore and enjoy that are not as busy now as they will be later in the year – so explore the Naples Zoo, the Botanical Gardens, the Historical Society, beaches, museum and art galleries. Take the time to explore our city as if you were a visitor – remember all of the places you take your family and friends when they come to visit and see them anew. Support your local businesses and let them know that you appreciate them. See you again in November and until then stay safe and love your community.



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When I was elected nearly 4 years ago, I could not have imagined I would be serving during a global pandemic, but I am so proud of our staff and students for meeting the challenges we faced head-on.

During that time we:

- 🍏 Created multiple learning options for our students including in-person, synchronous online, and E-Collier Academy.
- 🍏 Preserved the student experience by ensuring access to clubs, sports, band, theater, and orchestra.
- 🍏 Distributed thousands of computers and Wi-Fi hotspots to our students and families, as well as over 1 million meals.

As a result, we were able to:

- 🍏 Increase our graduation rate to a record high 92.7%
- 🍏 Outperform the state in all 21 tested areas for the first time ever.
- 🍏 Maintain our A-rated district status.

FROM A FINANCIAL STANDPOINT, COLLIER COUNTY PUBLIC SCHOOLS ARE:

- 🍏 On track to be debt-free by 2026.
- 🍏 Paying cash for the new high school, which will save taxpayers an estimated \$41 million in interest payments.
- 🍏 The only district in the state to pass a TAX NEUTRAL referendum... we didn't ask for more money; we simply asked permission to move money from the capital side of the budget to the operational side of the budget.

It has been the honor of my lifetime to serve the students of Collier County, and I hope I can count on your vote on August 23rd to continue the forward progress we have made.

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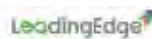


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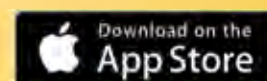
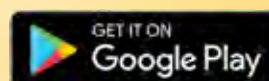
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Naples Winter Wine Festival 2023 is a Concerto "In Perfect Harmony" of the Very Best in Wine and Food

The Naples Children & Education Foundation (NCEF), founders of the Naples Winter Wine Festival (NWWF), announced the NWWF will return to The Ritz-Carlton Golf Resort, Naples on February 3-5, 2023.

With the theme "In Perfect Harmony," the festival will showcase the finest wines, exquisite cuisine and incredible auction lots to benefit children in need.

The 23rd annual NWWF comes following the record-breaking event in 2022, and anticipation for another hugely successful festival is already building under the leadership of the 2023 NWWF Co-Chairs Nena and Bill Beynon, Libby and Rick Germain, and Julia and Robert Heidt, Jr. For 2023, the festival moves to the first weekend of February, which is one week later than usual.

This year's theme "In Perfect Harmony" reflects the amazing ensemble of award-winning chefs and world-renowned vintners who come together each year to deliver a concerto of elegant and exclusive vintner dinners in private homes around Naples followed by the exciting live auction featuring the very best wines and unique experiences to exotic destinations around the globe.

"Plans for the 2023 Naples Winter Wine Festival are coming together quickly with everyone working in perfect harmony to present some of the most extraordinary wines, travel packages and one-of-a-kind experiences found nowhere else in the world," said 2023 NWWF Co-Chair Libby Germain. "We will be staying true to our promise to the community that every dollar raised during our live auction under the big tent will benefit underprivileged and at-risk kids in Collier County."



The Co-Chairs of the 2023 NWWF bring the perfect combination of professional and philanthropic experience both in Naples and abroad. Here is some background on this year's leadership team:

- Originally from Cincinnati, Ohio, **Julia and Robert Heidt, Jr.** are active philanthropists through the Heidt Family Foundation and have supported a wide range of initiatives, including St. Vincent DePaul and Cristo Rey School, Bethany House Services, Lindner Hope House, the Scripps Institution of Oceanography at UC San Diego and the Heidt Hope House, part of the Boys Hope Girls Hope Cincinnati "Building Hope" Initiative. Robert Heidt is Chief Executive Officer of Wellington Orthopedic and Sports Medicine, where he has practiced as a physician since 1982 and served as the team physician for the Cincinnati Bengals for nearly three decades. Julia Heidt serves on the Board of Trustees for the Scripps Family Office. The Heidts have supported the NWWF since 2017.

- Originally from West Virginia, **Nena and Bill Beynon** have been full-time residents of Naples since 1998. Bill is President and CEO of Capital Wealth Advisors, where he leads a team of over 40 professionals focused in the areas of wealth management and estate planning. Nena's career was in elementary education, serving 23 years in the classroom. Nena and Bill have enjoyed their involvement in many non-profits since moving to Naples, both as active volunteers and board members. Their philanthropy has focused in the areas of children, education, hunger, cancer research and military veterans. The Beynons attended the NWWF for the first time in 2016 and immediately fell in love with its mission.

- With homes in both Naples and Columbus, Ohio, **Libby and Rick Germain** are passionately involved in a number of charitable organizations in both locations. Rick has over 40 years of progressive growth in the automotive industry within various manufacturer environments and currently directs the Germain Automotive Partnership with multiple dealerships in Naples and Columbus. Libby is an alum of The Ohio State University and supports the university in a number of capacities by serving on The Ohio State University Foundation Board. She also has become very involved with Ohio State's Comprehensive Cancer Center, The James. The Germaines have supported the NWWF since 2017.

"This past year's NWWF was an amazing success as we raised an incredible amount of money for essential children's services in our community," said Bill Beynon, 2023 NWWF Co-Chair and NCEF Grant Committee member. "Our team is excited to take on this challenge, building upon the 2022 event and bringing everyone together again in 2023 for another impactful weekend."

Ticket packages for the 2023 Naples Winter Wine Festival start at \$15,000 per couple for a Double Magnum package and \$35,000 for two couples to experience a Jeroboam Package. For additional information, please visit: napleswinefestival.com/about-the-festival.

About Naples Winter Wine Festival

The Naples Winter Wine Festival, one of the world's most prestigious charity wine auctions, offers a weekend of unforgettable memories. Guests enjoy world-class food and wine during intimate dinners in private homes and are invited to bid on once-in-a-lifetime travel and wine experiences during an electrifying live auction. Since its inaugural event in 2001, the NWWF has raised nearly \$244 million, making a profound difference in the lives of hundreds of thousands of children.

About Naples Children & Education Foundation

The Naples Children & Education Foundation, the founding organization of the Naples Winter Wine Festival, is improving the educational, emotional and health outcomes of underprivileged and at-risk children. Through its annual grants and strategic initiatives, NCEF has impacted more than 50 of the most effective nonprofits in the community, providing more than 275,000 children with the services and resources they need to excel. NCEF's unique approach, which emphasizes collaboration between organizations and bridges public and private resources, has become a blueprint for how to transform a community, one issue at a time.

For additional information on the Naples Children & Education Foundation or the Naples Winter Wine Festival, contact Lisa Juliano at lisa@napleswinefestival.com or 239-514-2239.

STARability Foundation presents STAR Award to Driftwood Garden Center

STARability Foundation has announced the return of its STAR Award initiative and recently presented the first one since the pandemic to its dedicated vocational partner, Driftwood Garden Center. The award was presented to Driftwood owners Craig Hazelett and Josee Tardif by employee and Trailblazer Academy participant Nicole (Nicki) Moynihan.

The award recognizes local businesses that employ STARability participants, including those enrolled in the Trailblazer Academy, a community-based program focused on providing vocational training, life skill development, and recreational experiences for individuals with intellectual and developmental disabilities.

Driftwood has been a loyal supporter of STARability since 2017. “As our relationship with STARability grew over the years, we wanted to further develop the partnership and establish our business as an inclusive employer,” said Hazelett. “It felt like a natural next step to support their work and do our part to set an example for other businesses in the community.”

STARability was able to match candidate Nicki, who had related work experience and an interest in a paid position in horticulture, as a seasonal Garden Assistant at Driftwood in 2020. She works closely with her coworkers and a job coach to complete her tasks, which include deadheading, weeding, pricing, cleaning, and more as assigned. Nicki also works as a Garden Bud at THRIVE*ability: A Community Garden Project, supported by STARability and the City of Naples Parks and Recreation.

“At STARability, we feel blessed for the opportunity to make successful employment matches that benefit both the business and our STARS,” said Madison McNally, STARability’s Chief Program

Officer and Trailblazer Academy Director. “Our partnerships with organizations such as Driftwood are vital to our mission of providing all individuals with intellectual and developmental disabilities with access to programs, resources and opportunities to lead meaningful and productive lives.”

Driftwood Garden Center is family-owned and operated, with two locations in Naples and Estero. They are a full-service nursery offering custom landscape design, water gardening, florist, pottery, and over an acre of shade houses full of every plant or flower imaginable. The team at Driftwood takes pride in supporting other local businesses and charities, donating their time, goods and services to over 200 area charities each year, in addition to STARability Foundation.

For nearly four decades, STARability Foundation has been shining a light on abilities, not disabilities. Formed by a small community of caring parents, STARability has become one of Southwest Florida’s leading nonprofits. Today, the organization is opening a world of possibilities to ages 14 and older by offering a variety of inclusive programs focused on vocational training, continuing education, teamwork, social engagement and community involvement. Their compassionate team supports people with disabilities by providing life-transforming opportunities that emphasize teamwork and a connection to the community while strengthening awareness and respect for individual abilities.

To learn more about the services and program offerings available, please visit STARability.org.



Craig Hazelett and Josee Tardif, owners of Driftwood Garden Center, receiving STAR award from Nicki Moynihan, Halley Kretschmer, and Madison McNally.



Josee Tardif, Nicki Moynihan and Craig Hazelett



Driftwood Garden Center's STAR Award from STARability Foundation



Halley Kretschmer STARability vocational services manager and Nicki Moynihan

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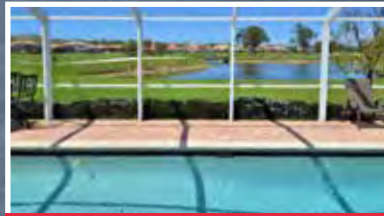


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Half-Mast Nation

by Karen Coney Coplin



Print media deadlines typically run about a month ahead of publication date, so this article was being formatted in early July. I was on a mission to round up "good news" to share.

With the onset of the war in Ukraine earlier this year, and all of its devastating images, 2022 got off to a somber start. Then, the elementary school shooting in Uvalde, this right on the heels of the Buffalo grocery store shooting, left many of us hurting, grasping at straws.

As I was finishing my article, our country was celebrating its 246th birthday. And yet, at the most American of events, a Fourth of July parade, seven innocent lives were gunned down in Highland Park, Illinois.

After the 3-day holiday weekend was over this year 220 Americans were dead from gun violence.

(How many more by the time this essay is in print?)

This tragic occurrence has been repeated so many times, especially in the last two decades, that it has been the backdrop of my daughters' entire existence.

At some point during their childhood education, they and their classmates stopped learning cursive handwriting and instead were taught emergency procedures, lockdown and code red drills in the event of an active shooter.

I still have a recorded robo dialer message on my phone from the principal of Naples High School, where a lockdown mistakenly occurred in September, 2019. Unlike prior drills which were announced, this was set off in error.

My daughter said at least one student jumped out of a second floor window, thinking the false alarm was real. She herself was terrified and without her phone, afraid that she was going to die.

The Marjory Stoneman Douglas shootings in Parkland had occurred the year before, on Valentine's Day, turning a holiday devoted to love into a nightmare instead. This horrific massacre was fairly fresh in the minds of everyone in school in Florida.

Our country has been revered as the leader of the free world, yet we have allowed this terror to go on unabated as if we were a nation at war. It's not an exaggeration. We are now living our lives - individually and in society, amid mass shootings which take place everywhere: in places of worship, at schools, at shops, at concerts, at parades, and in hospitals. This is an incomplete list.

So my initial focus on good news has turned instead to hope. Hope that we will DO SOMETHING. Hope that we will create a future world in which the 2-year-old Highland Park orphan can grow up without other traumas in his life. And that others do not have to follow in his footsteps.

Somehow, Anne Frank was able to keep hope in her heart even while in hiding from Nazi persecution:

"... I still believe that people are really good at heart."

It is up to all of us, personally and politically, to be the people that Anne Frank believed in, and to keep hope and humanity alive.

*If you do have good news to share, Karen would like to hear from you.
Email: napleskcc@gmail.com or on Instagram @naplesbythenumbers*

Shuffle The Cards To Unshuffle The Brain!

by Kenna Barry

While it was once a game reserved for British nobility and the sophisticates of New York and Palm Beach, today bridge, the card game, can be played by anyone willing to master it. This fascinating game, whether played casually in your neighbor's kitchen or competitively in tournaments worldwide, has attained a huge following among Floridians.

Bridge is a fun and addicting game with an engaging social component, but the benefits go far beyond an enjoyable afternoon with friends. Not only does playing bridge improve cognitive performance, mental stamina, and focus, but playing the game has also been linked to prevention of the effects of mental disorders such as Alzheimer's disease. Studies have shown that playing bridge can increase immunities and lower the risk of other diseases by stimulating the area of the brain responsible for T-cell levels. There is no doubt about it. Playing bridge is a winner for the brain!

Bridge is a trick taking game that begins with bidding sequences, including agreements called "conventions." Learning how to bid and play the hand, with over six trillion deal possibilities, is akin to learning a new language; as such, many people turn to their local bridge club for professional instruction. For those who prefer a more expedited approach, the Learn Bridge In A Day® (LBIAD) program gives ambitious students a full day immersion experience that allows them to jump in and play at a basic level upon completion. Future bridge enthusiasts looking for an opportunity to learn and play are welcome to sign up for this popular program, which will be offered on October 9th at the Marriott Sanibel Harbour Resort and Spa. By the end of the day, students will have enough knowledge to play in a beginner's game at the Sanibel Regional Tournament hosted by the American Contract Bridge League (ACBL) from October 10 - 16, 2022. There, students will have the opportunity to earn coveted gold masterpoints, the exclusive currency of the ACBL and the mechanism by which bridge players measure achievement in competition.

The growth of the game here in Naples cannot be denied; players can exercise their skills at public bridge clubs, community centers, and private golf and social clubs. New bridge centers and rooms are emerging in many communities. "Our beginning lessons are bursting at the seams," says Wayne Humphrey, Director of Bridge at a prestigious Naples golf club. Once people discover this enticing game, they want to be a part of its culture.

As one bridge player describes the popularity phenomenon, "One of the beautiful things about the game is that it can be played by anyone virtually anywhere. Yes, there are incredibly talented professionals who play with sponsors around the world, but it can also be played at home with two couples, a deck of cards and a good bottle of wine!"

To sign up for Learn Bridge In A Day or discover more about the game of bridge go to the ACBL District 9 website <https://district9acbl.org> or contact Betty Sandifer at bsandifer@cfl.rr.com.



Beth Flanigan (left) and Tracy Nolan (right) both of Naples, kibitz World Class Player Ishmael "Ish" Del'Monte. "Kibitzers" are spectators at the bridge table. Kibitzing top players is not only fun, but also one of the best ways advancing players improve their skills. Photo: Michelle Reed



Five-time National Champion Shannon Cappelletti laughs with her opponents at the Sanibel Regional Tournament. Shannon's father-in-law created the famous Cappelletti Convention, a bidding convention used by many bridge players. Photo: Michelle Reed



Pathfinders rallies Naples Stars in support of Pathways Early Education Center of Immokalee



Last season, Pathfinders hosted an evening of tempting tangos, sizzling salsas, and jiving jitterbugs for its inaugural Dancing with the Naples Stars event. Chaired by Judy Tedder and Sarann Kraushaar, the competition attracted hundreds of guests to cheer on Naples Stars – key government, community, and business leaders – who were paired with professional dancers.

It was more than a prize driving the dancers to compete though, their goal was to change the path for some of Immokalee's most at-risk children. They were rallied to support the event by members of Pathfinders, an auxiliary support group with a goal of raising awareness and much needed tuition assistance for Pathways Early Education Center of Immokalee.

Proceeds from Dancing with the Naples Stars and Pathfinders' future events will give Immokalee's future leaders access to

high-quality, early learning programs. Multiple studies have shown that when students are engaged in early education programs, they are more prepared to enter kindergarten with stronger language, math, and cognitive abilities. By giving every child access to nurturing and stimulating environments, Pathways is helping Immokalee's future leaders adapt for a lifetime of learning.

Thousands of children have passed through Pathways' doors to achieve success in school and careers, breaking the cycle of poverty that impacts over half of the families in Immokalee. However, the waiting list for a child to enter the school can be a year or longer. More than 500 children are currently waiting to gain access to the language-rich environment, where they learn to work cooperatively with a diverse peer group.

Learn more at www.PathwaysEarlyEducation.org.





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Immokalee Foundation student Stephanie Robert as the student speaker at The Immokalee Foundation's inaugural CEO Summit.



The Class of '22's Eloy Anzualda III represents The Immokalee Foundation in an interview with WINK News.



Immokalee Foundation graduate Lizbeth Huapilla

For Immokalee Foundation students, high school graduation is just the beginning

by Noemi Y. Perez, President and CEO



As a society, we understandably place a lot of emphasis in the thrill of high school graduation. I am happy for any student who can successfully make it to the high school finish line, but in Immokalee, that achievement can be a bit sweeter.

Many in The Immokalee Foundation's Class of '22 are the first in their family to graduate high school—and as we're on the cusp of another school year—they are often the first family member to go to college.

The challenges in Immokalee are widely reported. The irony is that, as an agricultural community, Immokalee's working class essentially feeds millions of people, yet parents often struggle to meet their family's basic needs.

For over 30 years, The Immokalee Foundation has focused on education, career-readiness, and professional development for an extraordinary group of students ranging from kindergarten to postsecondary education.

At Immokalee High School, Foundation students represented 12% of the 2022 graduating class. Out of our 39 high school seniors, 18 graduated in the top 20% of their class and six of the top 10 graduates are Immokalee Foundation students.

As part of our celebration, here is a snapshot of our exceptional Class of 22—a blend of tenacity, commitment, kindness and passion. If you're looking to be inspired, look no further.

Eloy Anzualda III, one of our promising young scientists, is headed to the University of Florida with the goal of becoming a shark biologist.

"I hope to conduct leading research on various species of sharks to give better insight into their lives, how we can interact with them, and how we can use their gifts to better our world."



Lizbeth Huapilla is on her way to Florida SouthWestern State College. Ten years from now she wants to run her own business while giving back to people in need.

"The Immokalee Foundation has changed my life in many ways. They taught me to get out of my comfort zone, be independent, and never give up. And I did, and I am, and I won't."

Ketnise Pierre is off to Sante Fe College—the first step on her journey to become a nurse practitioner.

"I would say the words that best describe me are outgoing and patient—and I am willing to take a risk."

Stephanie Robert is going to the University of Florida to study nursing.

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For more than 30 years, The Immokalee Foundation has been preparing the next generation of leaders through a 100% focus on education, career readiness, and professional development for students in Immokalee—from kindergarten to postsecondary education. The Immokalee Foundation offers new pathways to success and financial independence through robust programming that prepares students for well-paying, in-demand professional careers in Business Management & Entrepreneurship, Education & Human Services, Engineering & Construction Management and Healthcare. For additional information call 239-430-9122 or visit immokaleefoundation.org.

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Why Nimby Is A Bad Idea

by Joe Trachtenberg,
Chairman of Collier County's Affordable Housing Advisory Committee



These days most everyone agrees we have an affordable housing crisis in Collier County. Home prices have skyrocketed, rents are out of sight and more of our neighbors are being forced to pack up and move to less expensive areas, often out of the county.

Yet public hearings to consider new subdivisions have become bloodbaths, often terminated before the plans are even

explained. Agitated neighbors fill the meeting rooms blocking all conversation. Folks with questions are overwhelmed by staunch opponents who have dismissed the possibility of compromise, out of hand.

How do we equate these two disparate concepts? We urgently need more affordable housing, yet some among us are unwilling to even consider it. How do we ever get out of this hole we've dug for ourselves? There are consequences for this behavior and they aren't good.

The term NIMBY ("not in my back yard") has been around for a long time. It describes a condition where reason is replaced by recklessness. It denies a property owner's right to do something - anything - with the valuable land he owns. And it refuses to consider others may be entitled to the same lifestyle as the guy who happened to get there first, and insists the door should be locked behind him.

Picture this - it's 3 AM and you hear a noise in your house, or you just awoke with chest pains. Or the pool guy didn't show up, your dog groomer is booked, you've been seated in a restaurant for 20 minutes and no one took your drink order.

We live in beautiful Collier County - currently rated among the best places in the world - and are almost totally dependent upon thousands of folks who can no longer afford to live here. No, this isn't new. But they used to be able to live within commuting distance. First it was Bonita Springs and Estero that became unaffordable. Now Cape Coral is growing into one of our nation's new discoveries.

Hendry and Charlotte Counties are now in our backyards?

Every day 45,000 of our Collier County workers fill the roadways commuting to apartments in other counties. Each will tolerate these conditions only until a job near home presents itself.

Ultimately something will be built on that piece of vacant land you are fighting to protect. A housing subdivision might be far preferable to a strip mall, gas station and car wash. And you may regret you didn't engage that developer in some discussions, to understand and perhaps obtain changes in whatever he was originally proposing to build.

Living collaboratively in neighborhoods doesn't mean we all always get what we want. Nor should the guy or gal who screams the loudest get to decide how the rest of us will live.

Joe Trachtenberg is chairman of Collier County's Affordable Housing Advisory Committee and past board chairman of St Matthew's House. He has been a resident of Naples since 2004.



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These photographs are all unedited, original before and after photographs of patients of Dr. Cheryl L. Malick, DMD.

In the Eye of the Beholder...

by Clay Cox Owner/President - Kitchens by Clay



Every once in a while, I have the privilege to be a part of a project that simply “tickles me pink.” The photo on the adjoining page is a perfect example of a kitchen that we designed that does just that. Now, just so you know, I am partial to the color blue and that might be a factor in my enthusiasm for this particular photo. Even so it’s only a small part of what makes me smile.

The layout of the room, in and of itself, lent to a very well-designed kitchen. Let’s

start with the big picture window on the back wall. Magnificent is the only word I can find for the impact that wall makes on the overall kitchen design. I love that we did not add cabinetry to the left and right of the window because we decided that the tile would be more than enough to catch one’s eye. Once you manage to take your eyes off of that wall you will see a well-balanced kitchen with all the storage solutions anyone could ask for.

Take the 48” range with the dual ovens for example. This eliminated the need for a tall tower cabinet that typically houses the ovens and/or the microwave leaving the countertop space

expansive and luxurious. The microwave is the drawer style and is below the window on the left. The use of stainless steel for the hood adds another texture and keeps the all-white cabinetry from becoming too “humdrum”.

Once again, my compliments to the room space itself. As you can see it allows us to not only have a ten-foot-long island with seating on two sides to help the conversation flow freely but the family table off to the left is also a winner when it comes to getting everyone together. The homeowner’s choice of artwork, flooring, seating choices and lighting fixtures complete this wonderful kitchen.

The bottom line is that if beauty is truly in the eye of the beholder, I am here to tell you that this beholder sees the beauty of this kitchen.

Enjoy your home!

Clay Cox

clay@kitchensbyclay.com

7935 Airport Road, Suites 5 and 6, Naples, FL 34109

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Round and Round

by Erick Carter



Different round brushes should accomplish different results. In my 25 years of styling hair, I have seen people using round brushes, but the wrong way. In fact, I had a guest come into the salon with the brush stuck

in her hair. Removing it can be a challenge even for a seasoned stylist to remove.

Before using a round brush, I first recommend removing tangles with a wet brush. A good wet brush will have a flexible pad and soft bristles. Work the tangles out from the bottom up, NOT the top down. Most people work from the top down and pull and rip the tangles out. This will damage your hair! After removing the tangles, apply your desired product, from mid-shaft to ends. If you’re looking for volume at the scalp, then apply a root lifter at the scalp and work through from scalp to ends.



Prior to even picking up the round brush, especially on longer lengths, dry your hair gently, using your fingers as a comb, working the dryer throughout the thickness of your hair. It is important to not dry against the grain of the cuticle. Once the hair is about 70% dry then start with a round brush. Doing so will help prevent or reduce tangles and pulling. Be creative, especially if you have layers. Different sized round brushes will give you different size shapes and movement in your hair. A smaller brush on top can help add volume. Also, working the brush at different angles can allow for creativity in your style as well.

Good luck and have fun. By the way, have you tried argan oil? It will allow the brush to move more freely through the hair. In addition, it has added benefits - to nourish, hydrate and help protect your hair.

If you have any questions feel free to email me.

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Putting an End to the Neighborhood Drive of Shame

One in four Americans can't fit their car in their garage because their piles of clutter and boxes of precious family memories take up all the floor space. Moms are constantly debating if throwing out their children's preschool artwork to make room for their new Lamborghini makes them a terrible person or not. Meanwhile, Dads are always frustrated that they can't find their screwdriver yet again because it is lost in their toolbox pit of death. Let's not even get started on how embarrassed families get when the garage door opens for the whole neighborhood to see years of clutter piled up to the ceiling. It simply is just not possible to back out fast enough to avoid the morning drive of shame.

Families want to and should take great pride in their homes because they represent a significant life investment. Homeowners spend so much time organizing and decorating each room within their home, but for some reason the garage is sadly always left behind. When in reality the garages should be given the most attention because the garage is the first impression of your home and the first room you step into after a long day at work. It is just not fair to yourself to work so hard to earn that new Lamborghini just to park it in your personal junk yard. It's time to say goodbye to the clutter and feel the luxury of your home from the moment you step out of your car. Luckily for you, there is a solution to end your shame and up your garage game by the end of the year.

Blue Diamond Garage & Home Solutions is kicking boxes to the curb and making room for multiple supercars with their genius storage solutions. This team will seriously take your garage to the

next level by transforming it into the ultimate garage experience within your home. From custom cabinets to overhead storage, they have it all. No more stepping over kids' painfully sharp toys and knocked over bikes. This team is here to save your toes and help you see what your garage floor actually looks like again. Odds are that too will need a little Blue Diamond love. Don't worry though because there is no project too big for their team and they won't stop until they have turned your garage into a beautiful, tasteful space curated with meticulous attention to detail.

Blue Diamond truly puts their heart and soul into each job and client relationship they acquire. Their attention to detail and focus on bringing their customer's vision to life really sets them apart. Whether you are looking for new flooring, custom storage solutions, or just need someone to finally put an end to your embarrassment, Blue Diamond is the team you need.



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Holistic Wellness Mind, Body & Soul



Mental wellness is much more than just what's happening in your mind. It involves the whole person. Good physical health, and even good spiritual health, can lead to good mental health and overall well-being for yourself, those around you, and the community as a whole.

David Lawrence Centers for Behavioral Health (DLC), Collier County's only comprehensive, not-for-profit behavioral health provider serving children, adults and families, advocates for whole-person wellbeing – including physical, psychological, emotional, social, and spiritual.

Holistic therapies such as art, pet and music therapy, fitness, yoga, and meditation have been proven to aid in supporting mental wellness. They can reduce anxiety, create positive reinforcement, build confidence, and provide an outlet for emotions.

Looking for ways to improve your wellbeing? Here are ten ways to get started.

Approaches to Holistic Wellness:

1. Prioritize close relationships
2. Take periodic breaks
3. Prioritize sleep
4. Practice meditation
5. Exercise regularly
6. Find a spiritual community
7. Take time away from your phone
8. Spend time journaling
9. Find a creative outlet
10. Devote your time to a cause

DLC's holistic services allow clients to fully express themselves and provide a healthy outlet for stressors. For those struggling with a mental health or substance use disorder, art can be a way to express trauma, pain and emotions without words, process complex feelings, and find hope and healing.

DLC has several great opportunities this fall to learn more about holistic services and advocate for mental health.

The Ninth Annual Chip in for DLC Golf Tournament will get you outside in nature and exercising with friends while supporting mental health. The 18-hole scramble will kick off with a sit-down lunch on Friday, October 21, 2022 at 11:30 a.m. at the beautiful and exclusive Quail Creek Country Club.

Individual players are \$250 per person and teams are \$1,000 per foursome. Individual player fees include green fees and a cart, lunch, and the awards reception. Learn more at ChipInForDLC.org.

The DLC Client Art Show, **Artful Healing** will be held November 15, 2022 at 5:30 p.m. at The Collective in the Naples Design District. Browse artwork created by DLC adult and children clients while enjoying passed hors d'oeuvres, a silent auction, and entertainment. The art show will feature artistic pieces ranging from watercolor, acrylic and oil paintings as well as drawings.

Tickets are \$50 per person with all proceeds benefiting holistic therapy and treatment programs. Learn more at DLCenters.org/events.

Through the Mind Your Mind initiative, DLC focuses on ways you can prioritize mental wellness with a new topic each month, such as holistic care, workplace wellness, senior mental health, children's mental health, addiction recovery, community safety, and more.

Visit DLCMindYourMind.org for more resources, positive content, tips, and activities for enhanced mindfulness and wellbeing. Mind Your Mind also features opportunities to support community mental health—whether at home, school, or workplace.

We are only as strong as our most vulnerable community member. Take action in prioritizing the wellbeing of yourself and others in our community by signing up to receive the Mind Your Mind e-mail and let DLC remind you each month how to Mind Your Mind.



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5 REASONS PEOPLE CHOOSE A LOCAL FINANCIAL ADVISORY FIRM: WHEN SMALLER IS BETTER

Personal finances reveal a lot about what a person truly identifies as important in their life. When people go through hard times and difficult seasons, they have to ultimately decide what matters most to them in that exact moment. It could be having to sell the house, having to relocate, or having to take another job after losing a spouse. These hard times are already difficult to process without starting to think about the financial toll that comes along with them. The last thing you want to do is go into a big box financial advisory office and try to hold it together while you are pushed into a cookie-cutter, one-size-fits-all service model.

Sure, these large corporations have access to a lot of resources, but they also have to spread those resources broadly to pay for bloated salaries for eight levels of management, huge staffs, and high-rise office buildings in the big city – all of which you could not care less about when your world is collapsing on you. Not to mention that often decisions are made to insulate the financial interests of the company and significant resources are spent defending them instead of improving services for their customers.

The bottom line: Your finances are personal and deserve proper attention and care. You can't just sit back and watch your life be passed from one department to another.

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Health & Wellness at TNP

by Lauren Speirs

With more than 20 community partners, The Naples Players (TNP) is leading the charge nationally in providing new and creative inclusive workshops. Spearheading their efforts is Director of Community Education and Wellness, Craig Price. New to the team and eager to lend her amazing skills to our community is Summer Pliskow!

Summer is from Wellington, Florida, and completed her Master of Arts in Applied Theatre, or community engagement using theatre for well being purposes, at the Royal Central School of Speech and Drama in London. She worked with the National Healthcare System (NHS) and held different workshops in care facilities and hospitals. Summer also worked with schools in underdeveloped communities and helped students who need more support in school. For example, to help students transition from elementary to middle school, Summer would use theatre to act out feelings they're having and try out real-life scenarios in a safe setting.

After researching TNP's website, Summer decided we had an inspiring program that she wanted to be a part of. "I made myself a job here - they weren't hiring. What I want to do is very niche and it's something that really doesn't exist in this country. After grad school, I wanted to be closer to home in Florida. I noticed all of the community partners listed on TNP's website and got in touch with Craig (Price) right away and got to hear more about what they were doing."

Of course, Craig and the staff at TNP took notice of Summer's experience and brought her on in March of this year. Summer says, "The first month I shadowed and learned about the type of program they have here. I've been

continuing on with those classes and making some classes of my own. They have a lot of improv workshops here and my style is a little different - I use more scripted material."

Summer is passionate about using theatre for social, cultural, and personal well-being and designs workshops to build on all of these aspects. "Interaction is so important and promotes cognitive stimulation. For example, in memory care facilities, interaction prevents hallucinations and other symptoms of dementia. Group workshops are so valuable and important because they allow for that community aspect."



With a background in arts and health, Summer says, "I've done a lot of programs in hospital settings. For example, I'll go to a dialysis ward and do a movie with the patients where I get all of their creative ideas into a script. Working together as a group to create a project like that promotes well-being and socializing. Also, being able to have artistic license and create something allows them to have ownership. Most of the time, decisions are being made for them all day about what medications they need to take, etc, so this allows them to not only have an outlet but also make their own decisions. It allows for a more person-centric care - we allow them to be seen as artists and human beings rather than their label."

Explaining her process for coming up with material, Summer says, "I've created movies, poetry, and scripts. I've also done interactive storytelling workshops in a memory care facility to promote cognitive stimulation. The material creation for the workshops depends on the participants. The classes are more beneficial and rewarding for them when they are personalized. I want to take note of what gets them smiling and excited - is it music? Does that really spark their creative side? If so, then I start with music and movement if that's something they are already comfortable with, and from there I will challenge them with something new and different."

TNP
THE NAPLES
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Finding the best way to serve each participant's needs comes with working with the same group multiple times. "If we have a one-time workshop with a group, I use the warmup to decide which direction to go and then best way for them to show off their creativity. As an instructor, it's all about being flexible and reading the room. For example, is there any music that we play that's

triggering? You never really know what people are going through and it's always our goal to spark creativity and joy."

In general, Summer over prepares and comes up with different activities that will work for different accessibility levels. "There may be people who have no mobility or movement as well as people who are nonverbal but are able to listen. It's important to come up with activities that engage everyone at the same time and there are different creative ways to accomplish that. If I bring a script in and find that some people can read, some people can talk, while some

can listen and showcase it physically but not verbally, I know that there's a part for everyone in the room. For example, someone can read the lines and their partner can act it out for them."

Summer's background in performance started at age three when she started dance lessons and in high school she landed the role of lead dancer in *The Wedding Singer*. "I fell in love with theatre and decided that's what I wanted to do for the rest of my life. My undergraduate degree is in acting and I received a certificate in arts and medicine. When I was there I realized that theatre is where I made my friends and my support system - it helped me express myself. And through the arts and medicine program I realized that there is more to theatre than being on stage - it can be used to strengthen our community and ourselves."

Outside of subbing in for Improv for ASD classes at The Naples Players, Summer just finished a month-long program of Expressive Theatre Therapy with Horses for the Naples Women's Shelter at The Naples Therapeutic Riding Center. Summer says, "In all of this, we're going into these community organizations to teach but I 100% learn as much from the participants as they do from us. I am equal with my students and am learning from them all the time. You've never met such creative improvisers as you would from a care facility - I'm learning how to be a better actor and get a fresh perspective as well. It is by far the most rewarding job I've ever had!"

All of us at TNP cannot wait to watch the wellness program grow! Welcome Summer and we're excited to see what you and Craig accomplish next.

To find out more, visit NaplesPlayers.org today!



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As warmer weather is upon us, so opens up the increase in residential and commercial burglary. We often do things that make it quite easy for the burglar/thief to invite themselves in.

For example, leaving windows, French doors, balconies, boating doors and/or hatches open for fresh air and forgetting we have opened them, is then quite inviting for the burglar/thief looking to get into your home. Same goes for our house and garage doors being opened. We must make sure to close and lock all windows and doors. Open windows and doors make it very easy for the burglar/thief to gain entry into your home.

Yard tools, gardening tools, lawn mowers, leaf blowers and even bicycles, get left behind for “only a moment”, and are easy targets for thieves just waiting for you to forget you have left them behind. Even if you are leaving for a quick trip to pick something up – please make sure to lock up all your landscaping tools in your shed or garages before you leave.

Do not forget, if we leave things in our opened garage or on the front lawn, for “just a moment”, the professional, seasoned, and even unseasoned, thief can quickly have your personal property lifted and taken away in seconds.

This is where hiring IPS, the premier private security force, would be your best bet against unwanted summer and year-round burglars/thieves. Having the presence of an armed security officer not only keeps you, your family, your home, your business, your properties protected and safe, but is a huge deterrent for would-be thieves, intruders and vandals.

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Aaron T. Jones & IPS want to wish everyone a very SAFE and FUN August, September and October!



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RECYCLE AND RECYCLE SOME MORE

by Dave Trecker



Recycling clothes is next.

And that's something new.

We know about the problems with plastics. We fill our grocery carts with them every week, and they end up in landfills or, worse, polluting the oceans, some 12 million metric tons every year.

To address the problem, the United Nations is marshaling a worldwide effort to recycle single-use plastics, and many polymer manufacturers and food companies are pitching in to help.

That all makes sense. Recycling plastics we understand. But clothes? Why recycle clothes?

The answer is, like plastic waste, textiles have a huge environmental footprint. The European Commission says the average consumer throws away 24 pounds of textiles a year. Multiply that by millions of consumers.

Some 73% of textile waste is dumped in landfills or incinerated, according to the Ellen MacArthur Foundation, which estimates that by 2030 the disposed material will total 134 million metric tons.

Chemical & Engineering News says that translates to 1.2 billion tons of carbon dioxide a year, more than the emissions from all international flights and maritime shipping combined.

Not surprisingly, the fashion world is a big contributor to the problem. Because fashion styles change every year, many clothes-conscious people – my daughter among them – change their wardrobes and eventually dispose of the dresses and slacks that are out of style.

Disposal isn't even necessary. Simply washing the clothes triggers waste. The journal *Environmental Pollution* reports, "The number of microfibers released from a typical 5 kg wash load of polyester fabrics is over 6 million depending on the type of detergent used." Some 35% of micropolymers entering the ocean are from synthetic textiles, mostly polyesters.

Plastics and textiles have one thing in common. Both are polymers made up of chemicals. As such, there are similar ways to deal with them when discarded.

Cotton-rich garments can be shredded, slurried and their pulp either extruded and spun into yarn or dried and cut into sheets.

Polyester clothing and even plastic bottles can be similarly shredded and the contaminants removed. The polyester can then be depolymerized, purified and depolymerized, melted and spun into fiber.

If that sounds expensive, it is. Most reconstituted garments sell at a premium these days, attracting mostly the save-the-planet crowd. Since the recycle process is scale dependent, higher-volume manufacture should bring down costs and broaden the market.

A better bet may be to start with textiles that are sustainable to begin with. Rayon is one of those. A cellulosic that can be made from wood chips, rayon waste can be recycled by purifying with urea to make a carbamate that's easily converted into a fiber, itself recyclable.

Lest this sound pie-in-the-sky, textile reuse is attracting capital from around the world. Start-ups are emerging in Finland, Sweden, Chile, Italy and clothing retailers like Benetton, H&M and Marks & Spencer are providing consumer outlets. The opportunity is there. Less than 0.5% of textile waste is currently being recycled.

Advertisements are starting to appear. My wife just clipped ads for reconstituted shirts, sneakers and Levi's.

It's not a movement, at least not yet. But it may soon be.

The appeal is undeniable. Green garments. Clothes from trees. Textiles from trash. All recycled.

Dr. Trecker is a chemist and retired Pfizer executive living in Naples.

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Movement Balance for Longevity

by Paula Allia - PT, DHSc, MTC, OCS



Movement is necessary to participate in any and all activities whether small or large. It is a combination of voluntary and involuntary neuromuscular activities occurring behind the scenes in order to execute the desired movement properly.

The combination of the muscular and nervous systems working together is key to proper execution. In addition, the bony framework creates different types of joints that, depending upon alignment, contribute to the smoothness of a particular motion being executed.

Some people have normal range of motion in their joints while others have either hyper- or hypomobility. When executing a movement, these considerations should be considered if they are known.

Normal joint motion combined with balanced muscles on both sides of the joints allow for an exercise program to be performed where you get out of the program what you put in. In other words, working hard on strength, endurance and toning can have great results without putting too much strain on the joints. In fact, studies are now showing that if you look at your muscles while strengthening them and you also engage by picturing these muscles contract inside, improved tone and strength will occur over time.

A joint that is hypomobile does not work the same. Hypomobile joints are more compressed in certain positions. Sometimes there is less blood flow to these joints and thus less nutritive help to keep the joint healthy and working for you. When muscles pull on the bones to create movement, the joint can be compressed more in certain areas. Keeping the muscles flexible and having good extensibility will help to not overly compress the joints further but when participating in an exercise program, proper positioning is key. You want to strain the muscles enough to get results but do not want to strain the joints involved. Straining the joints may lead to excessive compression, increased wear and tear, and arthritis breakdown (osteoarthritis). Those who have hypomobility must consider getting a professional to help free up a joint to function more normally. If this cannot be done, getting surrounding joints to coordinate and help assist in a movement can help avoid breakdown as long as it does not then overly stress other joints.

Hypermobile joints allow excess motion. This motion is not always good for the joints. They depend upon a lot of help from the ligaments surrounding the joints in conjunction with muscular reinforcement. Thus, having strong muscles that coordinate to combine movement with stability for hypermobile joints is extremely important.

To explain further, let's look at an example of a golfer and the importance of the hips and spine. In a normal golf swing, the golfer has good flexibility. It becomes evident with smooth and coordinated shoulder motion along with segmental spinal mobility from the neck through the low back and then into the hips and lower extremities allow for the perfect swing. With this type of body structure, the club speed can improve with less chance of putting excessive strain on the body.

If someone has hypomobility in the spine, a smooth coordinated movement cannot occur as in the body that has normal joints and muscular coordination. These people tend over time to get unwanted stresses and strains. The result can be too much compression, a wilder swing, and joint or muscle injuries can occur. In the case of hypomobility, another level in the spine that was working more normally will become overused and create extra motion over time to help accommodate for the execution of the golf swing. This goes undetected most of the time, but controlling the excessive motion will be necessary so that joints will not break down and eventually cause pain and dysfunction.

If the spine or hips have limitations in motion then there may need to be accommodations for that. The compressive forces generated need to be shared through the joints to avoid significant breakdown in the joints or avoid muscular and ligamentous injury.

Knowing the range of motion the body has and if normal joints and muscle flexibility and appropriate muscle strength are available will help to avoid injuries. Unfortunately, many have issues that are not yet detected because usually the only deterrent in participating in any activity is PAIN. Be proactive and understand your specific body and what it can do. You can learn what is best for the body and how to accommodate for your body's tightnesses and or laxities.

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MyChart

An Epic Improvement

by Paul Hiltz, FACHE



Nothing frustrates patients more than filling out medical history forms each time they visit a new healthcare provider. Remembering every single procedure, every single health scare, and every single medicine can be extremely difficult.

At NCH, we are doing our part to end that frustration for our patients with the system-wide implementation of an improved electronic medical records (EMR) system

from Epic Systems Corporation (EPIC). Our leadership team at NCH has carefully reviewed Epic's system for over a year and June 4 marked the switch from Cerner to Epic as the system's new electronic medical record (EMR) platform. We are confident in the quality of Epic as it is rated higher by physicians than any other EMR system and is currently utilized by 20 of the 21 best hospitals ranked by *U.S. News and World Report*.

Epic's unified platform places patients' needs squarely at its core. Epic handles all patient documentation and billing in addition to replacing about 150 different applications. The ability to eliminate double documentation and record-faxing for more efficient record keeping improves the provider's ability to deliver high-quality care.

MyChart, the patient-facing software provided by Epic, is already familiar to many patients around the nation. More than five million records are shared daily by organizations using Epic. Approximately 1,700 hospitals and healthcare systems in the United States alone use Epic with more than 250 million patient electronic records on file. Many of our seasonal residents already have their records on Epic/MyChart with their doctor up north, and now, the new platform will allow those same patients easy access to their records with their NCH doctor here in Southwest Florida.

Likewise, our NCH Healthcare System physicians will get a notification when one of their patients has a change to their medical record when they are outside the Naples area, such as being admitted to a hospital.

Even when one of our patients visits another healthcare provider that does not utilize Epic's software, they will still be able to give a link to their MyChart records, so the provider can view their medical information to deliver the appropriate care.

In addition to patient records, MyChart offers a secure messaging solution for use by care teams to ensure that all healthcare providers are up to date on a patient's medical status while making recommendations for treatment. The ability to have more healthcare providers informed about any patient will allow us to deliver the best quality care possible. Other features include billing inquiries and improved bill payment functionality, medication refills and requests, test results, a problems list, provider notes, and online appointment scheduling with current and new providers.

Additionally, MyChart offer video visits, self-check-in, electronic consent signatures, and questionnaires are also available. For patients who already have a MyChart account, they can link the two together and see their information in one spot.

Our goal in making this important switch is to provide even better access to care, records, and results as well as an improved experience for our patients.

We are eager to see the improvements that Epic brings and are certain that it will help us live out our mission statement of helping everyone live a longer, happier, and healthier life.



For more information about accessing and signing up for MyChart, visit nchmd.org/mychart.



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Plane truth: Wing South neighborhood marks 50th anniversary



by Jeff Lytle

“Cheers for 50 Years.”

So says the birthday banner at a Naples neighborhood where another sign also catches your eye: “Taxiing airplanes have the right of way.”

That narrows the half-century milestone to a single place, Wing South Airpark off Rattlesnake Hammock Road. Residents come and go by planes kept in oversized attached garages just as boaters come and go from big docks in waterfront communities.

At Wing South, the sound of takeoffs and landings fail to raise anyone’s ire as they might at other airports. Instead, the traffic inspires slogans such as “We all love airplane noise,” which some residents go so far as to call “music.”

And that music does not all come from tiny putt-putt planes. The 4,400-foot runway can handle twin-engine propeller planes and small jets.

Still, one of the best parts about Wing South, says resident Fizz Papp, is its peace and quiet. “It’s a real community,” he says. “We all have common interests, and dogs are welcome, with lots of space for them to enjoy in a secure, gated community.”

The “common interests,” of course, are love of planes and flying them, often daily.

Those are passions acquired in the military and/or commercial airlines, or as bucket list hobbies later in life. With a big plus at Wing South.

“You get to live with your plane; it’s right there at your fingertips,” explains Kevin Dey, a neighborhood leader whose work these days is blocking new development next door from fighting air traffic noise later, with help from County Commissioner Penny Taylor.

One home is even designed to resemble an airport control tower, which Wing South does not have. No one on the ground even serves as a traffic controller. Pilots at night can activate runway lights with a click of their radio microphone.

The airpark started life in the middle of nowhere. “Sure looked like a runway being built in Nowhereville,” the late Bob Ettinger wrote of a flyover in 1973. “There was not another soul in sight for miles.”

Now it is in the heart of the urban area. Nearby Naples Airport is a good, friendly neighbor, actually carving a notch in its restricted five-mile airspace for planes coming to and from Wing South, Dey says.

In fact, in the days before modern GPS tracking, non-resident pilots would mistake Wing South for the airport on Marco Island.

Wing South was the brainchild of developer George Dewey Polly in an era when a go-getter could have a hand in almost everything around Naples. Polly was a Collier County commissioner and local booster, owner of The Pewter Mug. He is credited with popularizing the name Alligator Alley, founding landmark radio station WNOG (for Wonderful Naples on the Gulf) and spearheading what is now Delnor-Wiggins State Park.

Polly did not invent the airplane community concept. “Wing South and most other airparks flourished on the rising



Myrt Rose

tide of the retirement of thousands of World War II aviators,” says local historian and real estate appraiser Ray Carroll, “many of whom continued working in the aviation industry after entering private life.

Polly did sense an opportunity for a niche market when Naples was spreading its wings only a decade after Hurricane Donna.

Noted local Realtor Bill Earls, with John R. Wood Properties, says Wing South and others tend to be small subdivisions catering to recreational fliers who otherwise would compete for limited hangar space at conventional airports. Pilots with larger planes require more services than fly-ins can provide, he explains, though Wing South does offer fuel sales.

Convenient fuel comes in handy for day trips, Dey says, such as jaunts to Key West for “hundred dollar hamburgers” – plane costs included.

The freedom is worth every penny to Dey. “You are up there and it’s like heaven – or Disney World,” he says. “It’s clean,



puffy clouds – just you and the environment.”

Wing South’s Star

Myrt Rose is a standout among neighbors. She flies a mint-condition 1941 Piper Cub and owns a legacy as colorful as her bright blue and yellow plane, which she parks in her garage.

In addition to parachuting and flying helicopters too, she was a barnstorming wing-walker – upright as well as upside down.

She attracted international headlines at age 75 in 2011 by accidentally flying into the restricted airspace around President Obama, who was in nearby Chicago for a birthday party.

She made the mistake of having her radio off for a casual flight, which also let her assume the two F-16 fighter jets that forced her down were coming by to admire her “cute little plane.”

An unapologetic Rose joshed to a reporter that Michelle Obama should have baked a cake for the president and kept the celebration in Washington.

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Manifesting a Dream

by Kristen Coury - Founder, CEO & Producing Artistic Director, Gulfshore Playhouse



Nearly twenty years ago, I discovered beautiful Naples. Like so many of us, I decided to move here, but unlike many of us, I also decided to start a professional theatre company. Many of the details were uncertain, like where the theatre would be or how to raise the money to build one; all I knew then was that I wanted to create a Tony

Award-winning regional theatre and thus Gulfshore Playhouse was born.

The early years were hard. Working from the back bedroom of my Bayfront condo, there was no staff, no funds, nowhere to produce. When I wanted to give up, I would stand on the balcony overlooking Goodlette-Frank Road and visualize a theatre emerging from the land - land that was at first a disused strip mall and then totally empty. Like Cinderella's Fairy Godmother waving a wand and transforming Cinderella's plain dress into a gown, in the world of my imagination, I could totally see a theatre magically appear over and over again. While the details were still uncertain, I could see it clearly...right there across the street. When I moved out of my Bayfront condo in 2014, I left with both the faith that the Universe was doing its work...and a little bit of fear that I was dreaming the impossible dream.

A year went by. Halfway through 2015, philanthropists Jay and Patty Baker pledged a transformational gift that was a total

game changer. As a result of that gift, we were able to conduct a feasibility study, hire development professionals, and began the search for land. As one location after another fell through, it was hard to keep the faith. I kept believing in the dream, kept my nose to the grindstone, and, of course, kept making art. Finally in late 2017 the perfect piece of property came through. Can you guess where it was? Yup. Right across the street from my old balcony.

A couple of months ago, we decided to tell this story in video. We called the current owners of my old condo to see if we could shoot some footage from the balcony. As I stepped onto that balcony, prepared to narrate the story of what happened, I unexpectedly burst into tears. It had never occurred to me that what I was about to see in reality was something I had never, seen, before...outside my own imagination. From that very balcony, you can clearly see that construction has begun on that very land, and a theatre is springing up out of the earth. As we finish out our \$66M capital campaign, and begin to point steel beams toward the sky, I am so excited that the impossible dream really is indeed coming true.

The Baker Theatre and Education Center is located at Goodlette-Frank Road and 1st Avenue South and is projected to open in early 2024. The new home of Gulfshore Playhouse will house a 368-seat mainstage theatre and a 125-seat studio space, in addition to numerous event, rehearsal, and educational spaces.



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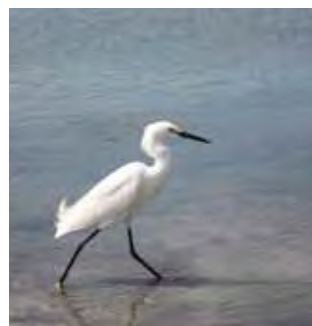
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At the Center, guests learn about the waters, birds of Rookery Bay and animal life as well as experience it hands-on with educators at the marine life touch tanks. Guests are encouraged to look, touch or hold a sea star, sea urchin, giant conch snail or pistol shrimp. Behind the Center, a scenic overlook bridge leads to three loops of nature trails for all levels. Visitors can also enjoy the outdoor patio for lunch and the serene butterfly garden. While crossing the bridge to the trails, visitors may see boats and kayaks or even get a special surprise and spot a manatee, dolphin or even a juvenile bull shark in the water below!



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"Enjoying the lifestyle our clients have created is one component of their long term goals. Clients are also concerned about their wealth accumulation, preservation, and succession planning that extends across several generations," says Crisci.



Gary T. Crisci, AWMA®, CFP®
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Pictured below left to right:

Gary Crisci, Managing Principal
Jenny Romero, Client Associate
Cindy Marsh, Director of Operations
Ray Sullivan, Vice President-Client Solutions



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