



Rat Pack Together Again Returns To Beach

The Rat Pack Together Again, a group of three entertainers playing Dean Martin, Frank Sinatra and Sammy Davis Jr., will return to the Fort Myers Beach area on Sunday and Monday, January 26 and 27 to awaken the spirit of the men who were called “the coolest cats in entertainment in the early 1960s” during one of six shows featured at the Moose Lodge Entertainment Center.

Robert Cabella as Dean Martin, Jeff Foote as Sammy Davis, Jr. and Tony Sands as Frank Sinatra will perform as the leading members of the Rat Pack during an evening that will last four-plus hours and include a disc jockey, dancing, a cash bar, hors d’oeuvres and live performances. The action begins at 6 p.m. with the shows starting at 7:30 p.m.

The rest of the 2020 lineup at the center includes performers portraying Johnny Carson, Danny DeVito and Rod Stewart on February 9; Joan Rivers, Danny DeVito and Bobby Darin on February 10; Don Rickles, Foster Brooks



From left, Robert Cabella (Dean Martin), Jeff Foote (Sammy Davis, Jr.) and Tony Sands (Frank Sinatra) are the Rat Pack Together Again photo provided

and Kenny Rogers on February 23 and 24; Dean Martin and Elvis Jr. on March 8 and 9; Barbra Streisand and Jerry Lewis on March 22; and Cher and Jerry Lewis on March 23.

Chef-prepared hors d’oeuvres will vary for each show, but will include a selection of Latin shrimp with avocado sauce,

strawberry salad with black truffle dressing, beef tenderloin on a garlic crostini with herb cream cheese, spicy chicken satay with Asian peanut sauce, antipasto skewers, seared tuna bites with seaweed salad and Japanese dressing, and twice-baked potatoes.

Cost for each evening’s event is \$55

per person. Reserve early as seating is limited in the 100-seat center.

The multi-evening shows began seven years ago when Alfredo Russo, the late owner of Junkanoo and the Fresh Catch Bistro on Fort Myers Beach, wanted upscale entertainment for his restaurant guests. Fresh Catch Manager Jerry Nolan decided to utilize some of his New York connections to find the talent. The shows were an overwhelming success with many sell-outs.

“This is upscale entertainment at affordable pricing,” said Nolan. “If you look at the pricing, with the dancing, food and live shows, it is very economical.”

Interest in the shows skyrocketed, and the crowds became too large for a restaurant environment, prompting a change in venue to the Moose Lodge Entertainment Center last year.

“We needed to move it to more of a night club atmosphere,” said Nolan, organizer of the shows. “Since the center is before the bridge, we made it more convenient to get to the venue with plenty of parking.”

The Moose Lodge Entertainment Center is located at 19090 San Carlos Boulevard on San Carlos Island. For more information and reservations, call 810-4587 or email jgn56bklyn@yahoo.com.✪



David Cooley and Amanda Collins

photo provided

A Christmas Story For Everyone At Lab Theater

by Di Saggau

I had the pleasure of seeing two offbeat Christmas shows this past weekend. The first one I saw was *Let Nothing You Dismay* at Laboratory Theater of Florida. This farcical plot involves a young

couple, Kevin and Allie (David Cooley and Amanda Collins), who are awaiting the birth of the baby they plan to adopt. They also play the birth parents, Leonard and Lizzie. Their transformations between characters is quite amazing.

That’s the fun part of this play, all eight actors play 22 different characters so there is a lot of hustling, and costume and wig changes. I found two of the wigs to be distracting while others found them funny. Different strokes. Christmas Eve in the

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A Holiday Farce At New Phoenix



Cindi Heimberg and John Strealy

by Di Saggau

photo provided

While I enjoy the traditional Christmas shows with holiday songs and glamour, it’s also fun to see the unconventional shows, like *Inspecting Carol* at New Phoenix Theatre. This satirical Yuletide show is about a down-and-out drama troupe that is heavily in debt, lost half of its subscribers and is trying to hang together with its

13th annual offering of the Dickens classic, *A Christmas Carol*.

When an amateur actor shows up looking to audition for any role, he is assumed to be from the National Endowment for the Arts (NEA), and there to evaluate the company. A NEA grant is the only thing that can save them from financial collapse so the director casts him in the play. As they continue to rehearse

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Historic Downtown Fort Myers, Then And Now:

Railroad Brings Entertainment Avalanche



by Gerri Reaves, PhD

The extension of the Atlantic Coast Line's Railroad (ACL) to Fort Myers in 1904 had immediate economic benefits. Initially, at least, the ability to ship citrus, fish on ice and agricultural produce to northern markets outweighed the significance of what was being transported in. However, the non-agricultural "freight," for lack of a better word, came to have profound effects too, notably in terms of tourism and entertainment. Not only individual visitors but excursion groups began to show up in Fort Myers, invigorating the hotel, boardinghouse and restaurant business.

The town was now connected to the rest of the nation via the passenger and freight depots on Monroe Street between Main and First. Circuses and traveling theatre companies took notice, especially the former, for Florida's weather provided a haven for them during the winter months.

The first week of January 1905 was a case of too much of a good thing all at once – four circuses.

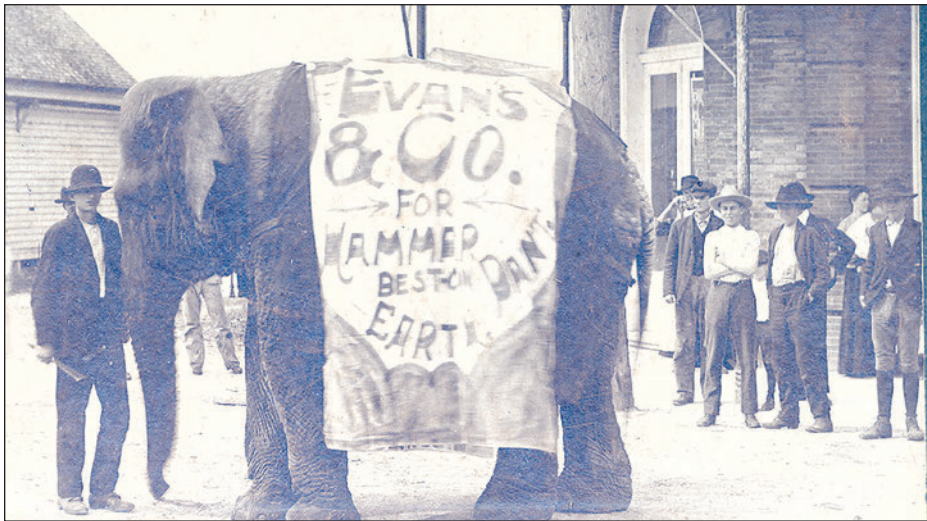
The *Fort Myers Press* lamented that it would have been preferable for the diversions to be distributed over time, not all bunched up in one week.

The glut of shows inevitably reduced audience numbers, the *Press* observed, not to mention profits.

Nevertheless, throngs of passengers headed for town, eager for something out of the ordinary.

The year began with three performances by the relatively small Jones Model Plate Railroad Show.

Then John H. Spark's Old Reliable Virginia Shows was scheduled for January 3, with advertisements promising it would be "larger, grander, and better than ever" and "TWICE THE FORMER SIZE."



This photo was probably taken in January 1905, when Fort Myers saw its first elephant. This is likely Mary of the Spark's Old Reliable Virginia Shows. The scene is First and Hendry, probably during a street parade. At right is the newly constructed Bradford Building and left is the wood-frame building that originally housed JJ Blount General Store, which opened circa 1873.

photo courtesy SWFL Historical Society

There were two shows per day in a waterproof tent lighted at night by the circus' own portable light plant.

The show brought not only the first elephant to grace the streets of Fort Myers, but a pair of lions, two trained seals, a leopard, tigers, bears, wolves, hyenas, "a funny mule," "trained goats" and the "intelligent little pony Bolivar, the smallest in the world" – a captive menagerie sure to distress any animal lover today.

There were human performers, too: clowns, a contortionist, acrobats, wire walkers and tumblers.

The historic photo pictures an elephant who is likely Mary, the show's "intelligent... friend of the children."

The animal stands at the corner of First and Hendry, just in front of the soon-to-opened Bradford Building.

This photo might have been taken during the Golden Street Parade, a 10 a.m. event sure to grab the attention of potential circus-goers.

The unfortunate animal is being used as a billboard for Evans & Co, which was located at the same intersection. The advertisement reads, "Hammer, the Best Paint on Earth," a product still available today.

The very next day, on January 4, Sun Brothers delighted audiences with the "world's progressive railroad shows, museums, menagerie and trained animal exhibition" – talk about comprehensive entertainment.

That show included "a ponderous troupe of performing elephants," Comodore [sic], "the most wonderful mule in the world," and "the famous Hardell and Hart Trio, horizontal bar experts, just to name a few.

That show, too, began the performance day with a parade, this one named the Grand Picturesque Street Parade.

If circus lovers weren't saturated after this three-day extravaganza, there was more to come – the Miles Orton Dog and Pony Show the next day.

Also in town during the circus run was the Four Pickerts, a touring theater company that performed comedies, farces and dramas to rave reviews at Phoenix Hall, located on the floor above Evans & Co.

To top it off, a few weeks later the Charles King Dramatic Company came to town. No one could argue that 1904 began on a dull note.

Walk down to First and Hendry and imagine circus parades that introduced Fort Myers to its first visiting elephant and other things from the wide, wide world.

Then visit the following research centers to learn more about how the railroad changed Fort Myers forever.

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

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

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

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



The Bradford still stands, but Blount's store is long gone and the Luminary Hotel rises in the background photo by Gerri Reaves

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THE RIVER
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FROM THE BEACHES TO DOWNTOWN FORT MYERS

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Christmas Carol Sing To Feature Grammy Winner

Gaither Homecoming Soloist and Grammy Award winner Larry Ford will make a special guest appearance at the 29th annual Christmas Carol Sing at First Presbyterian Church on Tuesday, December 17. Because of the overwhelming popularity of the event, three sing-alongs are planned at 1, 4 and 7 p.m. The doors will open 30 minutes prior to show time.

Sponsored by the Galloway Family of Dealerships, the Christmas Carol Sing is a free event, although organizers request voluntary donations of at least two cans of non-perishable food for The Soup Kitchen, operated by Community Cooperative, and a voluntary cash donation, if you can.

"We are honored that Larry Ford has agreed to perform at this year's Christmas Carol Sing. He will sing several Christmas Carols and help lead the audience in singing carols and hymns that everyone knows and loves," said Carol Sing Founder and Organizer Sam Galloway, Jr.

Ford is a featured soloist on the Gaither Homecoming DVD series, which consistently ranks in the top of *Billboard Magazine's* music charts. The tenor was awarded a Grammy for Best Southern Gospel Recording in 2003.

The Christmas Carol Sing is a festival of holiday music and family fun. This year's 90-minute performance also will



Linda Digman and Sam Galloway, Jr.

feature the First Presbyterian Church Choir, soloists John Goulet, Linda Digman and Beverly Cox along with the Spiritual Voices and other special guests singing favorite holiday carols with audience sing-a-longs.

There is a strong rumor that Santa Claus will be making a surprise visit for the "children in all of us."

Community Cooperative is an innovative nonprofit organization made up of social service entrepreneurs fighting to end homelessness and hunger in our community. It provides more than 15,000 meals each month through its Community Cafés and Meals on Wheels programs, distributes more than 500,000 pounds

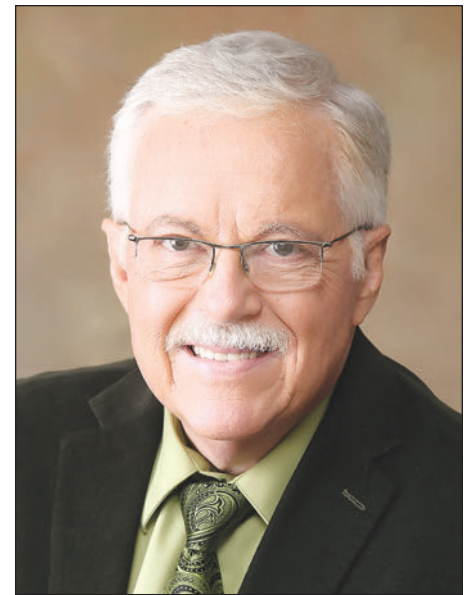
of groceries through its Mobile Food Pantries, and serves 6,500 individuals and families with homeless and comprehensive case management services through its Social & Education Resource Centers.

The church has been a strong supporter of the agency from the beginning and continues to support its ministry there by providing volunteers and other support for The Soup Kitchen and the Meals on Wheels program.

Galloway said cash donations are especially needed because Community Cooperative can buy five times as much food for the same amount of money that residents spend at local grocery stores.

Resident, who cannot attend any of

photos provided



Larry Ford

the Christmas Carol Sing performances, may donate canned goods at either the Galloway Ford dealership on Boy Scout Drive or the Coconut Point Ford dealership on U.S. 41 in Estero or mail donations to Community Cooperative, P.O. Box 2143, Fort Myers, FL 33902.

In addition to the Christmas Carol Sing, the Galloway Family of Dealerships also annually sponsors Mrs. Edison's Hymn Sing scheduled for February 11, 2020. Both events benefit The Soup Kitchen of Community Cooperative.

First Presbyterian Church is located at 2438 Second Street in downtown Fort Myers. For more information, call 334-2261 or visit www.fpcfortmyers.org.



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Nicholas Ortiz photos provided

Local Boxing Team Wins National Bouts

The Fort Myers Police Department (FMPD) Police Athletic League (PAL) Boxing Academy traveled to Kissimmee, Florida the weekend of November 22 to 24 to compete in the Sugar Bert National Tournament. The team of PAL Boxers brought back five Sugar Bert national titles. The Fort Myers champions included: Nicholas Ortiz in the 13-year-old



Felix Camacho and coach Jose Ojeda division at 90 pounds; Yaslee Alvarez in the 12-year-old female division at 114 pounds; Jeremy Pozo in the 17-year-old division at 132 pounds; Terry Sanders in the 11-year-old division at 106 pounds; and Felix Camacho in the seniors division at 141 pounds. Sugar Bert Boxing Promotions, named for the former Golden Gloves boxer Sugar Bert, hosts thousands of amateur boxers, coaches and families annually at competitions around the country. The Fort Myers PAL Team and coaches traveled to the event with the help of



From left, coach Jose Ojeda, Yaslee Alvarez and assistant coach Rudy Martinez community sponsors and the FMPD PAL organization that is part of Chief Derrick Diggs Community Engagement Initiative to bring sports programs to young children and teenagers. Interested supporters can contact PAL Senior Coordinator Keith White by calling 321-8237.✧

Campaign Draws Most Successful Food Drive Yet

On November 15, Pushing the Envelope, Inc. (PTE) completed its 9th annual CAN IT! Campaign, a food drive benefiting those less fortunate in Southwest Florida. The campaign collected 3,296 non-perishable food items for Community Cooperative, Inc. (CCI), the most collected since the campaign's inception and far exceeding the 1,000-item goal. From day care centers to car parts stores to churches and roofing companies, Pushing the Envelope partnered with a record 26 businesses and organizations to collect donations.

With its completion, the CAN IT! Campaign has donated thousands of items, amounting to more than 13,100 pounds of food to CCI since its inception in 2010. "This food drive was an incredible display of the giving spirit that pervades Southwest Florida," said Samantha Scott, APR, PTE president. "We are overwhelmed by the support of like-minded people who donated and served as drop-off locations, but most pleased to know we've been able to help others this holiday season." Giving back to the community is part of Pushing the Envelope's company culture. The firm plans to host the campaign again in 2020, marking 10 years of helping feed the hungry in Southwest Florida. For more information, contact juliana@getpushing.com.✧

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Family To Be Honored At Storybook Ball

Ronald McDonald House Charities of Southwest Florida will honor Barbara and Tom Fewster and Beverly and Tom Fewster Jr. at the 26th annual Storybook Ball at the Hyatt Regency Coconut Point on Saturday, February 15. NBC-2 anchor Kellie Burns will emcee the themed event featuring an interpretation of *Mulan*, a celebration of perseverance, family and Chinese culture. "The Fewster family has been a part of RMHC long before the Ronald McDonald House was built," said executive director Laura Ragain. "Barbara and Beverly were both active board members and fundraisers for many years. The Fewster family owned and operated 10 McDonald's restaurants in Southwest Florida. Since selling the restaurants in 2015, Tom Jr. and Beverly have been

generously volunteering their time at the Ronald McDonald House and the Ronald McDonald Family Room at Golisano Children's Hospital. Even the third generation of Fewsters, Tom Jr., and Beverly's son and daughter, have helped volunteer at numerous fundraising events such as the Storybook Ball, Golf Tournament and World Wine Tour. We are so grateful for the family's continued support." In black tie optional or themed attire, guests will be offered cocktails and a silent auction at 6 p.m. Dinner and dancing to The Robert Williamson Band will follow, along with a live auction. All proceeds support Ronald McDonald House Charities of Southwest Florida in its mission to create, find and support programs that directly impact the health and well-being of children and their families. For more information, tickets and a variety of sponsorship opportunities, contact Amy Blanco at 437-0202 or visit www.rmhcswfl.org.✧

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Fort Myers Art:

Short Play Medley Returns to Bonita Center On Friday



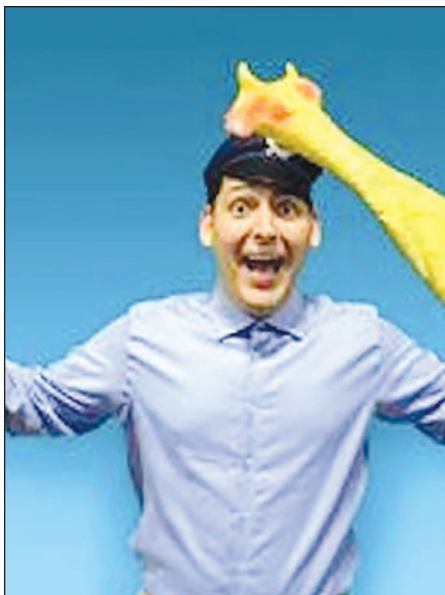
by Tom Hall

Time travel, invisibility, the first interracial gay snow globe couple, sexy role playing and a helicopter Jewish mother-in-law will be just some of the topics covered

in the eclectic and hilarious short play collection *Funny Shorts LIVE!* at Center for Performing Arts Bonita Springs' Moe Auditorium and Film Center on Friday, December 13 at 7:30 p.m.

Funny Shorts LIVE! is an extension of the center's wildly popular Stage IT! 10-Minute Play Festival, an annual competition and book publication that draws playwrights from around the world. With performances scheduled throughout the year, this *Funny Shorts LIVE!* event will feature playwrights from New York, California, Michigan, Maine and Florida.

In keeping with the center's mission of featuring local playwrights, Bonita Springs' Leslie Sanderson will see her play *Invisible* presented with the other



Funny Shorts LIVE! returns to Bonita Springs on Friday photo courtesy www.artsfwl.com

comic gems. Her play explores the life of an aging woman who is figuratively and literally becoming invisible to everyone—including her husband and grown child.

Racial identity and relations are covered in biting satirical fashion in both *The Snow Globe* by Lynn Aylward, which examines the life of the first interracial gay snow globe couple, and the play *Schnitzels and Noodles* by singularly named playwright Chalmers, in which a black couple must use their "white voice" to encourage the Boston police to show up for an emergency.

Love is explored in *That's Amore* by Arnold Kane in which a couple spice up their marriage with role play only to achieve "interruptus" from the babysitter, while James Pfrehm's *Yes vs. No* explore the absurd complexity of today's relationship issues. Greg Atkins' *Tempus Fugit* is a fun, fast-paced time travel comedy in which a couple is visited by a Future Self trying to stop their impending engagement.

Other plays include Kitty Dubin's *Cutting It Close* about a young interfaith couple facing the Jewish mother-in-law over how to raise their new baby, and Bruce Guelden's *Thanks for Holding*, directed by local featured local playwright, Leslie Sanderson.

A team of directors includes Frank Blocker, Todd Irby, Gary Obeldobel, Luis Pages, Toni Palumbo and Marilee Warner. The cast will include Felicity Benson, Carolyn Bronson, Kevin Buja, Amanda Carrion, Leeanne Chiaramonte, Don Fox, Alberto Gayoso, Melissa Hennig, Nance Jones, Diana Lett, Rita Meehan, Skyler Moore, Lena Neal, Gary Obeldobel, Luis Pages, Sean Pritchard, Abby Reed, Anne Reed, Kevin Sandel, Leslies Sanderson, Annie Stout and Jennifer Valiente.

Funny Shorts LIVE! has become a popular hit with area residents, so get your tickets in advance of the performance. Best of all, wearing your own funny shorts is completely optional. Encouraged, but optional.

The Moe Auditorium & Film Center is located at 10150 Bonita Beach Road in Bonita Springs. Tickets are \$20 for general admission (with 10 percent off for current CFABS members). For more information, call 495-8989 or visit www.artcenterbonita.org.

Youth Players To Perform Dickens-Themed Play

Magic Tree House: A Ghost Tale for Mr. Dickens Jr. will be performed by the CFABS Youth Players in the Hinman Auditorium at 7 p.m. Thursday, December 19 through Saturday, December 21, with a 2 p.m. matinee on Saturday, December 21.

Magic Tree House: A Ghost Tale for Mr. Dickens Jr. is an adaptation of book #44 of Mary Pope Osborne's award-winning fantasy adventure books from the *Magic Tree House* book series. The magic tree house whisks Jack and Annie back in time to the foggy streets of Victorian London, where they meet the famous well-off author, Charles Dickens, who has a severe case of writer's block. Jack and Annie also witness the hardships faced by the poor, and their efforts to help only land them in prison. Dickens rescues Jack and Annie, and they, in turn, help him escape the sad memories that haunt him. In the process, they inspire Mr. Dickens to write one of the greatest holiday stories of all time.

Tom Hall is both an amateur artist and aspiring novelist who writes art quest thrillers. He is in the final stages of completing his debut novel titled *Art Detective*. A former tax attorney, he lives in Estero with his fiancé and their four cats.✽

New McGregor Goodwill Opens

Thrift shoppers will get a chance to experience the new Goodwill Retail & Donation Center in Island Plaza Shopping Center at 15271 McGregor Boulevard on Thursday, December 12. Everyone is invited to a ribbon-cutting, scheduled for 8:45 a.m. just before shoppers are allowed in at 9 p.m. for the first time. The Goodwill bookstore, which opened as a Christmas Pop-Up store on October 12, will be permanently closing on December 24.

"The new location will allow us to have a full-size Goodwill retail store on McGregor with a more convenient donation experience and more parking," said John Nadeau, the CEO of Goodwill Industries of Southwest Florida. "A lot of our Goodwill bookstore fans are asking about the books from the previous location. We want everyone to know that the new McGregor store will have an expanded book section that will include all of the great finds from the bookstore."

The grand opening will carry on through the weekend with 25 percent off all donated goods on Saturday, December 14, and the opportunity for shoppers to register to win a large screen Smart TV throughout the four days. The winner to be drawn at the end of the business day on Sunday, December 15.

The new McGregor Goodwill will increase the number of thrift stores located in the plaza giving shoppers a one-stop thrift shopping opportunity. With the holidays just around the corner, shoppers will benefit from the savings. Plus, on December 14, several of the neighboring restaurants in the plaza are offering coupons, menus and food for sale onsite as part of the Goodwill Grand Opening festivities.✽

An Evening Under The Shadow Wood

The 4th annual Evening Under the Shadow Wood fundraising gala to support the arts programs at Estero High School will be held at Shadow Wood Country Club on Monday, December 16 from 6 to 9:30 p.m. The evening features live music, a silent and live auction, dinner and presentations created by students.

Students from the culinary arts program will showcase their talents with a food preparation demonstration, and visual arts students will display their works in the gallery.

All proceeds from this event are going directly to the arts programs at Estero High School to help purchase supplies, technology and resources. Individual tickets are \$85 each with options to purchase tables of 8 and 10. Sponsorship and auction opportunities are also available.

Shadow Wood Country Club is located at 22801 Oakwilde Boulevard in Estero. For tickets and sponsorship packages, visit www.squareup.com/store/estero-high-arts.✽



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Visitors are invited to create postcards for overseas military personnel at Edison and Ford Winter Estates

photo provided

Write Holiday Postcards For Overseas Soldiers

Edison and Ford Winter Estates is partnering with volunteers from the Cape Coral organization, Holiday 4 Heroes, to mail holiday postcards with old-fashioned images to soldiers stationed overseas. Children and adults visiting Edison Ford can write messages on postcards nightly in the Caretaker's House, and Holiday 4 Heroes will mail them to

active duty soldiers. A military banner will also be available for anyone wishing to sign it when the volunteers are here on Friday, December 20 and 27 from 6 to 8 p.m.

Admission is required for the Caretaker's House. Holiday Nights tickets for adults are \$20, teens age 13 to 19 are \$10, children (age 6 to 12) are \$2 and Edison Ford members get in free. Guided Holiday Tradition Tours are \$30 for adults, teens are \$25, children \$18 and \$10 for Edison Ford members. Inside-the-Homes Holiday Tours are \$50. Lee County residents with identification will receive \$5 off Holiday Nights admission every Monday and Tuesday.

Through December 30, guided Holiday Tradition Tours will be offered at 6 and 7 p.m. every night and Inside-the-Homes Holiday Tours will be offered on Wednesdays at 6:30 p.m. The museum and the botanic research laboratory will be open nightly until 9 p.m. Live music performances include carolers and a pianist on select nights. Santa will be visiting on Sunday nights until Christmas.

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

Pet-Friendly Fun Run At Babcock Ranch Sunday

The 3rd annual Jingle Bell 5K and Deck the Paws Fun Run will be held at Babcock Ranch on Sunday, December 15. The 5K race begins at 8 a.m. near Founder's Square, while the Deck the Paws Fun Run, a one-mile run or walk with your furry friend, begins at 9 a.m.

Southwest Florida's unique eco-centric, solar-powered town will host live music, food and drinks near the community bandshell overlooking Lake Babcock afterwards. A 9:30 a.m. 5K awards ceremony will recognize the overall winner, masters, grand masters, senior grandmasters, and three deep in each age group in 10-year increments.

For more information and to register for the 5K online before race day, visit www.babcockranch.com/events. Race registration forms and early packet pick up are available at Babcock Ranch in The Hatchery at 42881 Lake Babcock Drive #200 between 10 a.m. and 5 p.m. on Saturday, December 14. Packets will also be available on race day at Babcock Ranch starting at 6:45 a.m.

Deck the Paws Fun Run participation is free, and RSVPs are requested by emailing events@babcockranch.com.

Free parking is available for those arriving by 7 a.m.

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Along The River

The Southwest Florida Symphony will present its annual **Holiday Pops concerts** at different locations this Friday, December 13 through Sunday, December 15. Concerts take place at the **Village Church at Shell Point** on Friday at 7 p.m.; **Barbara B. Mann Performing Arts Hall** on Saturday at 7:30 p.m.; and conclude with a matinee at **First Presbyterian Church** in Bonita Springs on Sunday at 4 p.m.

These performances, entitled Christmas in Paradise, will be conducted by Music Director Nir Kabaretti and feature holiday classics of the Christmas season with the greatly anticipated return of postmodern crooner and star of *Sinatra and Beyond* Tony DeSare.

Single tickets start at \$13 and vary by venue. Family packages are available for \$48 for four tickets (two adults and two children) for Barbara B. Mann Performing Arts Hall and First Presbyterian Church performances. Tickets may be purchased from the Southwest Florida Symphony Box Office by calling 418-1500, by visiting in person, or online at www.swflso.org and at the performance venues one hour prior to each performance.

For more information, visit www.swflso.org.

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

Admission is free to the popular gardening event and includes a judged show of spectacular displays of bromeliads



The Southwest Florida Symphony will be performing holiday classics at three different venues this weekend

photo courtesy www.swflso.org

and the area's largest bromeliad plant sale. Local growers will be there to sell their plants, answer questions, and offer growing tips and landscape ideas. Bromeliads of all colors, shapes and sizes will be available, as well as driftwood and gardening supplies.

The Araba Shrine Temple is located at 2010 Hanson Street in Fort Myers. For more information, call Larry Giroux at 850-4048.

Lee County will have three holiday-themed events this week.

Lakes Park Holiday Express will be held from 10 a.m. to 9 p.m., December 13 through December 23, and December

26 through December 30. The Express is closed December 24 and 25.

The annual Holiday Express miniature train transports you through a winter wonderland with lights and decorations. Visit the 3,200-square-foot museum after your one mile train ride.

Lakes Regional Park is located at 7330 Gladiolus Drive in Fort Myers. For more information and pricing, visit www.rmsf.org or call the Railroad Museum at 267-1905.

Breakfast with Santa will be held at **North Fort Myers Park** this Saturday, December 14 at 9 a.m. A continental breakfast with the jolly ol' man himself includes creating a holiday craft, writing a letter to Santa and taking home a picture with him. Cost is \$3 per child.

North Fort Myers Park is located at 2000 North Recreation Park Way in North Fort Myers. For more information, call 533-7200.

Breakfast with the Kringles will be held at **Veterans Park** this Saturday, December 14 at 10 a.m. Besides a continental-style breakfast with holiday crafts and a special visit with Mr. and Mrs. Kringle, children will receive a present with their visit. Be sure to bring a camera for your child's holiday photo shot. Cost is \$5 per child and \$3 for any adults eating breakfast.

Veterans Park is located at 55 Homestead Road South in Lehigh Acres. For more information, call 369-1521.

The second annual **Friends of the Mound House Christmas Market** will be held at Mound House on Saturday, December 14 from 10 a.m. to 3 p.m.

A wide variety of local vendors will be on site. Visitors can get free chair massages and have free photo ops with Saint Nick. Fort Myers Beach Chapel by the Sea will provide musical entertainment, and the Caloosa Carvers will create holiday magic with their carving artistry.

Momentum Brewery will have beer samples for purchase. The Fort Myers Beach Dog House restaurant will provide food.

Mound House is located at 451 Connecticut Street on Fort Myers Beach. For more information, visit www.moundhouse.org or call 765-0865.

Theatre Conspiracy at the Alliance for the Arts recently will host its annual

New Play Contest this Saturday, December 14. The evening begins at 6:30 p.m. with a reception including food and drink. At 7:30 p.m., selections from the finalists will be read by a cast of Alliance for the Arts actors. After the conclusion of the final reading, the audience will vote for which show they think should be the winner. The winning script will be given a full production in the Alliance's 2020-21 season and receive the Janet & Bruce Bunch New Play Contest Award.

Tickets are \$50 and include the reception and readings. Tickets can be purchased at www.artinlee.org/newplaycontest or by calling 939-2787. The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers.

The Southwest Florida Concert Band will perform **A Florida Family Christmas concert** at **Unitarian Universalist Church** this Sunday, December 15 at 2 p.m.

The 40-member community band will perform seasonal music and give the audience an opportunity to join in a sing-a-long of their favorite carols. All concerts are free with donations accepted.

Unitarian Universalist Church is located at 13411 Shire Lane in Fort Myers. For more information, visit www.swflconcertband.org.

LeeTran Hosting Holiday Toy Drive

LeeTran is having a holiday toy drive to benefit children and teens served by the Children's Advocacy Center of Southwest Florida, which provides coordinated response services to child victims of abuse and neglect.

To donate to the toy drive, bring new, unwrapped toys to LeeTran headquarters, located at 3401 Metro Parkway in Fort Myers. Gifts can be dropped off between 8 a.m. and 5 p.m., Monday through Friday until Tuesday, December 17. LeeTran will accept new toys for ages 3 to 18. Popular items include board games, books (in English and Spanish), puzzles, dolls of all ethnicities, Lego sets, toy cars and stuffed animals. There is also a need for diapers, especially sizes 4 to 6, and athletic clothes for teens.

LeeTran is the public transit provider for Lee County, providing more than 3 million rides per year. LeeTran operates 27 bus routes, ADA paratransit service called Passport and an employer vanpool program. For schedules and route information, visit www.rideleetran.com.

For more information on the Children's Advocacy Center, visit www.cac-swfl.org.

Craft And White Elephant Sale

Palmetto Palms RV Resort is hosting a Craft and White Elephant sale from 8 a.m. to noon on Saturday, December 14. Coffee and donuts will be available. The public is invited.

Palmetto Palms RV Resort is located at 19681 Summerlin Road in Fort Myers. For more information, call Marge Gregg at 466-5331.



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Shell Point Retirement Community's skilled nursing center, the Larsen Pavilion, recently earned multiple recognitions for its high quality of care and overall performance ratings by *Newsweek*, *U.S. News & World Report* and the Centers for Medicare & Medicaid Services (CMS).

Located in the Waterside Medical Complex on The Island at Shell Point, the Larsen Pavilion

skilled nursing facility offers personalized and compassionate healthcare. The Larsen Pavilion also provides memory care for medical conditions such as Alzheimer's disease or stroke-related dementia. Its state-of-the-art rehabilitation center offers inpatient and outpatient rehabilitative and individualized therapy to the Southwest Florida community, as well as to Shell Point residents.

LEARN MORE at ShellPoint.org/Best | For admissions availability, call (239) 415-5432.

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Shell Point is a nonprofit ministry of The Christian and Missionary Alliance Foundation, Inc.

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A view of the parade along the back bay

Fort Myers Beach Boat Parade Winners

The Fort Myers Beach Chamber’s 31st annual Fort Myers Beach Christmas Boat Parade lit up the waterways along San Carlos Island and Fort Myers Beach on Saturday. The parade began at Salty Sam’s Marina Parrot Key Caribbean Grill and passed Bonita Bill’s Waterfront Café and Doc

photos by Marguerite Kastan

Fords, under the Matanzas Pass Bridge, then traveled in and out of Siesta Isles and around Bowditch Point before turning in front of the Pink Shell Beach Resort and Marina and past Nervous Nellies and Matanzas on the Bay on the return to Salty Sam’s Marina for the Winners Circle Party and awards presentation.

Awards were presented in five categories to the captains of the following boats:

- Non-Sponsored:
Large – *Chillin the Max*
Small – *The Mav*, *Brenneister* and



One of the decorated boats

Shelbi Kay (three-way tie)

- Sponsored:
Large – *Sea Racer*
Small – *Davidson Painting*
Peoples Choice:
All Boats – *Simple Dreams*

For more information or to sign up for the 32nd annual boat parade, contact the Fort Myers Beach Chamber at 454-7500 or visit www.fmbboatparade.com.

To vote for the parade in *USA Today’s* 10 Best Holiday Parades, visit www.10best.com/awards/travel/best-holiday-parade-2019.✪

Blankets Needed For Homeless Coalition

The Lee County Homeless Coalition is requesting donations of new and gently used twin blankets.

With nighttime temperatures dropping to the 40s and 50s this week and next, there is a need for blankets especially when an individual has no home or warm room to stay in. Blankets will be given to outreach workers and homeless provider agencies to distribute to those who are living on the streets or in their cars. Many low-income people don’t have enough money to buy warm blankets – especially those who are without a home. A blanket is no substitute for having a safe place to sleep every night. However, it can offer warmth when the temperatures drop.

“A blanket can help to protect someone from the elements, it keeps them warm and safe, and gives them a sense of hope knowing that the community cares and that the community is helping them,” said Janet Bartos, executive director of the Lee County Homeless Coalition. “In the next couple of months, we expect temperatures to drop in the evenings and have nights that can become uncomfortably cold. If you are able to donate twin blankets, please call the coalition at 322-6600 to schedule a time to drop off.”✪

Churches/Temples

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

ALL SAINTS BYZANTINE RITE CATHOLIC
Sunday 10:30 a.m., 10291 Bayshore Road, 599-4023.

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

BAT YAM-TEMPLE OF THE ISLANDS
Friday Shabbat at 7 p.m. www.batyam.org, 2050 Periwinkle Way, 579-0296.

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

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

BREAD OF LIFE MINISTRIES
Sunday 10:30 a.m. 16581 McGregor Boulevard, 267-3166.

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

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

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

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

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

CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY
Sunday 8 and 10:45 a.m. Jan 1 - Easter; 9 a.m. after Easter - Dec 31.
www.crownoflifelutheran.com. 5820 Daniels

Pkwy, 482-2315.
CYPRESS LAKE BAPTIST
Sunday 9:45 and 11 a.m., 7 p.m.; Wednesday 6:30 p.m. 8400 Cypress Lake Drive, 481-5442.

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

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

FAITH UNITED METHODIST
Sunday 8:45 and 10:30 a.m., 15690 McGregor Boulevard, 482-2030.

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

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

FIRST UNITED METHODIST CHURCH
Sunday 9:30 a.m. and 5:30 p.m. www.fumcftmyers.org, 2466 First Street, 332-1152.

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

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

FIRST PRESBYTERIAN CHURCH OF FORT MYERS
11 a.m. Sunday, www.fpcfmyers.org, 2438 Second Street, 239-334-2261

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

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

KINGDOM LIFE
Sunday 10:30 a.m., 2154 McGregor

Boulevard, 218-8343.

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

NEW BEGINNINGS CENTER
Friday 6:30 and 7 p.m. nbcministry@embargmail.com, facebook.com/nbcministry, 8505 Jenny Cae Lane, 656-0416.

NEW COVENANT EYES
Monthly 9 a.m., www.newcovenanteyes.com, 1900 Park Meadows Drive, 220-8519.

NEW HOPE BAPTIST
Sunday 11 a.m.; Wednesday 7 p.m. 16120 San Carlos Boulevard, Unit 10, 985-8503.

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

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

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

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

RIVER OF LIFE ASSEMBLY OF GOD
8, 9:45 and 11:30 a.m., 21580 River Ranch Road, 495-0400.

SAMUDRABADRA BUDDHIST CENTER
Meditation classes. www.MeditationInFortMyers.org. 567-9739.

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

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

SAINT JOHN THE APOSTLE

METROPOLITAN

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

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY

Sunday 9:30 a.m., www.saintnicholasmonastery.org, 111 Evergreen Road, 997-2847.

ST. VINCENT DE PAUL CATHOLIC

Tuesday through Friday 9 a.m.; Saturday 4 p.m.; Sunday 9 and 11 a.m., 13031 Palm Beach Boulevard, 693-0818.

SOUTHWEST BAPTIST

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

TEMPLE BETHEL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)

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

THE FAITH CENTER

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

THE NEW CHURCH

Sunday 11 a.m., www.newchurchflorida.com, 10811 Sunset Plaza Circle #401, 481-5535.

UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

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

WESTMINSTER PRESBYTERIAN CHURCH

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

WORD OF LIFE

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

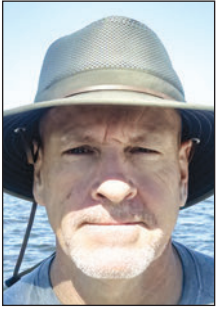
ZION LUTHERAN

Sunday 8, 9:30 and 10:45 a.m., www.zionfm.org, 7401 Winkler Road, 481-4040.✪

CROW Case Of The Week:

Red-Shouldered Hawk

by Bob Petcher



A red-shouldered hawk (*Buteo lineatus*) is a well-defined bird of prey, distinguishable by its “red” shoulder patches, checkered flight feathers and its striking “kee-rah” call. It is a vocal bird, especially during breeding season in early spring.

Red-shouldered hawks are generally perch-hunters that wait for their prey to come out in the

open before swooping down to snatch it from land or water. Their extensive diet includes small mammals like mice and chipmunks, amphibians like frogs and geckos, and reptiles like snakes. They are also known to prey on birds, crayfish and insects in certain areas.

At CROW, an adult red-shouldered hawk was admitted from Cape Coral after reportedly being grounded in a yard for an extended period of time. Upon intake, the bird was lethargic and severely dehydrated. Veterinarians suspected the hawk was a victim of accidental rodenticide poisoning.

“Exposure from eating a rodent that ate the rodenticide is the most likely cause,” said Dr. Megan Cabot, CROW veterinary intern.

Rodenticides are labeled anticoagulants that prevent the blood from clotting normally and cause an animal that has ingested a toxic amount to slowly bleed to death. Rodents that ingest the poison often become disoriented or lethargic and become easy prey for hawks, owls and other predators, passing the poison through the food chain.

Over a two-day period at CROW, the hawk continued to lose blood, so veterinarians performed a blood transfusion to help restore its normal clotting factors. A



Patient #19-4906 goes through a blood transfusion

photo by Brian Bohiman

healthier red-shouldered hawk recovering from puncture wounds to the top of its head donated the blood for the transfusion.

“We prefer to use a completely healthy donor but, in a wildlife hospital setting, this is not always possible, so we try to pick the healthiest in-patient to donate,” said Dr. Cabot. “Unfortunately, this has occurred a few times in the past month due to an influx of patients suffering from rodenticide toxicity. The rodenticide stops the

patient’s ability to clot blood and can cause spontaneous bleeding. The blood transfusion replaces the blood lost and, in most cases, if the patient does not receive a blood transfusion quickly, it will die.”

The hawk that received the transfusion was noted to be bright, alert, responsive and standing the day after the procedure -- quite the quick recovery. The patient continues to recover with the help of vitamin K, iron and nutritional support.

“The blood transfusion is like a band-aid that works immediately to keep the patient alive while we treat the underlying clotting disorder caused by the rodenticide,” said Dr. Cabot. “Vitamin K is the treatment for rodenticide toxicity as it is required for the formation of clots. Iron supports the bone marrow as it tries to replace the blood by making new cells.”

The red-shouldered hawk rebounded quickly and is expected to make a full recovery.

“With treatment over the past week, the patient’s blood cell count has nearly doubled and is back in the normal range. The patient is doing well and was moved outside for continued monitoring post-treatment,” said Dr. Cabot. “If it continues to do well, it will be released in a few days.”

Rodenticide, much like glue traps, discussed in this column two weeks ago, is not a humane way of killing an animal.

“Just like glue traps, rodenticide causes significant animal suffering and frequently affects animals further up the food chain,” added Dr. Cabot. “In the case of rodenticide, the rodents and their predators including hawks, owls, and cats, essentially bleed to death after exposure.”

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

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The Beloved Sheepshead



by Capt.
Matt Mitchell

So far this December fishing has been much better than in the past several years. Generally by this time of year, we have made that annual switch

from shiners to shrimp fishing and are catching sheepshead and rat redfish. Though this bite is going on while shrimp fishing, the bite on larger snook and redfish has been awesome around all our local passes. These unexpected bigger fish have required larger baits like pinfish and shiners. Catching multiple fish over 30 inches while flipping big baits is just not a normal December thing.

The sheepshead bite is gradually improving with the cooler water. Clients looking to go home with dinner caught these striped fish on chunks of fresh shrimp rigged on small jig heads. Barnacle-crusted pilings and areas with a shell bottom that have a faster-moving current held some of the first decent sized sheepshead we have seen this

season. Most of these fish have been between 10 to 15 inches with no real giants showing up yet.

The fishing for this much-beloved food fish of winter will only continue to improve with February being the peak spawning month. Florida sheepshead regulations are 12 inch minimum with a 8 per person limit. Personally, we don't keep anything smaller than 14 inches as there is very little meat and lots of bones on these little guys. Only take what you will eat.

I often hear people complain about how hard sheepshead are to clean. With a sharp knife and a little practice, they are well worth the effort. A few pointers that help: do not cut through the rib cage when cleaning them; and do not cut the fillet completely off the carcass before skinning. Cutting through the rib bones doesn't give you a better yield and quickly dulls your knife. I see more and more people cleaning them with electric fillet knives, but I'm not a fan. I feel I get a better yield and end up with a better looking fillet with a quality sharp fillet knife.

Don't let the colder weather keep you off the water. Get out and fish.

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



John and Doug got in on the bull redfish bite this week with Capt. Matt Mitchell

photo provided

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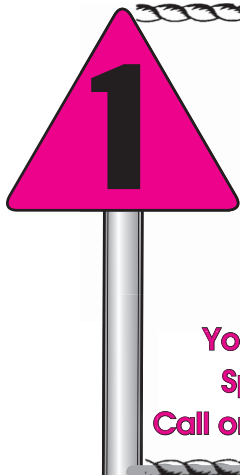
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Dave Doane

Plant Smart

Dogfennel

by Gerri Reaves

Dogfennel (*Eupatorium capillifolium*) is a native wildflower of the aster family that grows throughout the state in flatwoods, fields, marshes, swales, disturbed sites and along roadsides.

Although it will grow in almost any soil, it prefers dry sandy conditions. It can be aggressive and/or weedy and quickly overtakes an over-grazed cattle field, for example.

Reaching five feet or more in height, it resembles tall feathery grass as it waves in the wind and shimmers in the sun.

The stems are multi-branched and arise from a woody base.

The leaves, which are divided into thread-like segments, are alternate on the upper part of the plant and opposite on the lower.

Drooping loose spikes of tiny creamy white flowers appear summer to fall. Grouped into heads that can vary in form from plant to plant, the flowers might have both disk and ray flowers or might have only one or the other.

Their fluffy tuft-like bristles aid in seed dispersal by wind.



Native dogfennel is a member of the aster family

photos by Gerri Reaves

When it's in bloom, dogfennel brings to mind native saltbush (*Baccharis halimifolia*), another member of the aster family that has fuzzy tufts of flowers.

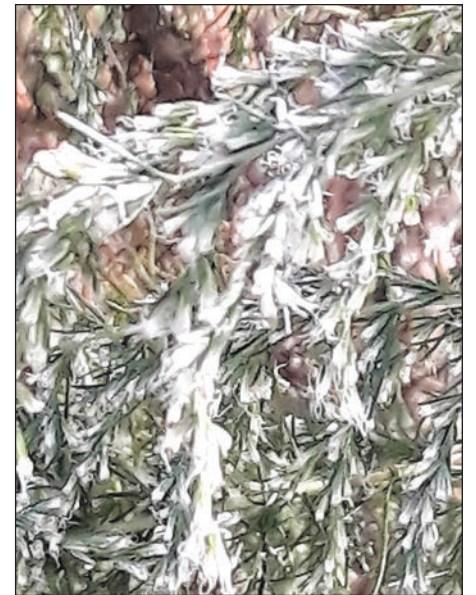
This perennial is a nectar source for butterflies and attracts bees and birds as well.

It produces a smooth dry one-seeded fruit.

Caution: Dogfennel contains pyrrolizidine alkaloid and is toxic to birds, people and other mammals.

Curiously, however, the scarlet-bodied wasp moth actually depends on that alkaloid for its survival. The adult male feeds on it to gain protection from predators and even conveys it to the female during mating.

Sources: *The National Audubon*



Arching spikes of tiny tuft-like flowers attract butterflies

Society Field Guide to Florida by Peter Alden et al., *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, <https://edis.ifas.ufl.edu>, www.efloras.org, www.fs.fed.us, <https://plants.ifas.ufl.edu>, www.wildflower.org, and <http://wildsouthflorida.com>,

Plant Smart explores the diverse flora of South Florida.✱

Garden Club Seeking Vendors For Annual Event

The 12th annual March in the Park, a juried plant and garden art show and major fundraiser of the Garden Club of Cape Coral, will be held from at Jaycee Park on March 14 from 9 a.m. to 3 p.m. Admission and parking are free.

Vendors are currently being sought for this eagerly anticipated annual event. If you are an interested vendor, contact Ginny Huffer at 257-2654 or huffmom5@aol.com. Vendors are encouraged to consider participation early to assure placement in the limited vendor categories.

Last year, 35 vendors offered plants of all kinds from palm trees, shrubs and native plants to perennials, succulents and sub-tropical plants. Garden art varied from stepping stones and painted pots to large metal stakes with decorative suns/birds and

ceramic dishware.

There will be speakers that will make informative presentations, and master gardeners and garden club members will be available to answer questions. A kids' booth with face painting, take-home projects for all ages, food, music and opportunity drawings with five major prizes round out this fun day.

The Garden Club of Cape Coral is a non-profit organization with all proceeds going to the Marty Ward Merit Awards given to local high school seniors pursuing a career in environmental or horticultural fields. The Garden Club maintains the Historical Society Rose Garden, the Cape Coral Library Butterfly Garden, supports Camp Wekiva youth camps, Habitat for Humanity, local middle and high school garden projects, and promotes civic awareness of environmental and conservation concerns.

Jaycee Park is located at 4125 SE 20th Place in Cape Coral. For more information and vendor applications, visit www.gardenclubofcapecoral.com.✱

Manatee Gift Adoptions

Adopting real Florida manatees for family and friends this holiday season is nature-inspired as well as thoughtful gift-giving that helps Save the Manatee Club increase efforts to protect the imperiled marine mammals and their aquatic habitat. This unique gift also lets gift-givers spark joy and appreciation among family and friends.

Last year, Sarah Young from Warrenton, Virginia, decided to adopt a manatee for her 14-year-old daughter Sophia. "I chose Aqua to adopt as this is

my daughter's favorite color, and Aqua had just given birth to a calf at the time," Young said.

All of the 30-plus unique manatees available for adoption can be viewed on the club's website at www.savethemanatee.org/adopt. Millie and Illusion are two new manatees recently added to the list of adoptees.

Membership adoption levels at Save the Manatee Club start at \$25 and feature a personalized adoption packet that includes an adoption certificate, photo and life history of a real Florida manatee, and a fact-filled membership handbook. Print and e-newsletters are

continued on page 14

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Entries Sought For High School Photo Contest

The 7th annual “Ding” Darling-Theodore Cross High School Photography Contest kicked off October 1, with a deadline of January 15, 2020. High school students in Lee, Collier, Charlotte, Glades and Hendry counties are invited to compete for prizes that include a Canon digital SLR camera package, chartered class trips to the refuge, and copies of *Waterbirds: Portraits and Anecdotes from Birding Adventures* by contest namesake, the late Theodore Cross.

Cross, who lived part-time on Sanibel, marched with Dr. Martin Luther King, Jr.; advised the Johnson and Nixon administrations on anti-poverty programs; wrote the influential book *Black Capitalism*, among others; played a prominent role in President Obama’s election; and created Birders United – a birding website that ranked legislators according to their record of bird protection support.

Late in life, Cross decided to indulge his love for birds and photography and traveled the world to collect stunning portraits and stories to chronicle his adventures. He shot often at JN “Ding” Darling National Wildlife Refuge on Sanibel, and a number of the images in his book reflect his love for the refuge. Cross published *Waterbirds* in 2009 at age 85; he passed away shortly after that in February 2010.



Jackson Morgan Mytnik took first place in the 2019 high school contest with his burrowing owl photograph
photo by Jackson Morgan Mytnik

NPR’s *All Things Considered* called Cross’ collection of 179 images and countless anecdotes “spectacular.” *The New York Times* described it as “part visual encyclopedia, part memoir.”

“The Theodore Cross Family Charitable Foundation has made possible this contest with a generous grant to the ‘Ding’ Darling Wildlife Society-Friends of the Refuge (DDWS),” said Birgie Miller, DDWS executive director. “We couldn’t be more thrilled that they wanted their donation used in this way for a seventh year.”

“We are so happy to be supporting a contest in my father’s name, a contest that will get our youth involved with nature by

looking at it – as my father so loved doing – through a camera lens,” said daughter Amanda Cross.

Digital image entries can be shot from any outdoor venue in the state of Florida. A writing component to the contest requires entrants grades nine through 12 to submit a 100-word description of the “moment” captured and how it reflects what nature and wildlife mean to the photographer.

Guidelines and prize information are posted at www.dingdarlingsociety.org/articles/photo-contests. Call DDWS at 472-1100 ext. 4 for more information.

All entries and personal information must be submitted in digital format to the email address ddhsphotocontest@gmail.com. Submit your full name, high school, grade and an original photograph that you took of nature and/or wildlife in the open outdoors. Include a title for the photograph and a written description (minimum 100 words) of the “moment” captured and how it reflects what nature and wildlife mean to you. You and your entry must comply with the following requirements:

High school students attending schools in Lee, Collier, Hendry, Glades and Charlotte (Florida) counties in grades nine through 12 may enter the contest.

Only digital images are accepted and may be taken with any camera, including smartphones.

Images must be submitted in JPEG format and must have a size of at least 2000 x 1500 pixels or resolution of 2 megabytes.

The photograph must be taken of nature and/or wildlife in the open outdoors in the state of Florida, which may include parks, refuges, backyards and other open spaces.

Panoramic photos are not allowed.

Filters, cropping, enhancements and borders are permitted. However, adding any elements not existing in the original scene will not be allowed. Judges, at their discretion, will disqualify any photos that appear to be manipulated beyond these guidelines.

Each participant may enter up to two photos but is eligible to win only one award.

Judging will be anonymous. Do not put your name or anything that will identify you on your photograph.

There are three judges: A refuge staff person, a professional photographer and a resident of the five-county region.

Judging criteria: Technical excellence (sharpness, lighting, composition, exposure);

Creativity;

Explanation of photograph (minimum of 100 words).

All photos will become the property of the society. Photos may be used by the society in any way with appropriate credit.

After the images have been submitted electronically, they will be printed out for judging. The winners of the contest will have their images matted and displayed in the “Ding” Darling Visitor & Education Center.*

Rutenberg Park Parking Lot To Close Saturday

The parking lot at Rutenberg Park, 6500 South Pointe Boulevard in Fort Myers, will be closed Saturday, December 14, as crews complete parking lot improvements to the entrance and exit ways of the park. The parking lot will reopen at dawn Sunday, December 15, weather permitting. Rutenberg Park will remain open. Patrons can use sidewalks to access the park.

The project began on Monday, December 9, as crews closed off and resealed sections of the parking lot. Although the project spans multiple days, the only day the county will have to close the parking lot completely will be December 14.

For more information about Lee County Parks & Recreation locations, amenities and special events, visit www.leeparks.org, call 533-7275, or email leeparks@leegov.com.*

From page 13

Manatee

also sent to gift recipients throughout the year. In addition, shipping is free within the United States (call or go online for details on international shipping).

Adopt at any level, and members will also receive Save the Manatee Club’s 2020 wall calendar, featuring manatee photos.

Save the Manatee Club, a 501(c)3 nonprofit organization, was co-founded in 1981 by singer/songwriter Jimmy Buffett and Bob Graham, former Florida Governor and U.S. Senator. Funds from the holiday gift adoptions help the Club increase public awareness and education; sponsor research, rescue, rehabilitation, and release efforts; advocate for strong protection measures, such as boat speed zones and sanctuaries; and take legal action when appropriate. In addition, funds help support manatee rescue, rehabilitation, research, and education efforts in the Wider Caribbean, Central and South America, and West Africa.

For more information about manatees and holiday gift adoptions, contact Save the Manatee Club at 1-800-432-5646, or visit www.savethemanatee.org.*

Sanibel Shoes & Socks for Homeless Veterans

**Drop-Off Locations
November 30 to December 22**

We kicked off year three of Sanibel Shoes and Socks for Homeless Veterans and, we added additional drop-off sites.

Below are places that offer a drop-off box to deposit shoes and socks.

SANIBEL

Bailey’s General Store
The Dunes Golf & Tennis Club
American Legion Post 123
St. Isabel Catholic Church
Sanibel & Captiva Islands Chamber of Commerce
Kingfisher Real Estate
Bank of America
The Community House
Sanibel Fire and Rescue District
Sanibel Public Library
FISH of SanCap

FORT MYERS

St. Columbkille Catholic Church
PORT CHARLOTTE
WIKX Radio



We will continue to collect shoes and socks for men and women from now until the Sunday before Christmas. If you want to give veterans the opportunity to get a job, bring dress shoes, work boots or sneakers and socks to one of the drop-off centers.

For more info, call 973-687-4826

Bonita Dentist Completes Ironman Race

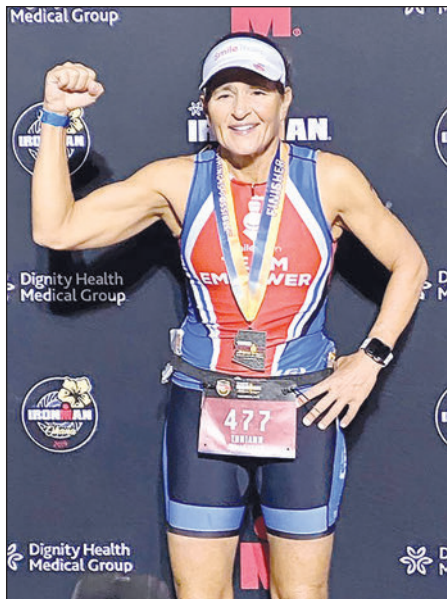
by Jeff Lysiak

She swam. She biked. She ran. She conquered.
On November 24, Dr. Toniann Conte – a Sanibel resident who operates a dental practice in Bonita Springs – competed in her first ever Ironman Triathlon race in Tempe, Arizona. The urban race course included a grueling 2.5-mile swim, followed by a 112-mile bicycle ride before finishing with a 26.2-mile run.

The 60-year-old physical fitness advocate completed the race in 15 hours and 14 seconds, good enough to place ninth among female athletes in her age group.

“What an amazing race I had,” said Dr. Conte, who reported that the most challenging aspect of the race was the Tempe Lake water temperature. “The water was 61 degrees and the air temperature 48 degrees. When I finished the swim, I started to show signs of hypothermia. I stayed in the T1 transition tent for an additional 10 minutes to elevate my core temperature.”

One of the reasons Dr. Conte wanted to compete in the Ironman race, in addition to challenging herself, was to raise support for children with cleft palates. As a member of Team Smile Train, she helped raise awareness and funds to support



Dr. Toniann Conte

photos provided

youth in need of cleft palate surgery. And thanks largely to the support of the island community, Dr. Conte was able to surpass her goal of \$15,000.

In fact, her total of \$16,620.60 made Dr. Conte the largest individual fundraiser for the Ironman race.

“I was honored to be the top fundraiser for Smile Train and it was a privilege to represent Southwest Florida,” said Dr. Conte. “I brought the spirit of giving that Sanibel and Captiva are known for to the finish line with me. Excluding the day I got married, it was the best single moment of my life when I crossed the finish line

scholarships to Immokalee High students and other children each year. In the last five years alone, Lipman has awarded over \$230,000 in school scholarships.

Lipman’s annual contributions to Redlands Christian Migrant Association and their Immokalee Community School is helping the non-profit group with its pre-kindergarten and daycare facilities, as well as its three charter schools. The donations, which have totaled almost \$500,000, represent direct support for the migrant community and the organization that provides essential services for them.

Immokalee High School’s cross-country team is running faster thanks to Lipman. It was learned the boys and girls on the team were running on the same pair of shoes they wore to school. Lipman recently bought each member of the team new running shoes, and the boys’ team qualified for the state cross-country championships in Tallahassee this season.

Lipman’s partnership with Brighter Bites, a national non-profit organization that provides 30 pounds of fruits and vegetables each week to families along with nutrition education, sampling and recipe ideas, has served \$350,000 worth of healthy food over the last three years.

“We are very passionate about Brighter Bites’ mission and support the growth of their programs in Immokalee and Southwest Florida in any way we can,” Weisinger said. “The community is what has made us successful and we want to give back to the migrant families.”

The Boys & Girls Club of Collier County has also benefited from Lipman’s generosity, having received a \$1 million gift from the company to help with the club’s various programs.*



During mile 4 of the road portion of the Ironman race, Dr. Toniann Conte was all smiles

and heard ‘Toniann Conte from Sanibel Island... you are an Ironman! Then, my sister placed the medal around my neck – best sister moment ever – and I cried.’”

Smile Train is an international children’s charity with a sustainable model that provides training, funding and resources to empower local medical professionals in more than 90 countries to provide 100 percent free cleft repair surgery and comprehensive cleft care in their own communities.

For more information, visit www.smiletrain.org.*

U.S. Coast Guard Boating Safety Class Offered

Learn about safe boating from the experts of the U.S. Coast Guard Auxiliary during the About Boating Safety class at the Pine Ridge Community Center on Saturday, December 21 from 9 a.m. until 4 p.m. This beginner boating class will give the novice recreational boater the knowledge needed to obtain the FWC safety certification. Many boat insurance companies will offer discounts on boating insurance to boaters who successfully complete the class.

Class presenters are trained professionals of the U.S. Coast Guard Auxiliary who facilitate the sharing of experiences and relate courseware to our local area. Cost is \$45 per person and includes study material.

Anyone born on or after January 1, 1988 who operates a vessel powered by 10 horsepower or more must pass an approved boater safety course and be issued with a boating safety education identification card. This ID card must be in his/her possession along with photographic identification.

The Pine Ridge Community Center is located at 15660 Pine Ridge Road in Fort Myers. Advance registration is required, by phone 690-6780 option 1 or online at www.aux91fmb.org/safeboating. The class fills up quickly so register today.*

Charitable Work In Immokalee Recognized

Lipman Family Farms’ commitment to community, especially to school children, resonates throughout the company. That desire to give back and help those in need is being recognized by the Association of Fundraising Professionals of Collier/Lee, naming Lipman the Outstanding Philanthropic Organization for 2019.

Lipman was honored for its charitable work in Immokalee and Collier County during a recent ceremony in Naples. “It is an honor to be recognized by the organizations that we support, but the real reward is watching young people go on to lead successful lives,” said Jaime Weisinger, government and community relations director of Lipman Family Farms. “We certainly don’t offer support in search of awards, but it is humbling to get recognized for your efforts.”

That support is especially significant within the Collier County school system where over the last six years Lipman has provided over 10,000 students with school supplies during the company’s annual backpack giveaway and back-to-school event. “We have become a resource to help ease the hectic back-to-school season, while ensuring the children of our communities are set up for success,” Weisinger said.

The company’s commitment to opening academic doors for students remains resolute as Lipman offers

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From left, Dean and Lori Munro with Kathryn Kelly



Cindie Barker and Teri Palmer



Sandy Stilwell-Youngquist and Tim Youngquist

Blues By The Bay
Raises Funds For
Heights Programs

Blues by the Bay, an evening of live music, food and drinks, raised \$70,000 to support The Heights Foundation’s education programs. The recent event was held at the riverfront home of Dean and Lori Munro in the St. Charles Harbour community, while the

exclusive VIP pre-party was held at the home of Tim and Sandy Youngquist. Guests were provided samples from the area’s finest restaurants, fine wines, a signature Blue Bay Martini, champagne and live music by The Wayward Souls, rockin’ blues band. Participating restaurants included The House of Pasta, The Jac Island Restaurant, Keylime Bistro, LYNQ, MudBugs Cajun Kitchen, St. Charles Yacht Club, Sunshine Seafood Cafe and The Timbers Restaurant and Fish Market. Live and silent auction proceeds

benefit School Success programs for at-risk children in the Harlem Heights neighborhood in Fort Myers. Event sponsors included Edison National Bank/Bank of the Islands, JP Morgan Chase & Co., entech, Acentria Insurance (Jason and Sherri Huff), Rich and Sandy Heinrich, Sammy Lucas and Greg St. Clair, and JP Morgan Limousine. “Our School Success programs include our charter school, academic tutoring, after school and summer camp programs, scholarship and college access assistance, school supplies, and tuition support,”

said Kathryn Kelly, president and CEO of The Heights Foundation. “Each program is geared to meet the specific needs of children and young adults who seek to further their education.” The Heights Foundation works to build self-sufficient families in the Harlem Heights neighborhood. The Harlem Heights Community Charter School currently serves kindergarten through fourth grade and will expand to serve up to fifth grade. For more information visit www.heightsfoundation.org.



Larry Hobbs and Tom Lytton



From left, Jake and Beth Spanberger, Annabelle and Buddy Martin



Marlene Moulton and Vee Yerrid



From left, Kim Nyberg, Susan Nasworthy, Pam Edwards, Liz Auernson and John Ammons



The Wayward Souls Band

Book Review

The Deserter

by Di Saggau



Nelson DeMille's latest novel is co-authored with his son Alex, an award-winning screenwriter. It starts out with a bang and is a thrilling read right to the climactic ending.

The book revolves around Captain Kyle Mercer, a member of the Army's elite Delta Force, who went AWOL years ago in Afghanistan. Scott Brodie and Maggie Taylor, investigators for the Army's Criminal Investigation Division, are sent to Caracas, Venezuela to try and find him. Their orders are to bring him back to the United States. With new passports and visas with new identities, they take on this difficult mission.

Arriving in Venezuela, Brodie and Taylor find out that there is a ton of corruption and conditions in the country that involve bribery and violence. With the help of a driver named Luis, the two learn that Mercer has left Caracas and is now in the jungle south of the city. Brodie wonders what the war had done to Kyle Mercer, not to mention the years of captivity and torture. At one point, he thinks maybe Mercer didn't betray his country, maybe his country betrayed him.

As the two move in on their target, Brodie begins to suspect his commanders aren't telling him everything about

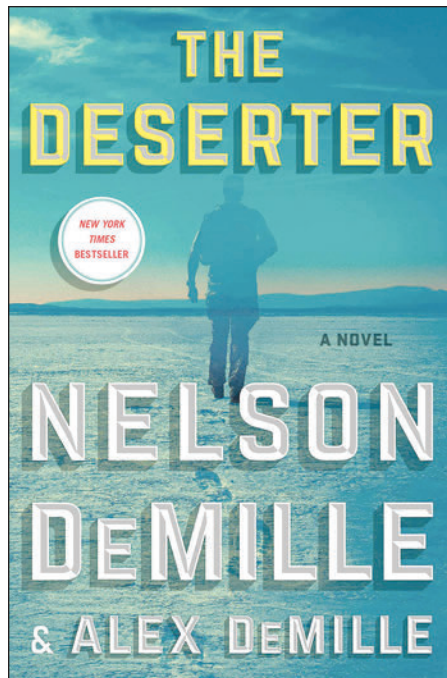


image provided

Mercer. He suspects his desertion might be that he knows too much about military atrocities in Afghanistan. Mercer is in the jungle training a group of mercenaries who are very loyal to him.

When Brodie and Taylor learn the ugly truth about Mercer's defection, they find out he knows too much about a secret Pentagon operation. *The Deserter* has lively dialogue and characters in a thrilling plot with a shocking ending. There is also the signature DeMille humor throughout. With ripped-from-the-headlines appeal, this suspenseful military thriller is worth your time.*

School Smart

by Shelley M. Greggs, NCSP



Dear Shelley, This is such a busy time of year for my family, and we just don't seem to have enough time for any extra studying beyond the basics.

My twins are in middle school and they seem to need help with learning all the new vocabulary they have in their various classes. Do you have any good, quick ways to study vocabulary?

Jason L, Fort Myers

Jason,

Vocabulary is extremely important. You and your children are smart to spend a little extra time with this. Students with small vocabularies are more likely to struggle with reading, have difficulty understanding content and can be seriously at risk for academic failure. Getting vocabulary words into long-term memory is vital to helping students understand and remember content.

Middle school teacher and author Marilee Sprenger says, "If we can explicitly teach about 300 words per year to our students, it can make a big difference in their vocabularies. Some students will learn about 3,000 or 4,000

words per year due to the literacy that surrounds them, while others have limited access and will only learn 1,000. Imagine how much you will be helping those students who have limited outside access to greater vocabulary".

Ms. Sprenger says that vocabulary can be taught successfully in a 10-minute block and has published several 10-minute learning activities for teachers to use. I have adapted these for parents. Some of these activities can even be practiced while you are driving to school. They are listed below.

Say a word from the list and have your children respond with both a synonym and antonym for the vocabulary word. Keep going until your 10 minutes are up.

Ask your children to write or speak a sentence of 10 or 12 words demonstrating their understanding of one of the vocabulary words. Repeat until your time is up or you may want to practice the entire list for the week.

Ask your children to act out one or more of the week's vocabulary words. This may be enough fun to go beyond 10 minutes.

Have your children draw a picture or symbol representing a word and have them explain their picture to you telling how it symbolizes the word chosen.

Since these activities are rather unique, it's quite probable that your children will remember the words they study in these unconventional ways. Highly verbal children need one to two repetitions to learn new material, typical learners need

somewhere between five to 10 repetitions of material to learn it and students who struggle with learning new information may need as many as 20 to 30 repetitions of new material to learn it successfully. The above activities give you some options for study and review that will help.

Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.*

Financial Services Firm Again On Fortune 500 List

Financial services firm Edward Jones once again ranks among the Fortune 500, according to Jennifer Basey, a financial advisor in Fort Myers. This is the firm's seventh consecutive appearance on the annual list, which is published by *Fortune* magazine.

Fortune magazine ranks the largest U.S. companies by revenue. Edward Jones moved up 20 spots to No. 356 on the list with nearly \$8.6 billion in net revenue for 2018, an increase of 13 percent year-over-year.

"We are humbled by the trust our clients and associates have placed in Edward Jones for 97 years," said Edward Jones

Managing Partner Penny Pennington. "It is a testament to the leadership of our firm in both the communities we serve, with our 17,500 financial advisors and branch teams, and in our home office. This remarkable growth has enabled us to serve more clients in more communities throughout North America and remains about helping our clients achieve what is most important to them."

As Edward Jones focuses on the future, the firm will continue to make strategic investments in the people, services and technology that support financial advisors in delivering an exceptional client experience.

"We have to push ourselves even further to deliver the Edward Jones experience our clients will expect from us and to continue to grow to serve the tens of millions of clients and families who deserve the help we offer," Pennington said.*

GCWA Annual Writing Contest

From now until January 31, the Gulf Coast Writers Association (GCWA) is accepting submissions for its annual writing contest. Categories include fiction, non-fiction, children's stories, poetry and a new category for youth submissions from ages 11 to 17.

All winning submissions will be published on GCWA's website and possibly in *Ft. Myers Magazine*. The top three entries in each category will receive a cash reward. For more information and specific guidelines, visit www.gulfwriters.org.*



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J. Brendan Ryan, CLU, ChFC, MSFS

Imagine a family where mom or dad lives alone and simply cannot do that anymore. The kids have been stopping in regularly, but now, whether because of a stroke, a fall, or just general frailty, something has to be done.

In this setting, the kids are not likely to say, "Oh, good! Now mom (or dad) gets to go to a nursing home!" Rather, the common response is usually to figure out how to arrange hands-on care to be provided in the home. This assumes that mom's condition allows it.

With few exceptions, seniors want to stay in their homes. Everything is familiar there, friends and neighbors stop by, lifelong routines can continue as much as practical. Going to a nursing home means dealing with a bunch of strangers, changes in routines, a lack of privacy and noise in the hallways. Who wouldn't prefer to stay home?

But where does the help come from at home? For many families, it means a daughter or daughter-in-law becomes de-facto caregiver and spends time at mom's house.

And that caregiver willingly volunteers. After all, what is a few visits a week for a few hours each time? How burdensome can that be? Well, a few hours each time turns into more hours as mom's health heads south and her ability to take care of herself decreases. A few days each week becomes every day.

Eventually, that gets to be too much, and mom moves in with the caregiver. That is still better than going to a nursing home. At least it is far less expensive. And it is also less expensive than having home health care professionals to come into the house and care for mom. Such in-home professionals who provide hands-on help easily cost tens of thousands of dollars a year for just part-time help.

But is having a family member or friend do it for free truly less expensive? Maybe for mom, but rarely for the caregiver. And these caregiver costs are not of the out-of-pocket variety.

Consider these losses for the family caregiver:

Lost wages. Caregivers who also work outside the home often have to reduce their hours or even take some time off to care for mom. And, sometimes, the needed time off is unpredictable, creating disruption at work. It may eventually lead to a termination of employment. A recent MetLife study calculated that the average lost wages of a caregiver to be \$143,000.

Lack of job opportunity and advancement. If the caregiver has to give up her job for a while and then tries to get back into the workforce, jobs in her field may not be available. Even if they are, a gap of a few years in her work history may not look good on her resume. Even if she remains employed, she may well have to pass up opportunities for advancement that require that she move. She may have to say "no" to special assignments that would take her out of town for a bit.

Commensurate with the loss of wages and advancement is the reduction in retirement deposits and the ability to save for the future.

Health and healthcare costs. The physical and emotional strain on the caregiver can be immense, even causing permanent problems. And out-of-pocket costs for health care increase for the caregiver.

A recent study of the subject by MetLife concluded that caregiving resulted in average overall cost to the caregiver of over a half-million dollars. It should be obvious that avoiding paid home care is not a no-cost solution.

The safer action is to plan for such a need through insurance. If one can afford a long-term care (LTC) benefit linked to a life insurance or an annuity policy, that would be preferable. But, alternatively, a stand-alone LTC policy is a good solution for many. The worst decision – and potentially the most expensive decision – is to do nothing.

J. Brendan Ryan is a Cincinnati insurance agent. He can be reached at jbryanclu@aol.com.✱

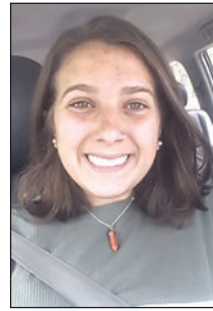
Overeaters Anonymous

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

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

Sanibel Community Church is located at 1740 Periwinkle Way.✱

Youth Advisors Named To KLCB National Program



Sam Burg



Alex Henson

Three members of the Keep Lee County Beautiful, Inc. (KLCB) Youth Advisory Council (YAC) were selected to participate in the 2019-20 Keep America Beautiful National Service-Learning Program.

The Keep Lee County Beautiful Youth Advisory Council offers high school students from diverse backgrounds a chance to participate in a leadership development program, while acting as ambassadors for Keep Lee County Beautiful and serving as leaders in their communities. The council was created to

elevate youth voice and contribute to Keep Lee County Beautiful programming, while providing young people with a unique opportunity to be drivers of their own ideas from conceptualization to implementation and reflection.

Keep America Beautiful selected 17 high school students from across the United States to serve on its eighth National Youth Advisory Council (YAC) over the course of the 2019-20 school year. Students from Keep Lee County Beautiful included Sam Burg of Fort Myers, Shannon Dougherty of Cape Coral and Alex Henson of Cape Coral.

"The Keep America Beautiful Youth Advisory Council provides the members' local communities an intersectional impact on the way we approach environmental wellness, protection and community improvement," said Keep America Beautiful Youth & Education Programs Manager Kathryn Joblon. "In addition to providing the students with an opportunity to foster their interest in community service, our youth advisory council members also serve as our partners in helping bring our programs and resources to more students nationwide."

The YAC members will act as ambassadors for youth service at the local level and will be provided stipends to implement local stewardship service projects. Previously, YAC classes have piloted and developed Keep America Beautiful initiatives that engage students in support of the Keep America Beautiful mission. The class of 2019-20 will also attend the Keep America Beautiful National Conference, which takes place February 12 to 14 in Memphis, Tennessee.✱



Shannon Dougherty

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Superior Interiors

Window Treatment Trends To Try



by Katie Frederick

If you're working to design a stylish room with all the right furnishings and accessories, you've probably found that your window treatments can make or break your success at achieving the ambiance you're

going for. Let's face it, if you try to ignore your windows and put more focus on other aspects of your space, you're going to end up with a room that looks bare or incomplete.

When it comes to choosing the perfect window coverings for your home, there's a lot to consider. Everything from the material you select to the color and style of your window treatments will significantly impact the look and feel of each room. Consider these window treatment options as you select window coverings that meet all your functional requirements and style preferences.

The push toward a more energy-efficient world doesn't exclude interior design, which is why one of the biggest emerging window treatment trends this year are shades that contribute to an eco-friendly home. For example, plantation shutters, honeycomb shades and motorized blinds are growing in popularity. They're particularly efficient at managing natural light, allowing more in during the day for enhanced energy efficiency. Natural, sustainable woods, like bamboo, are also starting to replace synthetics for blinds and shutters.

No other window treatment can add more to a room than gorgeous custom draperies. A custom drapery treatment becomes the center of attention when it perfectly frames a beautiful window, tastefully coordinates with the upholstery in the room, smartly inserts rich colors, and gracefully pulls together the intended design scheme of the entire room. Of course, no custom drapery design would be complete without an elegant top treatment or decorative hardware to literally top it off. Add lush sophistication to your room using a silk fabric in one of many embroidered patterns or a soft sophisticated solid color. If a more casual look is your desire, there are many attractive solid or printed cotton or linen fabrics from which to choose. Lining a drapery is always a must as it will hang better, last longer, protect your furniture and flooring from harsh sunlight and provide insulation around the windows.

Metallic accents have taken center stage when it comes to home decor. Incorporating a brass, chrome or stainless-steel table will always add a "wow" factor to the visual appeal of a room. Did you know, however, that this trend has also found its way to window treatments through the addition of metallic threads carefully woven through fabrics? The hint

of a metallic thread in the fabric used in your window treatment will give that subtle flair to your room without making it look too flashy. Another place to add a metal accent is the decorative hardware for your custom drapery. Decorative drapery hardware comes in many different metal styles and, when combined with finials, will give your custom draperies and your room that added bling that makes a statement. Let the entertaining begin!

Roman-style window treatments stack up evenly when opened and lay flat when closed, unlike most other drapery styles that take up more space and have folds and pleats. They have grown in popularity for their ability to contribute elegance and sophistication to a room without requiring homeowners to sacrifice the functionality of their space. For example, they work perfectly in areas where full-length draperies aren't practical, such as above the kitchen sink, the tub in your bathroom or window seats and benches. Roman shades feel right at home in a traditional scheme as well as a contemporary one. Roman shades efficiently control lighting and add style to the area, but don't contribute as much weight to the space as draperies do because they end at the windowsill. Work with your personal decorator to find a fabric, color and pattern that work with your home. Roman shade window treatments come in a wide range of materials, hues and designs, catering to specific design themes. Some of the most popular materials include cotton, silk, denim cloths and jute.

To really transform your space, window treatments featuring head-turning patterns are the way to go. Patterned draperies offer warmth and visual stimulation that make a room both attention grabbing and inviting. Bold designs and colors will draw the eye to the outside view. Many homeowners are turning to trellis patterns and large-scale floral designs to dress up their homes. Remember that the pattern that's going to look best in your space depends on the window you're working with, so it's important to have professional assistance when selecting the window treatment that works best for you.

Katie Frederick is an interior designer on Sanibel/Captiva Islands. She can be reached at katie@coindceden.com.✴

Morning Stretch At Bunche Beach

Each Monday, there will be a gathering for a Morning Stretch on the beachfront of Bunche Beach. Bring a mat or beach towel. The free sessions will combine classic stretch with yoga and pilates moves to get your day started right. Calm your mind, unwind and feel great. You know your own body best, and you will stretch to your fitness level.

Bunche Beach is located at 18201 John Morris Road in Fort Myers. For more information go to Facebook and search for "Stretch Fort Myers" for updates on class times and weather conditions.✴

Financial Focus

Use Your Year-End Bonus (Or Gift) Wisely



by Jennifer Basey

As 2019 draws to a close, you may be anticipating – or have already received – a year-end bonus from your employer. Or you might be receiving a substantial cash

gift for the holidays. (If you're really lucky, you might get both.) You can doubtlessly think of many ways to spend this money right now, but how can you use it to help yourself in the long run?

Here are a few suggestions:

Pay off some debts – Virtually all of us carry some type of debt, and that's not necessarily a bad thing. For example, your mortgage not only gives you a place to live and a chance to build equity in your home, but the interest payments are typically tax deductible. Other debts, though, such as those on consumer items, are not so positive – you generally can't deduct the interest payments, and the items themselves probably won't enhance your personal wealth. Plus, the bigger your monthly debt payments, the less you'll have to invest for your future. So, you might want to use your bonus or monetary gift to pay off, or at least pay down, some of your less productive debts.

Start an emergency fund – If you were to face a large, unexpected expense, such as the need for a new furnace or a major car repair, how would you pay for it? If you didn't have the cash on hand, you might be forced to dip in to your long-term investments, such as your stocks and mutual funds. A much better option is to build an emergency fund, containing six to 12 months' worth of living expenses, with the money kept in a liquid, low-risk account. It will take time to build such a fund, of course, but your year-end bonus or gift money could give you a good start.

Contribute to your IRA – You can put in up to \$6,000 to your IRA, or \$7,000 if you're age 50 or older. And although you've got until April 15, 2020, to fully fund your IRA for the 2019 tax year, you still might want to put your "extra" money into your account right away. If you wait, you'll probably find other uses for this money. And if you're going to enjoy a comfortable retirement, you'll need to maximize every possible resource – and your IRA is one of your best ones. Furthermore, the sooner you get the money into your IRA, the more potential it will have to grow over time.

Feed your college fund – If you're already contributing to a college fund for your young children or grandchildren, you can use your year-end bonus or monetary gift to add to the fund. If you haven't already started

such an account, you might want to use this money for that purpose. You could open a 529 plan, which provides possible tax benefits and gives you control of the funds until it's time for them to be used for college or some type of vocational school. (Depending on where you live, you might also get tax benefits from your state if you use a 529 savings plan to pay for K-12 expenses.)

To achieve all your financial goals, you'll need to take advantage of your opportunities – and your year-end bonus or monetary gift can certainly be one of them.

This article was written by Edward Jones for use by your local Edward Jones financial advisor. Jennifer Basey is a financial advisor in Fort Myers. She can be reached at jennifer.basey@edwardjones.com.✴

Montage Women's Club

The Montage Women's Club, a social and philanthropic club open to all women residing in Lee County, will meet at The Landings Yacht, Golf and Tennis Club on Thursday, January 23. Lunch begins at 11:30 a.m. and the program follows.

The club meets on the fourth Thursday of each month. Within the organization are various interest groups for members' participation. Membership is open to both year-round and seasonal residents.

Guest speaker will be Christin Collins who was *The News-Press* Person of the Year for 2017. Collins will share her thoughts on living life optimally, focusing on mind, spirit and body.

The Landings Yacht, Golf and Tennis Club is located at 4425 South Landings Drive, Suite 100, in Fort Myers. For more information, or to make a reservation, call 481-7765.✴

From page 1

New Phoenix

the various scenes, the mistaken NEA official transforms every role he plays into the evil hunchback from *Richard III*. The other actors follow suit with tangled chains that keep one ghost from getting on stage and another who can't remember any of his lines.

The show involves multiculturalism and political correctness and how important it is to get the stamp of approval from the NEA. The cast includes Bill Allenfort, Sam Bostic, Blake Dunkle, Carolyn England, Lexi Falance, Cindi Heimberg, Gary Hirmer, Denise McKiernan, Don McKiernan, Robin Murray and John Strealy. Together they introduce you to a group of actors, the likes of which you have never seen before. Dickens would be rolling around in his grave. The show is directed by Joey Bostic and runs through Sunday, December 22. For tickets, call 284-5214 or visit www.newphoenixtheatrefortmyers.org.

I applaud Artistic Director Brenda Kensler for the shows that are being performed this year at New Phoenix Theatre. This includes *Time Stands Still*, opening January 16, and *The Full Monty*, opening February 27.✴



Florida Lifestyle Homes Lily Rose model at Babcock Ranch

photo provided

Babcock Ranch Home Model Certifications

The first house in Southwest Florida to receive both Platinum certification from the Florida Green Building Coalition and Gold Florida Water Star certification from South Florida Water Management District (SFWMD) was unveiled at Babcock Ranch at a ribbon cutting ceremony for Florida Lifestyle Homes' new Lily Rose model.

President of Florida Lifestyle Homes Bill Ennen accepted the certification awards from CJ Davila, executive director of the Florida Green Building Coalition and Robert Wanvestraut, senior conservation analyst at South Florida Water Management District.

Florida Water Star is SFWMD's water conservation certification program for new and existing homes and commercial developments. Standards and guidelines for water efficiency are included for indoor fixtures and appliances; landscape design; and irrigation systems.

Builders who use FGBC's residential green standards reach beyond minimum requirements in the areas of energy performance; water conservation; site conditions; healthier home; materials; and disaster mitigation. The Lily Rose received a certified home score of 195 points to

achieve Platinum certification.

Babcock Ranch was recognized as the first Florida Green Building Coalition Platinum Certified Land Development project in 2018.

"When we envisioned Babcock Ranch, we decided that all our homes must receive a bronze standard of certification or higher from the Florida Green Building Coalition," said Syd Kitson, chairman and CEO of Kitson & Partners. "As a valued member of our builder team, Florida Lifestyle Homes has surpassed that standard and shares our commitment to making Babcock Ranch a leader in sustainable living."

Florida Lifestyle Homes' Lily Rose model in the Lake Babcock Estates neighborhood offers three bedrooms and two-and-a-half baths in 2,488 square feet of living space. The Dream Ready home is available for \$625,000.

Babcock Ranch was created by Kitson & Partners with respect for the natural environment and the philosophy that smart growth and sustainability work hand in hand. Half of the town's 18,000-acre footprint is set aside as greenways, parks and expansive lakes, providing recreation and scenic backdrops for Babcock Ranch's homes and the Founder's Square downtown district.

For more information about Southwest Florida's new hometown, visit the Woodlea Hall Discovery Center at 42850 Crescent Loop in Babcock Ranch, call 877-709-6620, or visit www.babcockranch.com.✱

Sidewalk Project Approved Along Winkler Road

The Lee Board of County Commissioners on Tuesday voted to award a contract for a construction project for water main improvements and a sidewalk along Winkler Road from College Parkway to McGregor Boulevard.

Fort Myers-based Denco Construction, Inc. will provide construction services, including sidewalk installation,

signalization, signage, pavement markings, directional boring and water main improvements. The contract is for \$1,260,592.

This project has been identified as a priority project by the Bicycle/Pedestrian Advisory Committee and is being planned in coordination with Lee County Utilities and the proposed new waterline along the east side of Winkler Road.

Funding for the project is included in the current year budget; total costs including design and construction are \$1,506,255.00. Construction is anticipated to begin in January 2020.✱

Senator Visits Schools



Lizbeth Benacquisto at Gulf Elementary School

photo provided

State Sen. Lizbeth Benacquisto visited three schools today to code with students on campus. She spent an hour each at Gulf Elementary School, Paul Laurence Dunbar Middle School and Dunbar High School.

STEM2 Hub Executive Director Kathleen Schoenfeld led the coding demonstrations. STEM2 Hub envisions high-quality, culturally relevant STEM learning experiences for every child and

young person.

The students all used www.code.org to create their own dance party video. The codes they used program the characters, movement and background of the dance party video.

Sen. Benacquisto encouraged all the students to considering coding or computer science for their college studies or careers because of the need for highly skilled employees in every line of work.✱

May the only
pain
you have
this holiday
season be
cham-pagne!

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this holiday season and in 2020!

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Frankly Speaking



by Howard Prager
What do you think of the Mighty Mussels? After 28 seasons as the Miracle, Fort Myers' Florida State League team, the Class A affiliate of the Minnesota Twins, has a new

name, logo and image. There are several reasons for the name change. The team started off as the Miami Miracle in 1989. Last year, Andrew Kaufmann bought the Miracles and wanted to connect more with the Fort Myers community. He believed that a regionally specific moniker that also reflected a healthy lifestyle is what was needed. Hence the Mighty Mussels. Now if he asked me, I would have said how about the Magnificent Manatees? I like Manatee Park, and think manatees are a little more muscular than mussels. Teams in our league have names of (Charlotte) Stone Crabs, (Daytona) Tortugas, (Jupiter) Hammerheads, (Tampa) Tarpons and (Clearwater) Threshers. But Brevard County has already claimed the Manatees, and I guess we can't have two manatees in Florida. So the Mighty Mussels – which is, of course, a double entendre with muscle – it is. The Fort Myers Mighty Mussels



image provided

name was unveiled during a ballpark news conference a week ago alongside a logo set featuring the so-called “muscular” bivalves in a variety of athletic poses. There’s even a logo with two mussels shaking hands (which I am sure is not anatomically correct, as I have never seen a hand on a mussel) to show the affiliation with the Twins, a relationship dating back to the team’s inaugural 1992 season in Fort Myers. Hammond Stadium also serves as Minnesota’s spring training facility. So what’s the history of the Mighty Mussels? The news conference included the unveiling of “a Mighty Mussels comic book which details the origin of the first Mighty Mussel, a baby mussel who, after being separated from his family by a rogue wave, stumbles upon a glowing bat. The bat transforms him into a benevolent bivalve giant, granting him the strength he needs to rescue his family from the clutches of a cadre

of evil Gym Rats. The comic book is a big deal for character development,” said Kaufman, who noted there will be a new issue produced every season. “We’ll hand those out and still have a couple hundred left for sale. It’s an ongoing saga -- I can see there being ‘The Revenge of the Gym Rats.’” Plus the team now has the opportunity to figure out ways to incorporate the Mighty Mussels into your game day experience. Fried mussels in the refreshment stands? A “muscle beach” competition for fans? Will mascots outmuscle each other? “There will be a lot of things that have that muscle theme,” said Kaufman. “Like a flex cam, muscle tees in the gift shop, a bar called ‘The Bar Bell’ and maybe a Gym Rat Race. And each year, there are more and more characters who may appear.” I know Disney has already made a movie about the Mighty Ducks, and

that later turned into a real life hockey team. Maybe they need to take the real life Fort Myers Mighty Mussels and have them become a feature length movie, especially if they can play as well as the Miracle did in recent years. The Mighty Mussels make their debut on April 9, playing at home against the St. Lucie Mets. Finally, there’s the NCAA bowl selection. As expected, LSU or Georgia had to lose, opening the BCS Championship to another team. LSU won handily and with Utah losing, that opened the door for formerly 6th ranked Oklahoma to get in. So, we have LSU versus Oklahoma and Ohio State versus Clemson in the play-in games on December 28 for the national championship, which doesn’t take place until January 13. Either OSU or LSU could have been ranked first. Both flipped back and forth in the top spot and, with LSU’s dominance against Georgia, they got the pick. There are quite a few other matchups that look enticing: USC versus Iowa, Penn State versus Memphis, Florida versus Virginia, Minnesota versus Auburn, Michigan versus Alabama, and Georgia versus Baylor to name a few. Choose your battle and start the popcorn. *Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments or questions to press@islandsunnews.com.*✽

Red Sox Spring Training Tickets On Sale Now

Tickets are available for the Boston Red Sox 2020 spring training season beginning February 21 at JetBlue Park at Fenway South in Lee County. Fans can purchase tickets for most home games at JetBlue Park online at www.redsox.com, by calling 1-877-733-7699 or visiting the JetBlue Park box office Monday through Friday from 10 a.m. to 3 p.m. each day. Hearing

impaired fans may call the Red Sox TTY line at 1-617-226-6644. JetBlue Park season ticket holders will once again receive preferred ticket pricing when compared to single game ticket prices. Those interested in purchasing season tickets can call 226-4700 or visit the ticket office in person for more information. Starting February 21, the team will play a total of 18 home games, including 17 Grapefruit League games and the traditional college game against the Northeastern University Huskies. Pitchers and catchers hold their first workout February 12. The first full squad workout will take place February

17. Workouts are free and open to the public. The club will once again hold an open house at JetBlue Park on Saturday, February 15 from 11 a.m. to 3 p.m. The free event, open to the public, welcomes fans to walk around the park and the grounds while enjoying concessions and entertainment on Fenway South Drive. The Red Sox’ equipment truck will depart from Fenway Park on Monday, February 3. Truck Day is presented by JetBlue. The 2020 season is the Red Sox’ ninth at JetBlue Park at Fenway South.✽

is \$65 and \$30 additional for two sharing materials that include the course book, pamphlets on aids to navigation, federal requirements and trailering. Students may be eligible for Jump Start, an on-the-water course for new boat owners offered at no charge for those who complete ABC and join America’s Boating Club. Local Waters, Local Charts is a course directed toward new boaters and boaters new to the area, as well as those who wish to learn chart reading. Using Chart 11427, boaters will learn some of the basics of navigation in the Fort Myers area. Students should bring their own copies of the chart. (Visit www.scbps.com for detailed instructions on obtaining the appropriate chart). Cost is \$45 or \$70 for two people sharing materials. Saturday classes, held on January 25, February 15 and March 21, run from 8:30 a.m. to 12:30 p.m. with registration at 8:15 a.m. Marine Navigation (Piloting) is a six-to-eight-week basic navigation course covering chart reading, course plotting and basic coastal or inland navigation, including basic GPS usage. Classes are held Tuesday afternoons beginning January 14 at 2 p.m. Cost is \$75 for America’s Boating Club members, \$150 for non-members. Advance registration required. The San Carlos Bay Power Squadron classroom is located at 16048 San Carlos Boulevard in Fort Myers. To register, call 466-4040 and leave a message.✽

Local Squadron Boating Classes

The San Carlos Bay Power Squadron will offer three boating courses in the upcoming year. America’s Boating Course is a basic boating class covering the basics of boat handling, personal watercraft, required equipment, navigation aids and rules, and dealing with emergencies. Saturday classes will be held January 11 and 18; March 7 and 14; February 1 and 8; April 4 and 11. The squadron will provide instruction on the laws and regulations of the State of Florida. Students who pass the exam receive a Florida boater’s card (required for people born after January 1, 1988). The course is a total of eight hours spread over two Saturdays with lunch on the second Saturday. Cost

SPORTS QUIZ

- Who was the last pitcher before Cincinnati’s Michael Lorenzen in 2018 to homer in three consecutive at-bats?
- In 2018, Kyle Higashioka of the New York Yankees became the ninth major-league player since 1920 to have his first three hits be home runs. Who was the only other Yankee to do it?
- Who is the only kicker to be named the NFL’s regular-season MVP?
- Name the first Division I men’s basketball player to lead the nation in points and assists per game in the same season.
- Entering the 2019-20 season, where did former NHL goaltender Robert Luongo rank on the all-time victory list?
- In 2019, Dalilah Muhammad set the women’s world mark for the 400-meter hurdles (52.20 seconds, then 52.16 seconds later in the year). How long had the previous record lasted?
- When was the last time a Canadian male golfer won the Canadian Open?

ANSWERS

- Colorado’s Mike Hampton, in 2001. 2. Alfonso Soriano (1999-2000). 3. Washington’s Mark Moseley, in 1982. 4. Oklahoma’s Trae Young, in the 2017-18 season. 5. Third, with 489 victories. 6. Nearly 16 years – Russia’s Yuliya Pechonkina set the mark of 52.34 seconds in 2003. 7. It was 1954 (Pat Fletcher).

Tickets Going Fast For City Of Palms Basketball Classic

No Southwest Florida holiday season is complete without a special gift of tickets to the nation's top high school basketball tournament – the Culligan City of Palms Classic. Tickets are selling fast for the 47th annual event featuring the country's top teams and players set for Wednesday, December 18 to Monday, December 23 at the 3,500-seat Suncoast Credit Union Arena on the campus of Florida SouthWestern State College.

Ticket packages range from \$260 for a six-day preferred ticket behind the team benches to \$138 for a six-day reserved ticket courtside. Single-day reserved tickets are \$32 and \$27 each, while a general admission ticket is \$17 and \$22. A six-day parking pass close to the arena is \$65.

A ticket buys a fan the opportunity to see the nation's two top-ranked teams, IMG Academy (Bradenton) and Montverde Academy (Montverde, Florida). They headline a lineup of 16 teams from nine states in the main draw.

IMG makes a return trip to the holiday event after reaching the quarterfinals a year ago, while Montverde is back after a two-year absence. Both are loaded with talent, with IMG featuring Duke commit Jalen



Cam'Ron Fletcher of Vashon High School in St. Louis, Missouri, seen dunking the basketball, will be back at this year's Culligan City of Palms Classic photo provided

Johnson, ranked No. 4 in ESPN's top 100, and Montverde's Cade Cunningham, the No. 2 ranked player who has committed to Oklahoma State.

The main draw also features hometown Fort Myers, Whitney Young (Chicago, Illinois), Briarcrest Christian (Memphis, Tennessee), Scotlandville (Baton Rouge, Louisiana), Sanford (Hockessin, Delaware), Vashon (St. Louis, Missouri), Gonzaga Prep (Washington, DC), O'Dea (Seattle, Washington), Roman Catholic (Philadelphia, Pennsylvania), Riverview (Sarasota), Archbishop Stepinac (White Plains, New York), Marshall County

(Benton, Kentucky) and Ely (Pompano Beach).

A ticket brings you more excitement with star power in the Signature Series and Sunshine Series brackets of the tournament. Taking to the court for Signature Series games will be St. Frances Academy (Baltimore, Maryland), West Oaks (Orlando), Hamilton Heights Christian (Chattanooga, Tennessee) and Sunrise Christian Academy (Bel Aire, Kansas). The Sunshine Series will have Charlotte (Punta Gorda), Lakewood (St. Petersburg), Evangelical Christian School (Fort Myers), Seminole (Sanford), Stranahan (Fort Lauderdale) and Mater



Academy (Hialeah Gardens).

There also will be a game in honor of a legendary college and high school coach. The Hugh Thimlar Tribute Game will feature hometown Lehigh Senior High School and Venice High School on Monday, December 23. As coach of then-Edison Junior College, Thimlar created a junior college national powerhouse over 26 seasons. He also founded the City of Palms tournament, called the News-Press Christmas Basketball Tournament, in 1973.

Another tournament highlight: The 2009-10 Fort Myers boys basketball team, which became the first Lee County boys team to win a state high school basketball championship, will be honored on Saturday, December 21.

Suncoast Credit Union Arena is located at 13351 FSW Parkway in Fort Myers. Visit www.cityofpalmsclassic.com to buy tickets and for tournament information.✧

Got A Problem? Dr. Connie Is In



by Constance Clancy

Dear Friends,
As 2019 will soon come to a close and we embrace 2020, my wish is that this letter reaches you with feelings of joy, laughter, great

health and abundance.

As we spend our holidays gathering with friends and family for holiday cheer, wherever you are, make each moment count and remember to fill your lives with daily gratitude.

In every spiritual tradition when you are being your true self, the happiness within you is permanent because you are authentic and genuine. We know what temporary happiness is: a beautiful sunset, shopping, a tropical island vacation, getting a new car. Christmas gifts are all nice, yet once this is all said and done, the issue of lasting happiness, the kind that no one can take away from you is the kind that really matters.

So as you move through the holidays (holy-day season), keep track of the things that bring you closer to embracing your true essence:

Love and compassion for self and others

Moments of peace and joy
Practicing gratitude
Giving and receiving
Feeling loved and safe
Practicing loving kindness
Having a feeling of belongingness
Being carefree and showing your genuine smile

Appreciating your own essence
Practicing extreme self-care
Having a sense of the sacred, living with grace

To capture this peace and joy, stay in the present moment to the best of your ability, and you will be more calm and less stressed. When mindful, you are experiencing right here, right now – of all your senses. Practice getting out in nature, practice yoga or simply stretch, meditate daily, be here now, not in the past of what was or the future, and feeling anxious about what is ahead.

Embrace mindfulness and gratitude and treasure every moment. Try mindful eating. Sit down to a meal, close your eyes, and gently breathe in and out three times to bring your body into the present moment and prepare yourself to digest the meal. Practice the slow food movement. It is helpful to chew your food at least 10 times before swallowing.

You may want to take that special trip to a place you have always dreamed to visit or a place you love and wish to return. Make it happen.

If this seems easier said than done, here are a few suggestions to help you treasure every moment of the holiday season and all year:

1. Manage your expectations. Consider what is important and create a list of holiday activities and traditions that are meaningful to you.

Cut corners. You don't have to be a Martha Stewart, or participate in every holiday event. Put quiet time on your calendar as this will ease stress. Simply let go of perfection.

2. Have compassion for yourself and others. Try not to take things personally.

Most people are trying to get their needs met perhaps through love or validation.

Instead of thinking where people should be, think about where they're coming from. There can be far less frustration and greater compassion.

3. Be creative on your gift giving.

Be aware of shopping pitfalls. It's about friends and family, not grand commercialism day. Draw names or make homemade gifts. Take time to think about the person you are buying for, and what they mean to you. Be grateful you have the means to give a present to someone you care about.

4. Perform simple acts of kindness. Let everyone in your life benefit from your attitude of gratitude. Volunteer, donate to your favorite charity, and you will appreciate how your act of kindness has brightened someone's day. Spend time with your pets and let them know

how much you love and appreciate them. Visit a shelter and walk a dog. Better yet, adopt an animal who is just waiting for your love and care.

My yellow lab, Archie, and I volunteer in the pet therapy program at Aspen Valley Hospital monthly, and the smiles and healing I see in the patients (and staff too) is priceless.

5. Remember to laugh it off. It is the best way to reduce stress. Instead of watching the news, switch to a comedy.

6. Notice little moments of beauty and sweetness. Notice beauty all around you: a smile, a gracious act, a loving gesture. It's contagious!

7. Pamper yourself. Take some time for healthy self-indulgence... perhaps a massage, or a walk in nature, or a luxurious bath and a well-deserved nap.

8. I always loved this saying: yesterday is history, tomorrow's a mystery.

Today is a gift, that is why they call it the present!!

May you all have a beautiful holiday season and a happy fulfilling New Year.

Peace and Love,
Connie

Constance Clancy, EdD, LMHC, LPC, NCC is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance@drconstanceclancy@gmail.com or visit www.drconstanceclancy.com.✧

dearRPharmacist

Natural Solutions For Burning Mouth Syndrome



by Suzy Cohen, RPh

Dear Readers: Holiday foods are all around us at this time of year. And enjoying these pies, cakes and delicious meals is taken for granted by most of us. But what if you had chronic mouth

pain? This occurs with a condition called Burning Mouth Syndrome, which feels like its name. There are usually no sores in the mouth... it is just the sensation of burning, or heat, or pain. The medical term for people who suffer with this is called "idiopathic glossopyrosis."

Burning Mouth Syndrome (BMS) is common in people who take medications for blood pressure or cardiovascular disease. The nutrient depletions that cause neuropathy are fully discussed in my paperback book *Drug Muggers*.

There isn't a lot that conventional medicine offers. There aren't a lot of drugs to try, just a handful. Physicians work you up for the obvious, like GERD (gastroesophageal reflux) or Sjogren's Syndrome, an autoimmune disorder. Some doctors admit that they don't know what is causing the pain (termed "idiopathic"), but they'll still try to help by prescribing a medication called gabapentin. This reduces the sensation of pain, but its use is limited due to side effects. You will be told to drink plenty of fluids (to avoid dry mouth), suck on ice chips and avoid acidic foods that could aggravate the pain. Some acidic foods include tomatoes, citrus fruits, soda/ carbonated water, sauerkraut, pomegranate juice and coffee.

A study once determined that B12 deficiency was definitely associated with BMS. They also checked levels of iron, folate, calcium and magnesium but none of those were deficient in the patients they checked. So if B12 is deficient in people who have this type of oral pain, it begs a new question about their intestinal microbiome. I say that because B12 is manufactured in the human body from your gut flora, and if you have an unhealthy probiotic stash down there, you won't make adequate B12. Could probiotics help? I think so, they're worth a try anyway.

I can confirm that high levels of homocysteine are associated with BMS, and the only way to lower homocysteine is with high quality B vitamins, not medicine. In 2013, researchers found that reducing high homocysteine could improve things. But be careful about the type of B vitamin you choose to take.

Some reports suggest that elevated blood levels of B6 are seen in patients with BMS. Higher serum levels of B6 imply lower cellular levels. Why isn't the B6 getting inside the cell? You could exacerbate the pain if you don't take a biologically active form of B6, or other B vitamins.

Research has found that hypothyroidism

(often undiagnosed) reason for both depression and oral pain. There's a lot more information regarding low thyroid (and another vitamin that helps) in the longer version of this article (which I'm happy to email to you) after you sign up for my free newsletter at www.suzycohen.com.

I truly hope this information helps you feel better and makes mealtime more enjoyable.

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

Chronic Disease Program

Lee Health's Lee Health Solutions, in partnership with many local community agencies and supported in part initially by a grant from the Southwest Florida Community Foundation, will hold a free six-week workshop, entitled Chronic Disease Self-Management. Workshops will be offered at The Preserve on Tuesdays beginning January 7 from 9 to 11:30 a.m. and at Cypress Cove-Edison Hall on Wednesdays beginning January 8 from 9:30 a.m. to noon.

The research-based program developed at Stanford University Patient Education Research Center is designed for people age 18 years or older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany chronic health conditions.

It's All About You is 2.5 hours once a week.

The Preserve is located at 1475 Hope Center Loop in Fort Myers. Cypress Cove-Edison Hall is located at 10200 Cypress Cove Drive in Fort Myers.

For more information or to register, call 343-9264.✽✽

Manager Earns Health Certification

Staci Mihm, CPCO, CRC, of Physicians' Primary Care of Southwest Florida, has earned certification as a risk adjustment coder (CRC). The certification is awarded by the American Academy of Professional Coders to professionals who have demonstrated the necessary skills, knowledge and attitudes to analyze clinical statements and accurately assign standard codes using a classification system.

Mihm, who lives in Cape Coral, completed a 5.5 hour exam assessing her knowledge of code classification. She is celebrating 31 years in healthcare with Physicians' Primary Care of Southwest Florida and Associates in Ob/Gyn. She is PPC's compliance and education manager.

Mihm attended Edison Community College (now Florida SouthWestern) and earned certification as a certified professional compliance officer in 2016.

For more information, visit www.ppcswfl.com.✽✽

Doctor and Dietician

Strengthen Your Immune Function With Food



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

The stronger one's immune system, the less likely they are to get sick or catch the latest flu or cold going around. A couple of months ago, we wrote about what supplements to take to ward off the cold and flu, thus enhancing your immune system. Check that out at www.hauserdiet.com for more information.

Do you ever wonder why colds come on mainly during colder weather? As the weather cools, our body's biochemistry develops a need for more good protein and fat sources such as avocado, olive oil/olives, coconut oil, nuts, fish and lean meats, along with plenty of fresh vegetables.

However, if we feed the body lots of simple sugars, our chemistry is going to be off, and we are going to get sick. With the cooler weather comes the holiday season, starting with Thanksgiving and going through New Years Day. With that comes lots of candy, cookies, desserts, special beverages, combined with late nights, shopping, planning, hosting and the like.

We eat less healthy, get less sleep and are exposed to more germs. It's a tough battle!

We don't want to be Debbie Downer, but remember that sugar does lower one's immune function every time we eat it. Thus, it is a good idea to keep intake of simple sugars to a minimum all of the time, not just during cold season.

We try different recipes that contain healthier choices but taste "sweet" – for example chia seed pudding, avocado

chocolate mousse and pumpkin brownies. Chia seeds are awesome – a couple tablespoons mixed into about two cups of your favorite milk of choice with a splash of maple syrup, cinnamon and vanilla, stored in the fridge overnight, will make for a tasty treat. Top with nuts and cocoa nibs or some coconut whipped topping!

This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@caringmedical.com.✽✽

Chronic Pain Workshops

Lee Health will hold a free six-week workshop, entitled Chronic Pain Self-Management, at four different locations beginning in January. The research-based program developed by Stanford University will help participants become empowered to improve their quality of life.

The sessions will be held on:

Tuesdays beginning January 7 from 1 to 3:30 p.m. at St. Cecilia's Catholic Church, 5632 Sunrise Drive, in Fort Myers.

Wednesdays beginning January 8 from 9:30 a.m. to 12 p.m. at Peace Lutheran Church, 15840 McGregor Boulevard, in Fort Myers.

Fridays beginning January 10 from 9:30 a.m. to noon at Beacon of Hope, 5090 Doug Taylor Circle, in St. James City.

Fridays beginning January 10 from 1 to 3:30 p.m. at McGregor Community Services, 2070 Carrell Road, Suite B, in Fort Myers.

Learn how to more easily manage your medications; understand the benefits of exercise; manage symptoms of stress, pain and fatigue; and make smarter decisions related to healthy eating. Participants will also receive a copy of the book *Living a Healthy Life with Chronic Pain*.

Seating is limited and registration is required. Call 343-9264 for more information.✽✽

From page 1

Lab Theater

waiting room of a hospital maternity ward is not where you want an extended assortment of dysfunctional family members and friends to join you. But that's what happens, and that's what adds to the hilarity.

Other cast members – Danielle Channell, Scott Davis, Kristen Wilson, Todd Lyman, Holly Zammerilla and Ken Johnson – take on all the other roles. This includes an aunt who is a nun, Kevin's trophy stepmom whose face is still paralyzed from a Botox injection, Allie's competitive sister, and a host of crazy characters. All do a terrific job changing personalities. Kristen Wilson

provides many laughs with the dialogue that goes with her three characters. Situations include an uncle-to-be who tries to bribe the couple into naming the baby after him, and a friend who feels a water birth would be best for the baby.

Prior to the show, the audience hears a hospital intercom sending out messages including one that tells a couple they left their baby and stroller in the lobby.

Let Nothing You Dismay is co-directed by Annette Trossbach and Steven Coe. It's a fun show and you might even spot a relative or two among those on stage. The show runs through Sunday, December 22 at Laboratory Theater of Florida, located at 1634 Woodford Avenue in downtown Fort Myers. For tickets, visit www.brownpapertickets.com or call the box office at 218-0481.✽✽

PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Maggie And Pumpkin



Maggie ID# A800932

Hello, my name is Maggie. I am a super and quite sassy-senior! I am a 10-year-old female chihuahua who is a bundle of personality. I love to cuddle and will spin around with excitement when I see one of my favorite volunteers. I am perfect if you live in an apartment or condo and are retired. I would love to spend the holidays and beyond as part of the family.

My adoption fee is \$10.

Hi, I'm Pumpkin. It just takes one look at me to guess how I got my name. It was a combination of my beautiful coloring and shall we say full-figure? I am a 3-year-old female domestic shorthair who recently lost my owner and now find myself



Pumpkin ID# A673475

looking for a new family. Could you be my new someone? I just long for someone I can curl up next too and purr the night away.

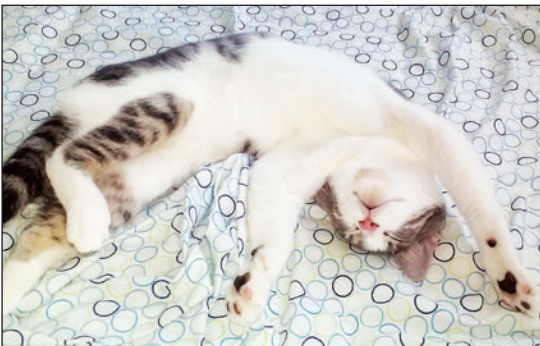
My adoption fee is \$10 with the adopt one, get a feline friend free.

Lee County Domestic Animal Services will celebrate the upcoming holiday season with a Gift Giving Tree. The tree in the adoption lobby at animal services is decorated with ornaments with a wish list of gifts for the shelter pets. Visitors may pick one up and return them to Animal Services by December 21 to help make the animals' holiday a little brighter. The ornament is yours to keep for your tree. Visit www.leelostpets.com to view all pets currently available and adoption fees.

*The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit Lee County Domestic Animal Services at www.leegov.com/animalservices or call 533-7387.**

Haven on Earth Animal League

Baby Grey And Peloton



Baby Grey

Hi There! We are Baby Grey (grey and white) and Peloton (black and white tuxedo). While we aren't biological siblings, we've spent our entire lives together so we would really like to get adopted together. Baby Grey is a 6-month-old male, and Peloton is a 5-month-old female. We've been neutered and spayed and have all of our vaccinations. We are very playful and sweet.

Baby Grey likes to give kisses, and will cuddle

and sleep with you – just like a human child. Baby Grey needs a lot of attention and really needs to have another kitty around to help keep him company and play with him. Peloton is very easy going. They both get along great with other cats and would do well in a multi-cat household. Baby Grey has extremely soft fur and feels like a marshmallow, while little Peloton is sleek and shiny. Peloton has a white tip at the end of her tail.

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

*We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email haveneearthanimalleague@yahoo.com.**



Peloton



Emergency	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
HealthPark Medical Center	1-800-936-5321
Ft. Myers Chamber of Commerce	332-3624
Foundation for Quality Childcare	425-2685
Fort Myers Beach Chamber of Commerce	454-7500
Fort Myers Beach Library	463-9691
Lakes Regional Library	533-4000
Lee County Chamber of Commerce	931-0931
Post Office	1-800-275-8777
Visitor & Convention Bureau	338-3500

ARTS

Alliance for the Arts	939-2787
Arts For ACT Gallery & Studio	337-5050
Art League Of Fort Myers	275-3970
Barbara B. Mann Performing Arts Hall	481-4849
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Cultural Park Theatre	772-5862
Edison Festival of Light	334-2999
Florida Repertory Theatre at the Arcade	332-4488
Florida West Arts	948-4427
Fort Myers Harmonica Band	610-653-7940
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	239-597-1111
The Schoolhouse Theater	472-6862
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards	574-9321

CLUBS & ORGANIZATIONS

American Legion Post #38	239-332-1853
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	339-8046
Audubon Society	472-3156
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Coral Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
NARFE(National Active & Retired Federal Employees	482-6713
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy	939-1338
Southwest Florida Music Association	561-2118
Kiwanis Fort Myers Beach	765-4254 or 454-8090
Kiwanis Fort Myers Edison	694-1056
Kiwanis Fort Myers South	691-1405
Iona-McGregor	482-0869
Lions Club Fort Myers Beach	463-9738
Lions Club Fort Myers High Noon	466-4228
Lions Club Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
Organ Transplant Recipients of SW Florida	247-3073
POLO Club of Lee County	477-4906
Rotary Club of Fort Myers	332-8158
Sanibel-Captiva Orchid Society	472-6940
United Way of Lee County	433-2000
United Way 211 Helpline (24 hour)	211 or 433-3900

AREA ATTRACTIONS

Bailey-Matthews National Shell Museum	395-2233
Burrough's Home	337-9505
Calusa Nature Center & Planetarium	275-3435
Edison & Ford Winter Estates	334-7419
Fort Myers Skate Park	321-7558
Imaginarium Hands-On Museum & Aquarium	321-7420
JN "Ding" Darling National Wildlife Refuge	472-1100
Koreshan State Historic Site	239-992-0311
Langford Kingston Home	239-334-2550
Ostego Bay Foundation Marine Science Center	765-8101
Skatium	321-7510
Southwest Florida Historical Society	939-4044
Southwest Florida Museum of History	321-7430
True Tours	945-0405

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

PUZZLES

Answers on page 28

Super Crossword

FUNNY CARS

- ACROSS

1

Ones with two feet

7

Side roads

13

Forcible dismissal

20

Huge fan

21

Baby's noise

22

Like many reference books, in the back matter

23

Kia steered in the wrong direction?

25

Given a nice smell

26

Wrinkle-reducing injection

27

Troop group

28

Chinese "way"

30

Jai —

31

"— all true"

32

Concorde, e.g., in brief

33

Toyota damaged by fire?

37

Spaceship Earth locale

40

Volvo rival, once

42

—'Pea (cartoon kid)

43

Caterpillar wheel part

44

Volkswagen full of Egyptian charms?

47

Seed case

48

"Don't look — that way!"

49

Sprayed (down)

50

News piece

51

Old Turkish title

52

Hunter in the sky

53

Revered figure

54

Superhelix material

55

Honda driven in anti-war protests?

58

Spanish for "tomorrow"

60

Collision

63

Busy crawler

64

Pro-learning gp.

65

Dodge made with no cables?

69

To a ship's back

72

Bicentennial baby, e.g.

73

Sleek fabric

74

Tennis' Edberg

78

Hyundai that transports 88-key instruments?

81

"The Addams Family" cousin

83

Cry weakly

84

Juan of Argentina

85

"Help!," asea

86

Ballerina's garment

88

"... but maybe I was wrong"

89

Work units, in physics

90

"Silent Fall" actress Tyler

91

Ford that's the favorite out of one's collection?

94

Master

95

Small inlet

96

Get over a hurdle

97

Savage

98

Nissan decorated with

101

Drink daintily

102

Hypothetical things

105

Animated "explorer"

106

With 35-Down, "Your wish is my command!"

107

Body wrap?

109

Italian "love"

111

Arise

114

Chevrolet only driven in April and May?

117

Changed genetically

118

USN clerks

119

Light wind

120

Of zero help

121

"— Song" (#1 John Denver hit)

122

Like finished wood

33

Checking acct. figure

34

24-month

35

See 106-Across

36

Task list

38

Attorney-to-be's study

39

Lout

40

Picture

41

\$ dispenser

44

Thin wedge

45

Opus ender

46

Online sales

48

Curve part

51

Use a tub

52

Band of eight

54

Challenges

55

Orzo, e.g.

56

Ovid's "Lo!"

57

Self-turmoil

59

Presidential resignee

61

Cousins of plateaus

62

Exam for H.S. juniors

66

Causing wear

67

Writer Loos

68

Camera-ready proofs

69

Entreaty

70

Savage

71

Hoped-for finish time

75

Worked properly

76

Baseball's Moises

77

Goalies guard them

79

Calculator figs.

80

Many works of fiction

82

Wind farm spinner

86

— Maria (liqueur)

87

Sports arbiter, for short

88

Flip — coin

90

Tracks down

91

It "corrals" a baby

92

Sports arbiter, for short

93

"Darn tootin'"

95

Run an exhibit for

99

Of musical pitch

100

Walk-in-the-park class

101

Harbingers

103

Became ice

104

H.S. health class

107

— Valley, California

108

Midleg joint

109

Air about one

110

Air about one

111

Aussie ratite

112

Frat letters

113

Mag staff

115

Film director Howard

116

NFL passers

King Crossword

- ACROSS

1

Zinger

5

Nuisance

9

Oprah's net-work

12

Chills and fever

13

Viscous

14

Dove's call

15

Short musical works

17

"Hail, Caesar!"

18

Yule quaff

19

Fairy tale vil-lains

21

Chic

22

Island porch

24

Formerly

27

Evergreen type

28

Break sud-denly

31

Tasseled top-per

32

Lobe locale

33

Gorilla

34

Dread

36

Attempt

37

Car sticker no.

38

Batman's pal

40

Proceed

41

Dishes

43

Commercial song

47

Scoot

48

Varieties of wheat

51

Carte lead-in

52

Handle

53

Point

54

Clear the tables

55

Stitches

56

Wan

9

Simple wind instruments

10

Used a loom

11

Vetoers' votes

16

Heavy weight

20

Petrol

22

Memorize

23

Distorted

24

Vacationing

25

Born

26

Ivan's and Peter's wives

27

Bigfoot's cousin

29

Spring mo.

30

Vigor

35

Director Howard

37

"Friends" role

39

Soaks up some rays

40

Hodges of baseball lore

41

Seafood entree

42

Streaming video giant

43

Apple co-founder

44

Wildebeests

45

Whip

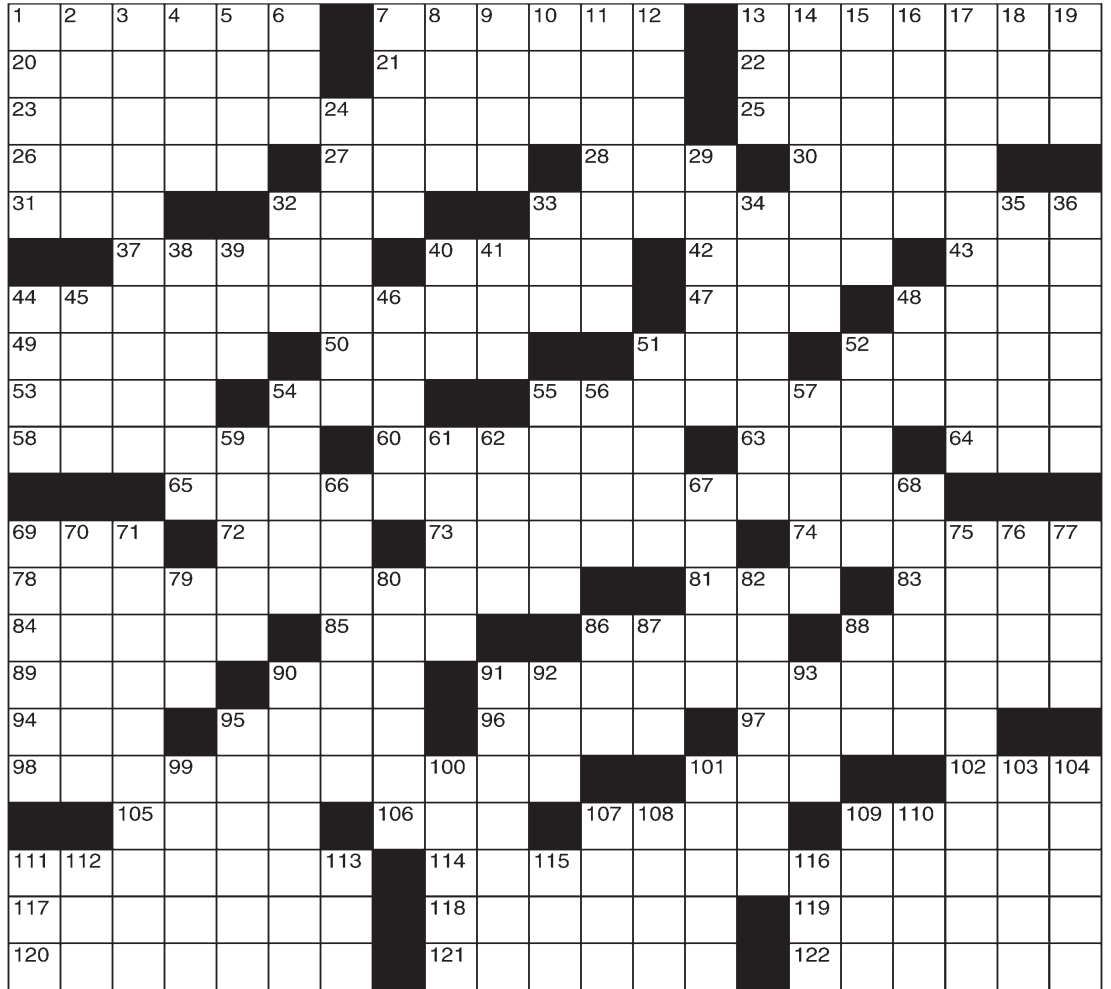
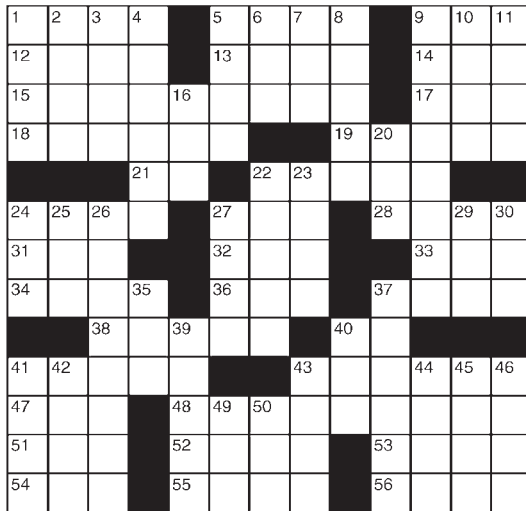
46

Catch sight of

49

Away from WSW

50

Do some lawn work

AIR — : AIRLINES
MAGIC MAZE ● AROUND THE WORLD

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

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

- Berlin

Burkina

China

Corsica
- Europa

France

Hong Kong

Japan
- Macau

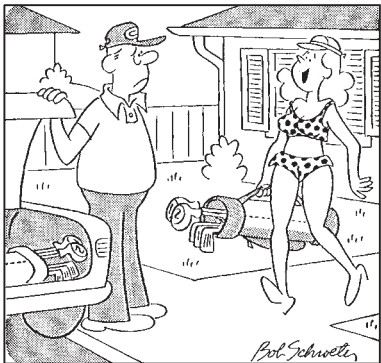
New Zealand

Serbia

Sinai
- Somalia

Tahiti

Zimbabwe



"But you said the object of the game was to go around the course in as _____ as possible."
Answer on page 30

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Novelty
FILTER _____

Pad
BATTLE _____

JUST
GIRTH _____

Wild
FLARE _____

TODAY'S WORD

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

SUDOKU

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

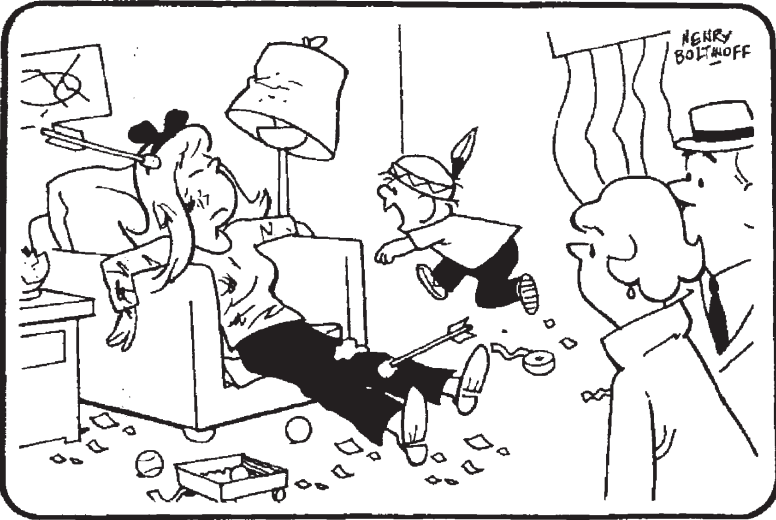
Answer on page 28

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Boy's pants are black. 2. Ball near boy's foot is missing. 3. Mom's hat is gone. 4. Drapes are wider. 5. Girl's bow is different. 6. There's more trash on floor.



Roasted Radishes

3 cups radishes, trimmed and halved
3-4 sprigs fresh rosemary, minced
1 bunch fresh parsley, for garnish
1 tablespoon garlic, minced
1 tablespoon olive oil
1 tablespoon butter, melted
Sea salt and fresh ground pepper, to taste
Preheat oven to 400 degrees. Combine ingredients and toss to evenly coat. Pour onto a sheet pan and roast for 35-40 minutes, stirring halfway through cooking time. Taste and readjust seasoning if needed. Garnish with fresh parsley, if desired.
Fresh tip: A final sprinkle of sea salt after roasting brings out the sweetness of the radish.✱



Roasted Radishes

photo courtesy Fresh From Florida

Cape Coral Bridge Tides

<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>
Fri	2:14 am	11:07 am	5:44 pm	9:12 pm
Sat	2:54 am	11:52 am	6:35 pm	9:50 pm
Sun	3:40 am	12:41 pm	7:28 pm	10:43 pm
Mon	4:32 am	1:33 pm	8:16 pm	None
Tue	5:33 am	12:02 am	8:58 pm	2:27 pm
Wed	6:50 am	1:47 am	9:35 pm	3:21 pm
Thu	8:29 am	3:39 am	10:10 pm	4:13 pm

SUDOKU

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

TRIVIA ANSWERS

- On Dec. 20, 1963, more than two years after the Berlin Wall was constructed by East Germany to prevent its citizens from fleeing its communist regime, nearly 4,000 West Berliners are given one-day passes to cross into East Berlin to visit relatives.

continued on page 30

1. Warsaw 2. Hemlock 3. Anthropology
4. Fear of being alone 5. *The Killers* (1964)
6. Dr. Seuss 7. Astronaut 8. David Bowie
9. 300 10. James Watt (watt)

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From page 28

Moments In Time

• On Dec. 17, 1979, Hollywood stuntman Stan Barrett blasts across a dry lakebed at California’s Edwards Air Force Base in a rocket- and missile-powered car, becoming the first person to travel faster than the speed of sound on land. He reached an estimated top speed of 739 mph.

STRANGE BUT TRUE

- It was noted 20th-century American humorist and journalist Don Marquis who made the following sage observation: “Procrastination is the art of keeping up with yesterday.”
- Kangaroos can reach speeds of up to 44 mph, but they can’t take a single step backward.
- As the holiday shopping season gets well under way, here’s an interesting tidbit to keep in mind: According to the annual Coinstar Holiday Survey, 31% of Americans don’t remember what gifts they received last year. Perhaps unsurprisingly, more women remember those details than men do.
- No less a notable than William Shakespeare described Limburger cheese as “the rankest compound of villainous

- smell that ever offended nostril.”
- In the Shetland Islands you can find a breed of small, hardy cows that eat fish.
 - Did you ever wonder why the Benevolent and Protective Order of Elks is better known as the Elks Lodge – chose that particular animal as its symbol? Other animals were considered and rejected for a variety of reasons: Foxes were thought to be too cunning, beavers too destructive and bears and too coarse and brutal.
 - Before World War II, suspenders were more popular than belts, but the trend reversed after the war.
 - You might be surprised to learn that in 1766, students at Harvard University protested against their living conditions; evidently, the butter they were served in the refectory left something to be desired. In what became known as the Great Butter Rebellion, students shouted, “Our butter stinketh!”
 - Those who study such things say that if your dog has fleas, they don’t actually live on your pet; they spend 90 percent of their time elsewhere.

THOUGHT FOR THE DAY

“Bankruptcy is a legal proceeding in which you put your money in your

pants pocket and give your coat to the creditors.” – Joey Adams

Dispose Of Gas, Cooking Oil And Other Chemicals

Lee County Government reminds residents that gasoline supplies purchased for hurricane readiness can be used in lawn mowers and other equipment now that the 2019 hurricane season has ended.

Gasoline naturally degrades and loses combustibility over time, so it is not advised to store gasoline from year to year. It begins to lose potency after a few months, depending on storage conditions. Lee County residents brought 1,350 gallons of old gasoline to Lee County’s household chemical waste facility for safe, responsible disposal during the first two weeks of the 2019 hurricane season. Putting that gasoline to use now means it won’t need to be disposed of in June.

Residents are also encouraged to bring leftover oil from holiday turkey frying, old paint, fluorescent lightbulbs

and other household chemicals to the facility located at the Topaz Court Solid Waste Annex, 6441 Topaz Court in Fort Myers. For more information or operational hours, visit www.lee.gov.com/solidwaste/facilities/topaz.

Know The Signs Of Drug Abuse

Narconon reminds families that many people will be spending more time with family and friends around this holiday season. Be familiar with the signs that your loved one may be struggling with addiction to drugs or alcohol. Be mindful of the things that will actually tell you if they are doing well or not. If you notice that things aren’t right, you need to be prepared to confront your loved one and get them into treatment. You are giving them the gift of a new life.

For more information on how to confront your loved one, visit www.narconon-suncoast.org/blog/how-to-confront-your-addict-this-holiday-season.html. Call 1-877-841-5509 for a no cost screening or referral.

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Avoid The Heat

The weather outside isn't quite frightful, but it is chilly for sunny Southwest Florida. As tempting as it might be to switch on the heat at night, Lee County Electric Cooperative (LCEC) reminds customers that heating is the most intense use of electric energy and the most expensive electric appliance. On average, heating costs two to three times more than cooling.

Rather than risking a high electric bill, bundle up with blankets or cuddle up with your favorite person or pet. If it is still too chilly for your Florida blood, consider investing in heating blankets and small portable heaters. Blankets and space heaters work well, but caution must be used and all the manufacturer instructions read before use. If you must turn on the heat, LCEC recommends

setting the thermostat between 65 and 68 degrees Fahrenheit.

For more ways to save on your electric bill, visit www.lcec.net.

Students Should Learn About Credit Scores

Students should be familiar with credit scores, according to the Kentucky Higher Education Assistance Authority (KHEAA).

Your credit score is a three-digit number that has a long-lasting effect on your buying power. When you apply for credit, your credit score will be checked. The higher your credit score, the better the chances you will be approved.

Although there are several scoring methods, the most widely accepted one comes from FICO. Your FICO score ranges from 300 to 850. These items make up your FICO score:

35 percent is based on your payment history. Early payments will have a higher number than on-time payments, which will have a higher score than late payments.

30 percent is based on outstanding debt. This outstanding debt is how much you owe on car loans, mortgages, credit cards, etc. The number of credit cards you have and if those cards are near the maximum borrowing limit will hurt your score.

15 percent is based on the length of time you have had credit. The longer you have been borrowing money and paying it back in a timely manner, the better your score.

10 percent is based on new credit. If you have opened several new accounts, that will have a negative effect on your score. Also, the more inquiries on your credit report in a year, the lower your score.

10 percent is based on the types of credit you currently have. It helps to have a mix of loan types. If you have a credit card, an installment loan will even the credit out.

KHEAA is a public, non-profit agency established in 1966 to improve students' access to college. It provides information about financial aid and financial literacy at no cost to students and parents. KHEAA also helps colleges manage their student loan default rates and verify information submitted on the Free Application for Federal Student Aid (FAFSA). To learn more about those services, visit www.kheaa.com.

Shore Fishing:



Don't Harm The Fish

by Capt. Matt Mitchell

Landing a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish.

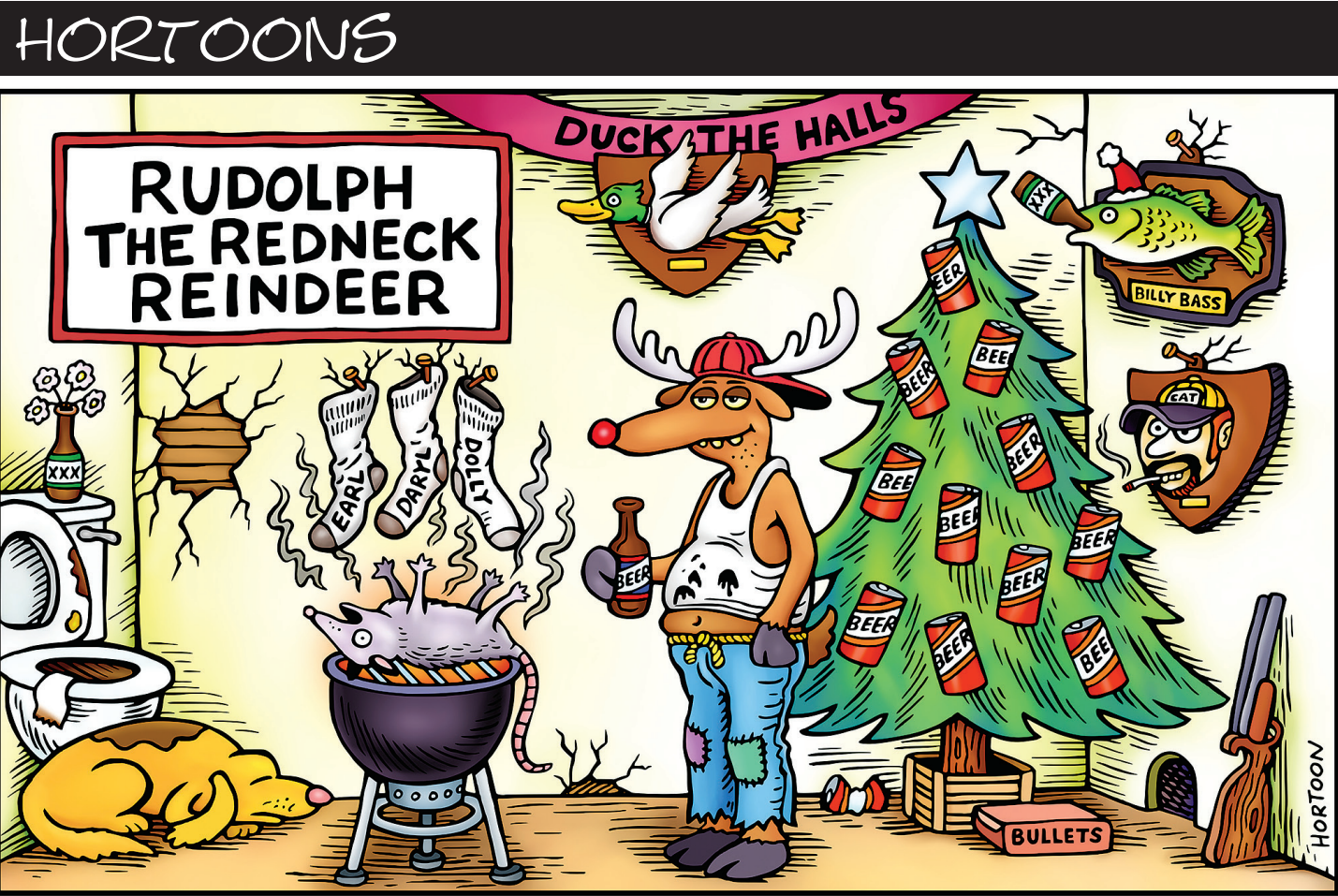
Hold the fish in the water while you unhook it if you're going to release it.

The less you can touch a fish before release the better for the fish.

If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.

Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.

Florida residents as well as out of state visitors need a fishing license to fish from shore.



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Hill Tide Estates	Boca Grande	2019	4,555	\$7,500,000	\$6,800,000	197
Villa Pines	Fort Myers	1994	7,178	\$1,499,900	\$1,550,000	152
Edgewater	Fort Myers	2000	3,788	\$1,100,000	\$1,065,000	8
Sanctuary At Wulfert	Sanibel	1997	4,813	\$1,000,000	\$1,000,000	0
Oak Knoll	Fort Myers	2003	4,644	\$999,900	\$999,900	198
Cape Coral	Cape Coral	1989	3,767	\$995,000	\$950,000	118
Cape Coral	Cape Coral	1975	2,585	\$919,900	\$905,000	42
Sanctuary	Bonita Springs	1992	2,772	\$850,000	\$790,000	394
Palm Isles	Fort Myers Beach	1986	2,868	\$785,000	\$750,000	4
Pinehurst	Estero	1998	2,792	\$780,000	\$745,000	0

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