

EAST LEE COUNTY NEWS

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THE VOICES OF LEHIGH

Lehigh Voters Approve Fire District Referendum – Gives Vote Of Confidence To Fire District! - Dirty Politics And Smear Campaigns Soundly Rejected By Voters!

By Mike Welch



Photo: Mike Welch
Let Us Hear From You! Contact Us At:
voicesoflehigh@gmail.com

Local "Smear Merchants" were disappointed to see that their tactics did not work with malicious attacks against several candidates running in the August 18 Primary and against the Lehigh Acres Fire District. The referendum passed 51.26% in favor of 48.72% against. Attacks filled with libel, malicious accusations often made by nonexistent political action committees on social media platforms failed to sway voters. These are challenging times for our country and our community. Yet in a distressed community as ours right now, there was a

sound rejection of this behavior.

Despite the libel and slander: Sheriff Carmine Marceno was elected as the Republican nominee, Former Representative Matt Caldwell was nominated as Property Appraiser as well as elected Republican State Committeeman, Representative Spencer Roach has been elected as the GOP's nominee. Additional Candidates receiving the nod of approval from Republican Primary voters: Mayor Kevin Ruane for the Lee County Commission District 1, Commissioner Ray Sandelli for the Lee County Commission District 3 and Commissioner Frank Mann for Lee Commission District 5.

BEWARE!

With accuracy, I warned in July that a well-known criminal who operates these fake enterprises was active in leading these malicious operations in our community. Smearing others' reputations is a sport for this person, and the disappointing aspect is that there are people in our community who know what he is, and yet they conspire with him. Some of them are presenting themselves as candidates for public office in November. They

know full well about his history, his life of criminality, and the long list of financial crimes of fraud and theft. Currently, this person is on felony probation with the Florida Department of Corrections in Polk County after his jail release. To date, he fails to make restitution to his many victims.

FLORIDA ETHICS COMMISSION DISMISSES ROBERT ANDERSON COMPLAINT AGAINST EAST LEE COUNTY CHAMBER OF COMMERCE CHAIRMAN MICHAEL WELCH

In a related smear, Robert Anderson heralded and emailed announcements in late May 2020 that I was under investigation for Florida statutes violations. Of course, he filed the complaint. He implies that I am corrupt and that I should be charged with crimes, etc. The Ethics Commission met on July 24th – issued the Commission's Public Report (20-71) Order Dismissing Complaint. The Judgement Order is extraordinary in that it was promulgated in a timely and robust manner against Anderson's charges. Those who work with and collude with Anderson should beware of his "jailhouse lawyering."

As we go into the next election cycle, voters and the public will be subject to several sleazy and underhanded tactics. Social Media will be full of it. Beware, Lehigh! The public has a right to know those presenting themselves for election without the Smear Merchants' interference.

TWO GREAT ARTICLES!

Sheriff Carmine Marceno and Dr. Ernie Blum, offer articles regarding animal abuse and pet care. In many ways, they complement each other regarding our defenseless furry friends.

As always – be vigilant as we are now in the height of Hurricane season. Be mindful of the COVID-19 practices. Stay safe! 🐾

Disclaimer: The newspaper does not necessarily agree with the opinions, ideas, beliefs or viewpoints expressed in the letters and op-ed pieces the newspaper publishes. The newspaper does not endorse the pieces, nor do they reflect the newspaper's viewpoints or official policies. The newspaper publishes the pieces as a public service to further public commentary and debate as space allows.

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Animal Abuse: Zero-Tolerance Policy

By Sheriff Carmine Marceno



Photo: Sheriff Carmine Marceno

In April of 2020, I activated the agency's first Animal Cruelty Task Force in an effort to educate residents and visitors all across

Lee County about animal abuse and neglect, as well as enforce all laws pertaining to the mistreatment of animals.

Without a doubt, there is a link between animal abuse and human abuse that is clear and frightening. I have zero-tolerance for those who abuse an animal in this county and strongly believe when we address animal cruelty issues head-on, we will help to prevent future acts of violence against those who live and visit here.

Our Animal Cruelty Task Force will work in unison with Lee County Domestic Animal Services and their veterinarians, the Florida Fish and Wildlife Conservation Commission and South-west Florida Crime Stoppers. As we all work together and alongside the State Attorney's Office, our ability to investigate, locate, arrest and prosecute animal abusers will strengthen.

Leading this task force is Sgt. Jami Najarro. You may recognize her name from the many years she served the Lehigh community as a road patrol deputy and as a detective. Sgt. Najarro has investigated numerous animal abuse cases, including the case involving an abandoned Florida Cur found wandering the streets of Lehigh with electrical tape wrapped around his muzzle. Now known as our very own "Deputy Chance", Sgt. Najarro worked relentlessly to find and arrest his abuser. He

was recently sentenced to five-years of probation.

If you suspect an incident of animal abuse, contact the Lee County Sheriff's Office at 239-477-1000. You can also complete an online form at www.sheriffleefl.org.

If you suspect an incident of animal abuse and would like to remain anonymous, call Southwest Florida Crime Stoppers at 1-800-780-TIPS (8477).

To report animal nuisance issues such as, excessive or constant dog barking,

a stray domestic animal, or an animal that is causing damage to or destruction of another's property, call Lee County Domestic Animal Services at 239-533-PETS (7387). 🐾



Photo: Dog behind fence. A victim of abuse.

Pedestrian Safety is Major Concern for Lee County

By Brian Raimondo

Being a pedestrian in Lee County is much more dangerous than almost any other metro area in the country. The annual number and rate of pedestrians killed or seriously injured on Lee county streets has come in well above average for decades.

Florida continues to be ranked as one of the most dangerous states in America for pedestrians, with Lee County being ranked among the top ten most dangerous metro areas for pedestrians, according to Transportation for America in their biannual Dangerous by Design report. The age of a pedestrian involved in crashes ranges from 2 to 82.

To avoid being among these dismal statistics, there are several steps a pe-

destrian can take to be safe, which include following these rules when walking, running, skating, skateboarding, or operating assistive devices:

- When sidewalks are not available or passable, walk facing traffic on the shoulder (on the left side of the road). This will ensure that you can see a vehicle approaching and can get out of its way.
- Cross streets at crosswalks or intersections whenever possible. Lee County has many areas where crosswalks are few and far between. If a crosswalk is not available, find a well-lit area to cross where vehicles can see you.
- Never assume that a driver sees you. Try to make eye contact. Don't walk out in front of a vehicles unless it has

stopped.

- Avoid alcohol and drugs when walking; these impair your abilities and judgement.
- One of the most important things you can do to reduce pedestrian accidents is to be visible: wear light, bright clothing in the daytime and reflective material at night. It's even advisable to carry a flashlight so you can see for better footing.
- When school is in session, children should follow the instructions provided by crossing guards. When waiting for school buses, students should not stand or sit near the roadway.

Drivers also should be aware of their surroundings at all times. Do not block sidewalks or bike paths when parking.

Remember that your vehicle is a weapon—meaning that at 30 mph you have a 45 percent chance of killing the person you hit; at 40 mph there's an 85 percent chance the pedestrian will be killed.

The Lee County Injury Prevention Coalition serves as a collaborative effort or partnership whose function is to facilitate partners' work and act as a catalyst for injury prevention initiatives. Its mission is to prevent injury, disability, and death through advocacy, education, legislation, and partnerships.

Additional information about the Injury Prevention Coalition or pedestrian safety maybe obtained by contacting Brian Raimondo at ipcleecounty@gmail.com or 239-330-2240. 🐾

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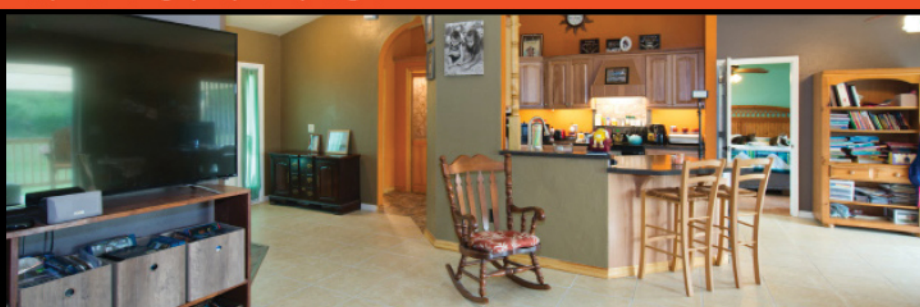
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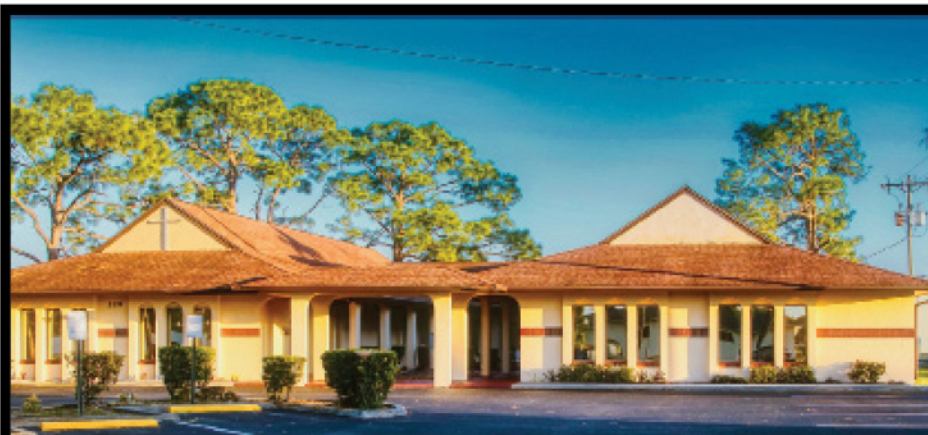
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Suffering In Silence

By Dr. Ernie Blum

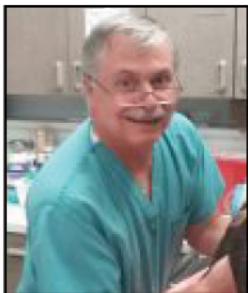


Photo: Dr. Ernie Blum, Owner of My Pet's Vet

As a currently practicing veterinarian of a month shy of thirty-eight years by the time this goes to print, one could only imagine the array of things I have seen related to my job over that amount of time. Oddly, one might think that by now I might have the right to say that "I've seen it all", but the reality is that I still haven't. In fact, just yesterday as of this writing, I had the terrible misfortune of making a diagnosis in an older sweet as could possibly be Golden Retriever with an ailment that presented in a way that I had never seen before in all my thirty-eight years. But the owner of that dog knew there was a serious problem by the dog's obvious symptoms, and as such sought to relieve the dog's distress. The point here is that the owner RECOGNIZED that there was a problem, and set out to address it.

I'm not really sure what the percentage is of pets with dental/oral disease that walk into our practice daily, but short of the dogs and cats a year or so old and younger, it probably approximates a hundred percent. Of course there are varying degrees of this, but put in perspective, no dogs or cats brush their teeth, and few ever get their teeth brushed. Again, put in perspective, dogs and cats are very similar to us as pertains to oral biology and physiology. For those of us who still have teeth or at least have a few left, think what it might be like to forego brushing for a year or so. How about four or five years, or better yet ten or eleven years? Few people ever come in for a "check teeth" type of office call. It does happen, and when it does happen there is usually something VERY profound happening that the owner has sensed. The fact is, most people have absolutely no idea what may be going on in their pet's mouth. And what they don't know won't hurt THEM. But it IS creating a daily, agonizing existence for their beloved pet, which continues to get worse over time.

Most people that come into my of-

fice do so because they are concerned for the welfare of their pet. They come in for vaccines that guard them from serious contagious organisms... they come in because they are limping and it seems to hurt... they come in to show me a new lump that has been growing on the skin... they come in because the pet is shaking his head or scratching at his ear...they come in because the pet is having trouble getting up from a laying down position and he seems to be in pain...they come in because his eye is tearing and he's squinting and it looks like it hurts...they come in because he's yelping in pain because he probably reinjured his back...they come in because he was just in a fight with another dog and he has wounds and he's hurt...they come in because he got into a fight days ago, and now the wounds look infected and it hurts. It goes on and on and you get the idea. They come in because they want to take the steps necessary to prevent pain and suffering, they come in to address things that they perceive as creating possible pain and suffering, and they come in to address things that absolutely without a doubt are creating pain and suffering. How then can any well meaning pet owner disregard the gravity of dental and periodontal disease?

Well, I personally think that most pet owners have no idea that there is real trouble lurking behind those cute furry lips. This is easily understandable as their pets just don't have the ability to communicate the degree of agony they are going through in every waking moment. And for those of you who think that their pet is in no oral distress because "...he's still eating...", it holds no water. Dogs and cats are survivors. What choice do they have?

Dental and periodontal disease is a serious, pathologic, painful, and potentially debilitating disease process. For those of us who can relate and empathize, imagine how in spite of the fact that someone may brush his or her teeth a couple of times a day (or more), floss daily, and perhaps throw in a good rinse or two a day with an antiseptic mouthwash, many still end up with gingivitis, deep pockets around their teeth, gum resorption, tooth resorption, bone resorption, and varying degrees of infection. Now throw in a cavity or two,

and you've got the makings of a really fun day...after day...after day.

Are dogs and cats any different? Well...yes. They eat dog and cat food, trash the garbage now and then, ingest their own stools now and then, and not infrequently drink from the toilet. They don't brush their teeth, they don't floss, and they generally don't rinse with antiseptic mouth wash...for years on end. As opposed to humans, what they end up with would boggle your imagination. And the consequences, in addition to the obvious, can result in bacteria circulating throughout the body resulting in kidney disease, liver disease and/or a condition known as bacterial endocarditis, where the heart valves become infected and distort whereby they fail to function properly, resulting in eventual heart failure. Pathologic jaw fractures can occur when infection destroys the bone to such an extent that the bone becomes so weak that one good attempt at a bite into something results in splitting of the jaw.

Loose and rotten teeth need to go. Too many animals come in for dental care, and owners specify that they do not want any teeth extracted! Animals do not chew with loose, rotten, infected teeth barely set in softened infected bone. And quite frankly, the only way for any hope to clear the infection in the jaw will only come once the loose teeth are extracted and the tissue debrided as well as possible. I'd like to pass on a quote from Dr. Fraser Hale, a board certified veterinary dentist currently residing in Ontario, Canada. In response to another veterinarian in a thread on a professional web site whereby the veterinarian was expressing dismay over the fact that a client would not let him extract loose and decaying teeth, Dr. Hale replied "Domestic dogs DON'T NEED TEETH! Their food is already dead and in the bowl ready to be swallowed." That pretty much sums

it up. Of course, the same holds true for cats. I tell people all the time...dogs and cats can chew far better with healthy gums than they ever could with rotten teeth.

Can pets be successfully treated for this painful, debilitating disease? More often than not, the answer is yes. The problem is that, also more often than not, by the time we get to see many of these animals, they are of an advanced age and may be under anesthesia for several hours in many cases because of the extensive work that needs to take place. Nevertheless, most do extremely well, and the results are most rewarding. Many pet owners will report back to us to tell us how happy and lively their pets are acting since having their mouths cleaned up and rendered pain free. Even better however is the fact that the advanced form of oral disease can be prevented by having your pet's mouth examined and teeth cleaned regularly. This will minimize disease and prevent the need for lengthy anesthesia.

In closing, I will tell you once again that dogs and cats will never complain about serious oral discomfort.

Rarely, cats with a severe form of an immune mediated disease resulting in severe inflammation of their entire oral cavity, known as feline stomatitis, get so sore that they will refuse to eat. But in general, dogs and cats with serious oral disease will all suffer in silence. That is very sad. What is even worse is that they don't have to. 🐾



Photo: Veterinarian checking the teeth of a cat.

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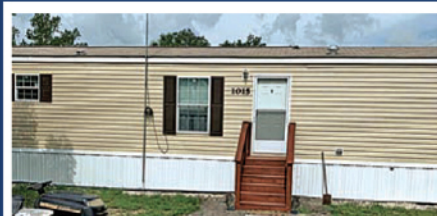
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Thyroid Hormone Therapy: Restoring Balance

Submitted By Deanna Catalano

More than half of all people with thyroid disease are unaware of their condition, and the risk increases with age. Hypothyroid individuals may have some or all of the following symptoms but may not be diagnosed for years.

- PMS, Irregular menstrual periods
- Lack of exercise tolerance
- Weight gain (especially in the stomach)
- Hypoglycemia (low blood sugar)
- Fatigue
- Irritability -low self esteem
- Low sexual desire
- Infertility
- Dry skin, eyes and/or hair
- Yellowed skin
- Loss of eyebrows
- Constipation
- Headaches, migraines
- Depression, apathy and anxiety
- Memory and concentration impairment
- Fluid retention -face, legs, eyelids and abdomen
- Slowed metabolism and slowed heart rate
- Cold and heat intolerance -cold hands and feet
- Enlarged tongue, deep voice and swollen neck

What makes women more vulnerable to thyroid imbalances?

- Stress
- Genetics
- Environmental toxins
- Suboptimal nutrition
- Hormonal changes (puberty, birth control pills, pregnancy, menopause, HRT)

Hormone replacement therapy often is focused on other hormones such as estrogens, progesterone, DHEA and testosterone, but optimal hormone balance cannot be achieved without correcting thyroid hormone

imbalances. Many symptoms of hypothyroidism and menopause overlap. It is especially important for menopausal women who decide to use hormone replacement therapy (HRT) to have their thyroid function tested, because oral estrogens can lower the amount of bioavailable thyroid hormone. This means that if a woman is already on thyroid treatment, and begins oral estrogens, her thyroid dose may need to be increased.

Thyroid hormone helps the body convert food into energy and heat, regulates body temperature, and impacts reproduction and many other hormonal systems. Thyroid hormone (T4; thyroxine) is produced by the thyroid gland in response to the release of thyroid stimulating hormone (TSH) from the pituitary gland. T4 is then converted in other parts of the body to T3 (triiodothyronine), the form of thyroid hormone that cells use most effectively. In hypothyroidism (underactive thyroid), either the thyroid's ability to make and release T4, or the body's ability to convert T4 to T3, becomes compromised, often showing up in the form of elevated TSH.

Thyroid imbalance has a profound effect on cardiovascular fitness because thyroid hormone helps control heart rate and blood pressure. Hypothyroidism also weakens muscles, including the diaphragm so breathing can become less efficient; snoring may start or become worse. With impaired respiration and reduced availability of oxygen, muscles do not strengthen in response to exercise and stamina does not improve. People with hypothyroidism have an increased risk of kidney disease. Also, when thyroid hormone levels drop, the liver no longer functions properly and produces excess cholesterol, fatty acids, and triglycerides, which increase the risk

of heart disease. In fact, hypothyroidism is the second leading cause of high cholesterol, after diet. High cholesterol may also increase the risk of Alzheimer's disease, and severe hypothyroidism can cause symptoms similar to those of Alzheimer's disease.

The original form of thyroid hormone replacement was desiccated thyroid extract from the thyroid glands of animals (Armour Thyroid) which contained both T4 and T3 and was the only available treatment for hypothyroidism for almost 50 years. A synthetic form of T4 known as levothyroxine sodium has replaced desiccated thyroid as the most common treatment for primary hypothyroidism. Physicians note that despite apparently adequate replacement therapy with levothyroxine, some hypothyroid patients remain symptomatic. Studies suggest that replacement therapy for hypothyroidism with levothyroxine alone does not ensure normal thyroid hormone levels (TSH, T4, and T3) in all tissues, and that a combination of levothyroxine

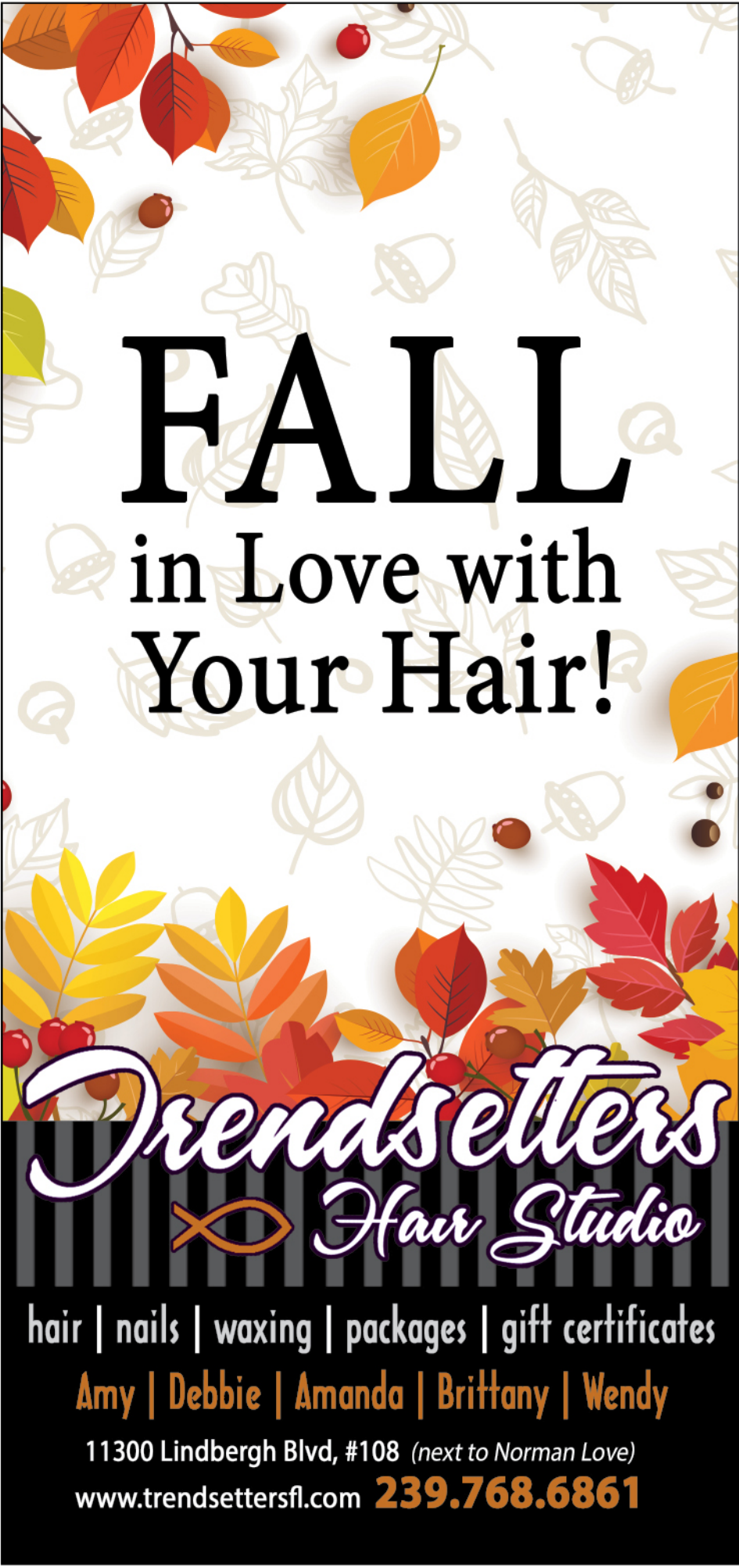
and T3 may be required for optimal thyroid replacement therapy. However, the only commercially available form of T3 for replacement therapy is synthetic liothyronine sodium. This immediate release formulation is rapidly absorbed and may result in higher than normal T3 concentrations throughout the body, causing serious side effects including heart palpitations. Because immediate release T3 is quickly broken down in the body, replacement of T3 with synthetic liothyronine requires multiple daily doses. Research indicates there is a need for sustained-release T3 preparations; ask our compounding pharmacist for more information.

Our compounding professionals work together with patients and their health care providers to customize medications in the specific strength and dosage form that is most appropriate to meet each patient's specific needs and solve medication problems.

We welcome your questions about testing and thyroid hormone therapy.



Photo: Woman happy with her results from Thyroid Hormone Therapy.



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Eight Essential Items for Your Hurricane Kit

The 2020 Atlantic hurricane season is quickly ramping up, and Southwest Florida found itself in the cone of uncertainty for the first time this year with Isaias.

Although Florida held its annual Disaster Preparedness Sales Tax Holiday from May 29 to June 4, many people did not stock up because their minds were still on COVID-19. Now, with the tropics heating up, they are not fully prepared for hurricane season.

Building a hurricane kit is relatively easy. These eight items are essential:

- Cordless drill and drill bits: No one wants to hang and remove hurricane shutters with a screwdriver or hand tools. After installing shutters,

make sure the drill is fully charged for when it's time to remove shutters.

- Light source: Lanterns can light up a room, while flashlights and candles offer enough light to see your way around the house. Have a selection of each.
- Power bank: Portable cell phone chargers are critical to keep you connected when the power fails. High-capacity chargers can power up multiple devices at once.
- Battery-operated fan: Once the power fails, the room temperature will heat quickly with no A/C. A portable fan keeps the breeze blowing and the body cool.
- Cooler: Freezers and refrigerators are designed to keep food cold when the power is on. Coolers, particularly trusted brands like Yeti, can protect

your investment in food.

- Gas: Purchase and fill multiple 5-gallon gas cans in case fuel is difficult to find before or after a storm. You'll need an ample supply to power a generator as well as a vehicle. If you have a gas grill, make sure the propane tank is full.
- Water: Purchase a case or two of bottled water, along with gallon jugs. Fill up empty bottles at home as well.
- Food: Select food with substance, like beef jerky, tuna in a pouch and granola bars. Make sure you have a traditional can opener handy. Remember to stock up on pet food as well.

Two additional items also are worth considering if your budget allows. A generator can provide enough power for a portable A/C unit, refrigerator

By Scott Hamblen

and light, allowing a family to feel comfortable inside of a room.

A gas or charcoal grill allows you to cook meat and vegetables before your food spoils, and restaurants or grocery stores might have limited service after a storm – just make sure you have enough propane or charcoal in reserve.

This is the sixth consecutive year we've had a named tropical system before the official start of hurricane season on June 1, and Isaias became the earliest I-named cyclone in history. We're barely halfway through 2020, but if there's anything this year has taught us, it's to be prepared for the unexpected. 🦋

Goodwill Disability Services Expands Amid Pandemic

Submitted By Debra Donatto

With safety concerns mounting as the number of reported positive cases of COVID continue to climb, Goodwill Industries of Southwest Florida (SWFL) is one of the few non-profit organizations in Florida still hosting full-day training programs for adults with disabilities.

In April, Goodwill's Pathways to Opportunity (PTO) went virtual and moved 50 of the 80 participants onto a distance learning experience they call, PTO-2-GO. Using Chromebooks, Google Classroom and Zoom to connect, instructors were able to continue working on daily goals and keep the participants connected, helping them acquire the needed skills to lead more independent lives.

When participants were able to come back to campus, only 12 could be accommodated due to space limitations with social distancing. Thanks to the United Way and a few generous teams, PTO-2-GO instructors now have a new virtual learning instruction space allowing more space on campus to bring back additional PTO participants.

In the new cubicle spaces, up to four PTO-2-GO instructors can simultaneously use the virtual learning classroom to teach online classes.

"A special thanks to the United Way"; "Gifts-in-Kind"; program and Craig Norling who provided the donated cubicle workstations; Jona-

than James and the team at Workspaces provided the design and labor to assemble the cubicles, and our own Goodwill IT team who got the instructors up and running in their new spaces," states Jessica Turisi, PTO Program Manager.

Daily, nearly 50 adults with intellectual and developmental disabilities log in for a full day of virtual class. PTO-2-GO participants have a variety of guest speakers in their classes from Special Olympics, to the Lee County Library system. They have also partnered with the Looking Glass Fort Myers, a local interactive museum, to provide safe community involvement through virtual outings.

"We have really enjoyed the PTO-2-GO option for being able to continue to connect with their teachers and classmates during this time of COVID-19. We appreciate the Chromebooks that have been provided to make the process easier as well," remarked a PTO parents who wishes not to be identified.

Program staff have seen participants flourish in this new environment. Participants who would struggle with communication, have found this method of programming more comfortable and are now communicating verbally with more confidence. 🦋



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Pets and Parasites: What’s That in The Poop?

By Dr. Veja Tillman, DVM

A common concern for veterinarians and pet owners alike is parasites. Although there are many different types of parasites, internal parasites are becoming more and more concerning for animal lovers. Internal parasites are of high priority because they pose a potential threat to people as well as animals. It is common for a dog or cat to become infected with an internal parasite at some point in its lifetime. Parasites can affect your pet in a variety of ways, ranging from simple irritation to causing life-threatening conditions if left untreated. Some parasites can even infect and transmit diseases to you and your family.

Common internal parasites that affect our pets are roundworms, hookworms, whipworms, and tapeworms. These parasites reside in various parts of the gastrointestinal tract causing disease and affecting the daily lives of pets. They are sometimes visible in the stools of affected pets as small flat white segments (commonly described as grains of rice) to long thin round white worms (commonly described as “Spaghetti” in shape). Whichever parasite is present it can be a source of stress and discomfort for pets and the pet owner.

Pets become infected with these parasites in several different ways. Generally, transmission is through ingestion of contaminated soil, feces, or tissues from other infected animals. Some of these parasites are transmitted to fetuses and newborns through transport of the immature worms across the placenta before they are born or through the milk during nursing.

Once a pet has an active infection, they can pass parasite eggs into the environment. Parasite eggs are quite hardy and can persist in the environment from a few months to several years depending on the condition of the soil and other environmental factors. This increases the opportunity for exposure to your pets and your family.

Clinical signs of parasitic infection vary depending on the type and location of parasite present. However, general signs of infection include “scooting”, vomiting, diarrhea, weight loss or failure to gain weight, poor haircoat, a pot-bellied appearance (common in roundworm infection), anemia and pale gums (common in hookworm infection), dehydration, dark tarry stools, weakness or lethargy and in extreme cases, death. Some pets have also developed respiratory disease because of migration of immature worms through the respiratory system as seen in hookworm infection.

Intestinal parasites not only infect pets but can infect people as well. When humans are infected by hookworms or roundworms the condition is called Larval Migration Syndrome. It is described a parasitic disease involving the migration of immature worms in various parts of the human body. Hookworms are the most common cause of cutaneous (skin) larva migrans while roundworms are the most important causes of visceral (internal organs ie. Lungs, liver, etc) and ocular (eye) larva migrans in humans. Cutaneous larva migrans will appear as raised, reddened “tracts” or lines in the affected area, commonly the foot or arms. Signs of visceral larva migrans will vary depending on the organ infested. Ocular larva migrans will result in vision problems and can lead to blindness. Infection of humans occurs through accidental ingestion of the parasite eggs or by eating tissues of an infested animal and by direct penetration (direct contact) of the immature worm through the skin.

Children are most often affected. However, adults may be become infected as well. People at higher risk include individuals in contact with contaminated soils such as electricians, plumbers, exterminators, and other workers who crawl beneath raised buildings; farmers and gardeners with close soil contact; sunbathers reclining on contaminated sand; and chil-

dren playing in contaminated areas.

RECOMMENDATIONS FOR KEEPING YOUR FAMILY SAFE

- For optimal prevention and control of environmental contamination, pet feces should be collected and disposed of immediately, especially in areas where children play. This can be accomplished by scooping the waste into a plastic bag (preferably a biodegradable bag), then double wrapping it with another bag and placing it in the garbage.
- Keep pets away from any areas (yards, sandboxes, gardens) that may contain feces from other animals, including wildlife. Do not allow your pet to eat feces from other animals.
- Children should not play in areas possibly contaminated with animal feces. Keep play areas, lawns, and gardens around your home free of animal waste by disposing of pet feces regularly and covering sandboxes when not in use.
- Preventing predation and scavenging activity by keeping cats and dogs indoors or confined to a leash or a fenced yard will limit the opportunity for pets to acquire infection from an environment contaminated with feces from untreated animals.
- Enforcing leash laws and requiring owners to remove feces deposited by their pets can protect public and private areas from contamination

- with parasites.
- Avoid exposure by wearing shoes and gloves when gardening or working in high exposure environments.
- Good hygiene and regular deworming of pets will reduce the chance of human exposure. Routine deworming of puppies and kittens helps to decrease transmission of these parasites by reducing the number of infective eggs contaminating the environment.
- Adult pets should be treated with periodic prevention (monthly combination heartworm prevention or an appropriate deworming agent). Routine examinations should be performed to monitor for parasites in the stool.

Your veterinarian is a great source for information about parasites and how they can affect your pet. Contact your veterinarian for more details and to discuss treatment for internal parasites that best coincides with your pet’s lifestyle.

ABOUT DR. TILLMAN

Dr. Tillman is a 2002 graduate of Tuskegee University School of Veterinary Medicine. Her veterinary practice and work experience focuses on patients at emergency and critical care centers in Southwest Florida. She is the owner of Just 4 Pets Wellness Center and can be reached at 239-270-5721. 🐾



Photo: Maine Coon Cat and Long Haired Chihuahua

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Not On Our Watch

Submitted By Kimberly McLaughlin

I'll never forget the day my dad called me from overseas and told me he had just purchased four young girls. I was in my mid 20's at the time, and completely unaware such a transaction was even possible. Surely I had misunderstood him. People buy groceries. Shoes. Annual passes to Disney World. They don't buy other people. But I had heard him correctly. My dad had opened up his wallet and bought as many girls as he could with the cash he had on hand.

It was a split-second decision. At that point in time, there was no safe home to take the girls to. So we built one. There's a saying that evil triumphs when good men do nothing. My dad was not going to be the man who did nothing. Had he just stood there silently, who knows where these girls would have been taken and what would have been done to them. Had we not stepped in to build a safe home, who knows where these girls would be now.

My dad had no choice that day. My foundation had no choice in the weeks and months to come but to come alongside him and step up and step in. Honestly, we weren't prepared. We never saw that moment coming. But over the years, that single moment in time – a moment where one man took a stand for what was right – was the beginning of a ripple effect still in motion today.

Years later, countless more human trafficking victims have been rescued around the world, even right here in the States, because of the mission that began that day. Meeting some of these survivors in person has been more than just a privilege, it has literally been life changing. But I sometimes still wrestle with wondering how things got so out of hand. Where did things go so terribly wrong? How did we fail to not take a stand for what is right, to say “not on our watch”?

That's why I am so incredibly excited to go public with my Foundation's latest initiative. TTF has been actively fighting against human trafficking since 2013, but for the safety and security of both the victims and the rescue organizations operating on the ground, we've kept our involvement completely under the radar. But I can't help but feel that we are at a point in history – a point just like the one my dad faced years ago - where we cannot stand silently and passively watch as evil rages on. It's time for Christians around the world to take a stand, to raise our voices and say no more. No more will we allow girls and boys, many of whom are just children, to be bought and sold as if they were just products for someone else's personal gain. Every person on this earth is created in the image of God – uniquely, beautifully, and perfectly. Their value is priceless, and they are not for sale.

I know what you're thinking, though. Where do we even start? When a problem is that big and that complicated, what can any one person do about it? To be honest, I get overwhelmed as well, but then I remember that we serve a big God. The God who created the universe, rose from the grave and defeated death once and for all is the same One who is fighting even now for the 40 million trapped in slavery around the world. Nothing is too big for Him. Nothing.

He doesn't need us, but He chooses to use us. At TTF, we are serving in the war against human trafficking via three primary methods, steps in which will continue to invest and grow as the army builds. First, we are being proactive. Studies have shown that awareness and education regarding the issue of human trafficking are key to preventing it before it can even begin; protecting the most vulnerable. Secondly, we are being reactive. We are partnering with organizations on the ground around the globe who execute tactical rescue missions for those who are trapped. Finally, we are committed to building long-term relationships with survivors through the establishment and support of safe homes where they can receive comprehensive, holistic care for as long as necessary, recognizing that recovery is often an exceptionally challenging and sometimes life-long process.

Here's the thing – we need others to join us in the fight. Whether or not they do won't change our mission. But with others – with you - we can reach one more. Honestly, I don't know if we'll ever win the war against slavery in this lifetime. But I know Who wins one day. And until that day comes, we'll keep fighting for the one more. They are the ones the Foundation stands up for – the ones who need Faith, Hope and Love in their darkest hour. I don't know of a need darker than this one. But I know our time is now. And the mission is not optional. They need us, all of us.

It's ingrained into us as human beings to want our lives to count for something. You have an opportunity to step into the ring and make yours count today. Right now. Don't wait. It is estimated that as often as every two minutes – the same two minutes it probably took you to read this - a human being is bought or sold somewhere around the world, one life exchanged at the hands of another. It's unacceptable. And it can go on no longer. Please join us in the fight today. Life itself is at stake.

If you feel moved, join the team or give to the fight: www.timtebowfoundation.org/anti-human-trafficking 🐾

SWFL Business Network - Free Networking Opportunities

By Jacqueline Wilson

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“Tech Neck”

By Dr. Darin Stokke, DC



Photo: Dr. Darin Stokke, DC

In our office today we are seeing more and more patients with a condition has come be officially known as “Tech Neck.”

So...What is Tech Neck?

Tech neck is now the medical term used to describe the injuries and pain sustained from looking down at wireless devices for too long. The symptoms associated with tech neck are:

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- Reversed curvature of the spine

Many recent studies are now suggesting that tech neck, and our societies

growing reliance on hand held devices and technology, leads to the early onset of arthritis, spinal disc degeneration, nerve impingement and the potential for decreased lung capacity. Of course, tech neck does not occur only from texting. For years, we’ve all looked down to read a book or a newspaper. However, today the added problem with texting on our phones, using tablet PCs, and sitting for hours in front of a computer screen has added more activities that causes us to look down or excessively lean our head forward for long periods of time than in the past. This is especially concerning for our younger generation of children. Young, growing children are also growing more dependent on technology including cell phones and tablet PCs to find entertainment which could possibly cause permanent damage to their spines as they grow.

Recent studies suggest that 79% of the population, ages 18-44, have their cell phones with them for 22 hours per

day! Many of our patients fall in this age range, so we see several cases each day of tech neck.

Recently, a patient came in complaining of severe upper back pain. He woke up and was experiencing severe, acute, upper back muscle strain as well as migraines. After taking a history and doing an exam it became evident that his condition was due, at least in part, to the extensive hours he was spending hunched over his cell phone: Diagnosis...tech neck.

How do we treat tech neck?

Prevention is key! First, hold your cell phone at eye level as much as possible. Second, take periodic breaks from using your cell phone, tablets and laptops throughout

the day. And finally, practice good posture and office or home ergonomics.

Chiropractic adjustments combined with trigger point treatments and progressive functional rehabilitation exercises to counteract and retrain the supporting postural muscles are the best long term solution to tech neck once it occurs. 🐾

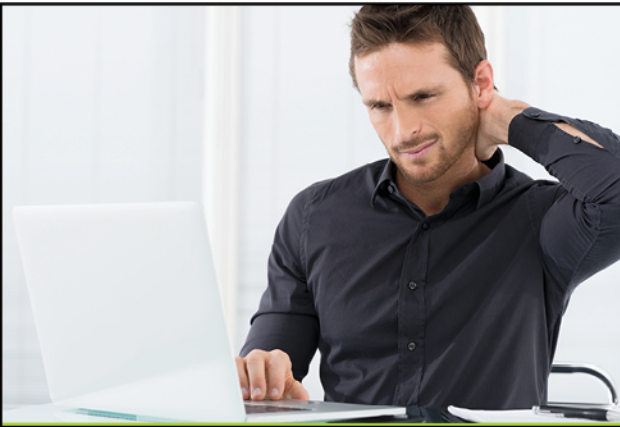


Photo: Man on laptop with neck pain.

New ‘Sanitizing Tunnel’ Could Mark Return Of Sports, Business In America

By: Vinny Antonio

We’re approaching six months since COVID-19 forced our economy, and us, to pause.

Although most small businesses and restaurants have reopened, we still aren’t able to fully enjoy a ballgame, theatrical performance or Hollywood blockbuster in person.

Despite social distancing guidelines and growing acceptance of face masks, people still don’t feel comfortable venturing into crowds.

A new product is hitting the market, though, that could be the final element needed to bring back fans, worshippers, shoppers and travelers. Disinfect Group USA, a company launched this spring in Fort Myers, has begun manufacturing sanitizing tunnels that can be installed at entrances to schools, sports venues, mass transit stations, churches, airports, shopping centers, hotels, theaters, concert halls, theme parks, conference centers, casinos, of-

fice buildings and courthouses. The sanitizing tunnels, which resemble X-ray machines at airports, emit a safe disinfecting mist on individuals and their personal belongings prior to entering a building. The sanitizing process takes about 30 seconds to completely destroy germs and viruses from the skin as well as items like cell phones, purses and car keys.

The dry fog is created from ingredients tested and approved by the EPA and FDA in their liquid forms. It uses electrolyzed water technology to create a nearly invisible mist that is all-natural, non-toxic, gentle on the skin and eyes, and does not damage clothing or belongings. Clinical lab results demonstrate it is scientifically proven to kill 99.99% of germs, viruses and bacteria. Additionally, the product scores all zeros on the OSHA-required Safety Data Sheet, indicating ingredients are non-hazardous and non-toxic, as well as bleach and alcohol free.

Tunnels can be outfitted with thermal heat sensors that accurately detect an individual’s body temperature, as well as digital capacity counters that track a venue’s occupancy.

Disinfect Group USA also offers mobile disinfection units, sanitizing walls, sanitizing stations, thermal cameras and conveyor belt tunnels that sanitize personal items and equipment.

It’s clear we just aren’t quite there when it comes to a full return to normalcy. Face mask policies alone don’t do it. Adding social distancing markers on the floor won’t do it, either. But if everyone who enters a facility goes through the same screening process – temperature checks and a sanitization process – we can feel more comfortable being around each other.

To date, sanitizing tunnels have been exhibited just twice in North America, once in Bonita Springs and once in Orlando. It’s exciting to know

that a group of young entrepreneurs right here in Southwest Florida could play a role in the safe reopening of stadiums, arenas, concert halls and other venues across the country.

ABOUT THE AUTHOR

Vinny Antonio, of Fort Myers, is president of Disinfect Group USA, a company that provides commercial sanitizing solutions to clients across North America. For more information, please visit DisinfectGroupUSA.com or call 239-234-2822. 🐾



Photo: Sanitizing Booth



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MORE TO CELEBRATE!

Dates & descriptions provided by www.holidayinsights.com

September 4 Newspaper Carrier Day

Newspaper Carrier Day honors everyone who is now, or once was, a newspaper carrier. The list includes thousands, if not millions, of people. Years ago, this job was primarily populated by kids, from pre-teen through approximately sixteen. At that age, many, but not all, kids moved to restaurant, grocery store and retail type of jobs.

September 9 Teddy Bear Day

Today is Teddy Bear Day. A Teddy Bear is a special friend to children all over the world. Spend the day and night with your teddy bear. Cuddle up to him. Talk to him. And, do all of your favorite things together.

September 12 National Video Games Day

Video Games Day celebrates popular video games that stormed onto the market, and changed the way your kids play games. Celebrate National Video Games Day by playing video games. If you are off from school (or if you are a big kid off from work), make this a marathon day for video games. Better still, invite a few friends and hold a competition. Just make certain that you have enough controllers.

September 14 National Cream Filled Donut Day

National Cream Filled Donut Day is a sugary, sweet day. Don't you just love special days like today!? Sure, you were watching your weight. Then, along comes a special day that is just packed with calorie and carbs. And, that special day encourages you to eat one of your favorite breakfast treats.... cream filled donuts.

September 18 National Cheeseburger Day

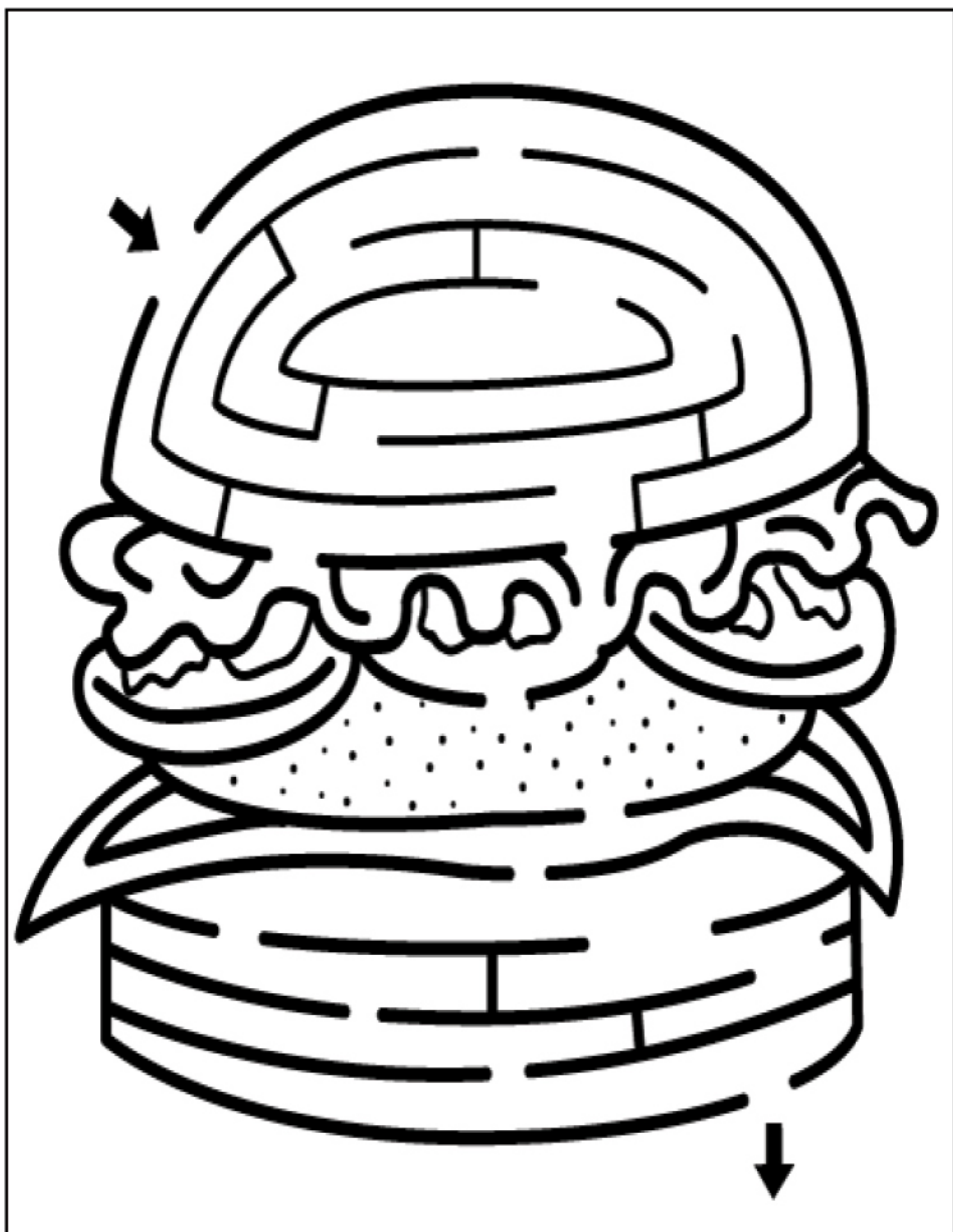
Celebrate National Cheeseburger Day by firing up the grill, and cooking cheeseburgers. You can do so for lunch or dinner.... or both! Any kind of cheese will do. Try a different cheese, if your adventuresome. For the carb conscious, eat your burgers without the buns.

September 25 National Comic Book Day

National Comic Book Day is a super cool day. Share a comic book with a friend today. We don't know of anyone who doesn't like a good comic book. Comic books are great reading. They either tell an ongoing story, provide humor, or offer intrigue and suspense. In all comic books, good eventually prevails over evil. So, comic books always make us feel good.

September 28 National Good Neighbor Day

Ah, Good Neighbor Day. It's definitely a good thing. Being good neighbors is an important part of the social fiber that makes this country so great. Therefore, it seems only fitting that one day a year honors good neighbors.








We hope you and your family are staying healthy and happy during this unprecedented time.


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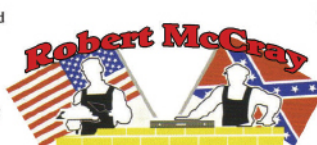
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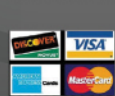
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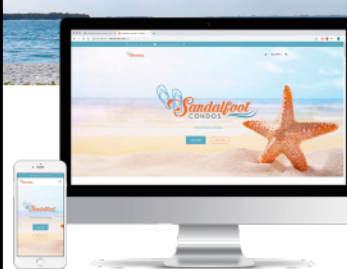
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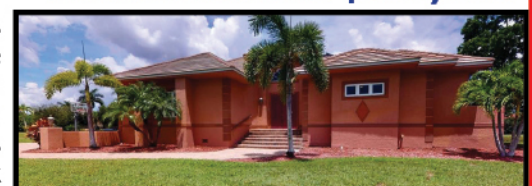
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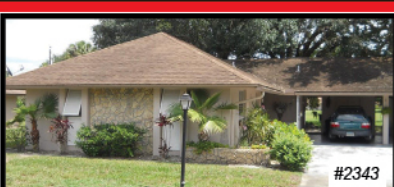


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\$110,000**



Incredible Golfwood 1 Condo

Incredible Golfwood 1 Condo with updated kitchen, built in washer, dishwasher under granite countertop that extends to hold 2 breakfast bar seats. Living area is 16' x 20' so tons of room inside. Screened entry area with tile in foyer. The large screened porch with vinyl panels to make an incredible Florida Room with 2 ceiling fans. Garden area with palm and oak trees for shade in the back yard and patio allowing for BBQs. This home is also situated off from the main roads so it is peaceful and quiet as well. Watch the birds and laugh at the squirrels in your garden yard with tons of privacy.

Kevin Williamson 239-369-5841 email: williamsonsell@gmail.com

SELLERS

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**Nancy Williamson
(239) 910-4487
kevnaninc@gmail.com**

**Matthew Williamson
(239) 910-5256
mwilliamsonrealtor@gmail.com**

GIVE US A CALL TODAY!

**Great Price!
\$211,000**



3 Bedroom 2 Bath Home On An Oversized Corner Lot

3 bedroom home with 2 bathrooms, 12 foot ceiling in living area, 9 foot ceilings elsewhere, 8 foot doors, open kitchen and family room. Enter through the front French doors into the large living area and kitchen with breakfast bar, breakfast nook and desk area. Master bedroom has large walk-in closet, dual sinks and soaking tub with separate shower as well. The indoor laundry room also has a large pantry/linen/cleaning closet and there are shutters for if the storm comes. Oversized corner lot in area close to SR 82, Fort Myers and downtown Lehigh Acres.

Nancy Williamson 239-910-4487 email: kevnaninc@gmail.com

**Great Price!
\$199,700**



4 Bedroom 2 Bath Home

Large 4 bedroom home with 2 bathrooms on over 1/4 acre lot. The dining room is inside the front door with the living area open to the kitchen with breakfast bar, cathedral ceilings and large living area leading to a split floorplan - master on one side and 3 bedrooms on the other. The master bath has two sinks and a separate tub and shower and toilet stall. Two car garage, fenced yard, well and septic make this one affordable place to live.

Kevin Williamson 239-369-5841 email: williamsonsell@gmail.com



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