



Donations Sought For HopePacks For Children

Better Together, a voluntary, community-driven alternative to foster care, is seeking donations for HopePacks to provide basic hygiene, toiletry and other necessities for children participating in the Better Families program. Since March and the onset of COVID-19, the nonprofit organization has seen a 155 percent increase in the number of requests for help due to the widespread isolation, unemployment and stress that are putting families at additional risk.

"When parents fall into crisis, fully screened and trained volunteers host children in their homes while mentoring parents toward stability including help with finding a job, securing housing, childcare and more," said Megan Rose, CEO of Better Together. "Many times, children arrive at a host home with little to no personal belongings, and the host families may not have all the essentials upon their arrival. HopePacks filled with a stuffed animal, bedtime books and



A child with her HopePack

photo provided

essentials like socks and bubble bath can help ease the transition during the first 48 hours."

HopePacks generally cost \$25 on

average. In addition to tote bags or small backpacks, the wish list of items for children includes basic toiletries, a hairbrush, books, socks, stuffed animals,

pacifiers, diapers, lotion and gift cards.

Donations can be mailed to: Better Together, 15275 Collier Boulevard, Suite 201-284, Naples, FL 34119 or dropped off at one of the following locations:

Century 21 Realty – 4040 Del Prado Boulevard South, Cape Coral

Tax Savers – 1300 Enterprise Drive, Suite A, Port Charlotte

Relevance Church – 13241 Griffin Drive, Fort Myers

For those who wish to donate online, Better Together has created an Amazon wish list, and items purchased will ship directly to the organization.

Better Together has served over 2,500 children in Southwest Florida and kept 96 percent of families together. The nonprofit was founded on the belief that loving parents should not lose children because they are having money problems, or had the courage to seek treatment, or got hospitalized without childcare. These challenges can be overcome with the right support system in place.

With the help of hundreds of volunteers and church communities, Better Together builds lasting support

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Ken Quiricone as Santa photos provided

Christmas Time In The Trailer Park

The Off Broadway Palm Theatre is ringing in the holidays with the hysterical musical comedy *The Great American Trailer Park Christmas Musical* playing now through Saturday, December 26. The eclectic residents of Armadillo Acres are back for a cat-fightin', sun-worshippin', chair-throwin', rowdy good time.



Rachael Endrizzi as Linoleum, Dianne Stone Fussaro as Betty and Rachael Lord as Pickles in *The Great American Trailer Park Christmas Musical*

It is Christmastime in Armadillo Acres mobile home community and everyone is filled with visions of kegnog and beer. In this raucous sequel to *The Great American Trailer Park Musical*, you'll meet some new neighbors in the Florida mobile home community, including Darlene, the trailer park Scrooge, her boyfriend Jackie, and Rufus, the redneck with a heart of gold. Longtime Armadillo Acres residents Betty, Lin and Pickles are back, but when a freak accident strikes Darlene, everyone will be put to the test.

Off Broadway Palm Theatre, reopening since closing back in March due to the pandemic, has adjusted its seating arrangement and is operating at a 50 percent capacity. For a list of the extensive health and safety measures the theater has taken, visit www.broadwaypalm.com. Guests are required to wear masks while not eating or drinking, including during the performance. A temperature check will be performed on everyone that enters the building, and admittance will not be allowed to anyone with a temperature of



Erica Sample as Darlene and Ken Quiricone as Rufus

100.4 degrees or higher.

The Off Broadway Palm is an intimate theater, located in the main lobby of Broadway Palm Dinner Theatre. Performances are Tuesday through Sunday evenings with selected matinees. Ticket prices range from \$42 to \$62 with discounts available for groups of 20 or more. Tickets are now on sale and can be reserved by phone at 278-4422, online at www.broadwaypalm.com or at the box office, located at 1380 Colonial Boulevard in Fort Myers.*

Historic Downtown Fort Myers, Then And Now:

Ladies Side-Saddle Up To The Watering Trough



by Gerri Reaves, PhD

Sometime between 1904 and 1910, three women on horseback paused at one of the town’s only public amenities, a concrete watering trough in the middle of the intersection of First and Hendry.

Pictured from left were Mrs. Abbott, Mrs. White and Mrs. Harvie E. (Florida Abbie Schultz) Heitman. (Note: The first two women’s Christian names are not known – nor that of the cute dog.)

Sitting side-saddle, the women endow this pioneer scene with a touch of Victorian charm, with their high-necked clothes, riding gloves and perky hats. Directly behind them on the northwest corner is the structure where Jehu J Blount established his general store soon after he arrived in Fort Myers circa-1872. It was also the location of the first, albeit unofficial, post office. Blount installed a mail slot in the Hendry Street side of the store and acted as volunteer postmaster until 1876.

However, by the time this historic photo was taken, the wood-frame building was no longer Blount’s store. Circa 1908, it was being used as a harness business, secondhand furniture store and tailor shop. That circular trough, fed by an artesian well, was installed in 1904 when the city drilled the second well that was part of the first fire protection system, which included fire hydrants.

The less-than-picturesque amenity was removed only six years later, as automobile traffic vied with horses, mules and oxen.

It seems fitting that Florida Heitman is photographed on horseback, for she must have had a rather outdoorsy adventurous childhood compared to the typical Fort Myers lady. And, as the wife of a well-off prominent man, Harvie E. Heitman, whom she married



From left, Mrs. Abbott, Mrs. White, Mrs. Harvie E. (Florida) Heitman paused at the watering trough in the intersection of First and Hendry sometime between 1904 and 1910
photo courtesy SWFL Historical Society



In 1915, Florida Heitman’s husband, Harvie, built the Heitman-Evans Hardware Store on the corner where the wood-frame building had stood since at least the early 1870s
photo by Gerri Reaves

in 1897, she had the leisure for pleasure rides and tarpon fishing. In fact, she was also photographed as a young woman with her tarpon catch.

Born in 1874 to George Renton and Josephine Smith Schultz, she grew up at Punta Rassa when it was definitely a rustic and intriguing setting. Her father ran the International Ocean and Telegraph Company there, beginning in 1867. In addition, he ran a rough and rowdy lodge that came to be known as Tarpon Lodge. It was a get-away for wealthy men from all over the country who came to fish for tarpon while roughing it in a hostelry nicknamed Murders’ Row.

Another of Schultz’s marks on local history: When Thomas A Edison arrived at Punta Rassa in March 1885, he and the telegraph office manager hit it off. Edison was a former telegraph operator himself. Schultz pointed him toward Fort Myers, a little town up the river worth seeing. The inventor’s short visit resulted in Edison buying the land that today is his acclaimed Winter Estate and laboratory. The deal was finalized within a few weeks, and the rest is history....

Nothing seen in this historic photo remains today. In 1914, Florida’s husband, Harvie, demolished the former Blount Store and built the Heitman-Evans Hardware building, following the most modern specifications, as was his wont.

Today it houses a number of businesses and offices. Walk to First and Hendry and imagine a time when women seated side-saddle brought their horses for a drink in the middle of the unpaved intersection.

Then visit these two research centers to learn more about Florida Heitman, street improvements, and more.

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

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

The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park. Hours for the nonprofit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only. For 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.*

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Lulu Roman



Natalie Brouwer



Shannon Dionne



Rebecca O'Quinn

TV Star To Perform At Local Theater

The Players Circle Theatre will hold a two-act musical revue from Thursday through Sunday, December 10 to 13. The theater is in its second season and is featuring a number of varied entertainers.

Broadway Babes spotlights the songs of the dynamic women of Broadway from Ethel Merman to Kristen Chenoweth, performed by three local singer-actresses: Natalie Brouwer, Shannon Dionne and Rebecca O'Quinn, with maestro Brian Gurl at the piano. The revue features Broadway songs from Gershwin to Hamilton as well as favorite Christmas songs.

Performances for *Broadway Babes* includes December 10 to 11 at 7 p.m., December 12 at 2 and 8 p.m.; and December 13 at 2 p.m. Tickets are \$25 for general admission and \$35 for VIP seating.

Gospel singer, story teller and comic LuLu Roman will appear at the Players Circle Theatre from Friday through Sunday, December 18 to 20. The star of TV's *Hee-Haw* for 22 years, she will perform her side-splitting comedy act to highlight her 50 years in show business. Shows are December 18 and 19 at 8

p.m., and December 20 at 2 p.m. Tickets are \$35 for general admission, \$35 and \$50 for VIP seating.

Producers Robert Cacioppo and Carrie Lund have converted the former Dolphin Room into a nightclub/cabaret style facility, which will have 80 seats, spaced for social distancing in accordance with CDC guidelines. Every seat in the house has a view of the performance; no seat is more than four rows from the stage. Servers will be available to take orders for appetizers and cocktails for VIP tickets; there will be an open bar in the lobby available for general admission.

Temperatures for audience members will be taken before entering the theater. Masks will be required for all audience members to enter the theater, at intermission, and when using the restrooms. While not mandatory, wearing masks during the show is requested. Employees and volunteers will check temperatures, wear face coverings and practice frequent hand washing. Hand sanitizer stations will be provided throughout the theater.

The Players Circle Theatre is located in The Shell Factory at 16554 North Cleveland Avenue in North Fort Myers. Tickets are available through the box office by calling 800-3292, or online at www.PlayersCircle.org. Full dinners are available before the shows in the Southern Grill restaurant; for reservations call 995-3999.✪

Beach Christmas Boat Parade This Saturday

The 32nd annual Fort Myers Beach Christmas Boat Parade will be held on Saturday, December 5. The boats will depart from Salty Sam's Marina at 6 p.m.

Last year, the boat parade was voted 5th place in *USA Today's* Best Holiday Parades.

Participating vessels are being asked to assemble in front of the docks at Salty Sam's Marina at 5:30 p.m. The boat route will pass Parrot Key Caribbean Grill and head northwest, passing by Bonita Bill's Waterfront Café and Doc Ford's Rum Bar & Grille, then heading under the Matanzas Pass Bridge. The procession will travel in and out of Siesta Isles and go around Bowditch Point, turning in front of the Pink Shell Beach Resort and Marina. The boats will then travel past Nervous Nellie's and Matanzas on the Bay on the return. The parade will end at Salty Sam's Marina.

VIP judges will ride along in the

parade and will choose and announce the winners in each category. This year, Fort Myers Beach Chamber officials are introducing the House Decorating Contest for most festive house along the parade route. Boat prizes will be awarded to the winners in respective categories. To vote for the People's Choice Award the night of the parade, visit www.fmbboatparade.com and tap "Click here to vote for your favorite boat."

For viewing, the hammerheads at the end of the canals are great spots to set up a lawn chair to watch the event, along with the fountain next to Nervous Nellie's. Everyone who views the parade is asked to practice social distancing guidelines and wear face coverings. Be respectful and kind to the people around you and enjoy the holiday season.

The chamber would like to thank the following sponsors: All Water Excursions, Salty Sam's Marina, Doc Ford's Rum Bar & Grille, Dixie Fish Co., Bonita Bill's Waterfront Café, Snug Harbor Waterfront Restaurant, Gavin's Ace Hardware and Coldwell Banker/Trudy Gallagher.

For more information, contact the Fort Myers Beach Chamber at 454-7500 or visit www.fmbboatparade.com.✪

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Fort Myers Art:

December Art Fair And Festival Schedule Reset



by Tom Hall

Given COVID-19, no one really knows what to expect from Southwest Florida's 2020-21 art fair and festival season. At present, Florida has reopened all venues, most at full

capacity, and organizers are proceeding on the premise that they will be able to produce their outdoor art fairs and festivals as they have in the past. So subject to that caveat, here are the remaining outdoor art fairs and festivals you will see throughout Southwest Florida in December.

On Friday and Saturday, December 4 and 5, the historic River District in downtown Fort Myers hosts Art Walk, now starting its 13th season. The Friday component runs from 6 to 10 p.m., with First Street closed to traffic. The Saturday event is from 11 a.m. to 4 p.m. Rain or shine, this "must attend event" showcases the works of local artists from nearly a dozen downtown galleries, which include Arts for ACT Gallery (featuring three or more art exhibits every month plus co-op members' art); Bootlegger Alley Gallery (outdoor pop-up gallery open only during Art Walk in The Patio de Leon); DAAS Co-op Art Gallery (located in the Butterfly Estates at 1815 Fowler Street); Grand Illusion Gallery (art, T-shirts and more); Miville Art Gallery (art and photography in the Franklin Shops); the Sidney & Berne Davis Art Center (main gallery exhibit and Capitol Exhibit on the third floor); and Unit A (urban contemporary gallery of internationally-acclaimed artist Marcus Jansen located in Gardener's Park). New exhibits include exceptional art in a variety of mediums done by a bevy of local artists and some national and international artists as well.

On Saturday, December 5, Art in the Park resumes, but for this month,



With social distancing in mind, here's hoping Southwest Florida's 2020-21 art fair and festival season will go on as scheduled
photo courtesy www.artswfl.com

it's back in Cambier Park in Naples. Denoted by its bandshell and tennis courts, Cambier Park is located just a block and a half from historic Fifth Avenue South, and is within walking distance of trendy European boutiques, aromatic sidewalk cafes and exemplary art galleries such as Sheldon Fine Art, Call of Africa's Native Visions Gallery and Shaw Gallery of Fine Art. The show is also just three minutes by car from more upscale shops, restaurants and bistros, and galleries and art stops in the Third Street South Gallery District and Crayton Cove. Now celebrating 63 years as Naples' oldest art fair, Art in the Park features Naples Art Association members showcasing a variety of original paintings (including oil, acrylic and watercolor), pastels, fiber art, photographs, unique décor, wearables, collectibles and gifts.

On Saturday, December 12, the Naples Artcrafters Fine Art & Craft Show returns to Cambier Park in Naples. The Artcrafters have been committed for more than 45 years to promoting excellence in arts and crafts, and to supporting established artists, craftspersons and students by providing a venue for the display and sale of their work in a beautiful setting. At their shows, they present a wide array of artistic genres, styles

and media, including paintings in oils, acrylics and watercolors, drawings in pen and ink as well as pencil, pastels, scissors art, multi-media and collage, photography, ceramics, jewelry (including metalsmithing, metal clays, lapidary and beading), sculptures, pottery, clay, stained glass and fused glass, wood turning and carving, and basket weaving.

Super Saturday Naples Art District Studio & Gallery Tour is Saturday, December 12 from 1 to 5 p.m.

More than 60 professional artists who comprise the Naples Art District open their doors to the public for a studio and gallery tour. This event is a unique opportunity to not only visit some of Southwest Florida's most interesting galleries, but to immerse yourself in the sights, sounds and smells of the studios of artists working in a broad cross-section of genres and media.

See live artist demonstrations in artists' studios, sign up for classes to enhance your own inner artist and buy original artwork directly from the artists.

Participating galleries and studios will provide maps so that you can find your way around the Naples Art District, which lies in the Pine Ridge Industrial Park north of Pine Ridge Road and west of Airport Pulling Road.

Next GreenMarket Stage Performance

Coming to the Alliance's GreenMarket stage from Thursday, December 3 to Saturday, December 12 is *Parallel Lives: The Kathy and Mo Show Abridged*. It consists of a series of comic vignettes written in 1986 by Kathy Najimy and Mo Gaffney and updated and revived (hence, "abridged") by Gioia Marchese and Emily Schweitz. The show reunites Lauren Drexler and Kathy Grey as capricious goddesses and more.

Two supreme beings plan the beginning of the world with the relish of two slightly sadistic suburban wives decorating a living room. First, they decide on the color scheme of the races, a little concerned that white people will feel slighted being such a boring color. Then they create sex and the sexes. Afraid women will have too many advantages, the beings decide to make childbirth painful and to give men enormous egos as compensation. From this moment on, the audience is whisked through the outrageous universe of Kathy and Mo, where two actresses play men and women struggling through the common rituals of modern life.

With boundless energy, *Parallel Lives* examines the ongoing quest to find parity and love in a contest handicapped by capricious gods – or in this case, goddesses.

Seating is limited and attendees will purchase a pass for a six-by-six-foot square space on the Alliance for the Arts' GreenMarket lawn. In order to maintain social distancing, all lawn spaces will be six feet apart. Guests are required to bring their own lawn chairs and blankets.

For safety reasons, all tickets must be purchased in advance. A pass for a space is \$12.50 for one person, \$25 for two people or \$50 for a group of four people.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. To reserve your square, call 939-2787 or visit www.eventbrite.com/o/alliance-for-the-arts-30822833011.

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.✴



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A setting at a previous Festival of Trees

photo provided

Live Concerts, Children's Fun At Festival Of Trees

The 14th annual Festival of Trees returns to the Sidney & Berne Davis Art Center (SBDAC) from December 3 through 6. Experience trees decorated and filled with presents by local businesses to raise money for Goodwill Industries of Southwest Florida and SBDAC. Admission is \$2 per person, while children age 5 and younger are admitted free.

Presented by Sullivan Benefits, Festival of Trees offers children's workshops, Santa's Block Party, live concerts and raffles. Each raffle winner will be notified and receive the decorated tree, and all gifts beneath. This includes delivery and

set up in your home or office. Raffle tickets are \$10 each or three for \$25. The value of each tree is over \$1,500.

On Friday, December 4, listen to a free live concert performance will be out in front of the Sidney & Berne Davis Art Center from 7:30 to 10 p.m. After the unfortunate cancellation of the originally scheduled Nowhere Band, The Blues Brothers Soul Band, a Fort Myers favorite, stepped up to take their place and will be performing.

On Saturday, December 5, Santa's Workshop is an opportunity for kids to create holiday art, color Christmas and holiday cards, decorate their own cookie from Publix and build a craft from 10 a.m. until 2 p.m.. Kids will also get to write letters to Santa and our military service members. Culinary delights for breakfast and lunch will also be available for purchase from food service trucks on

premises. Cost is \$6 per child with ages 2 and younger admitted free. Santa will arrive by train, and there will be a train ride around the center. One free train ride ticket will be included with each workshop admission. For the 2020 year, in lieu of sitting on his lap, Santa will be conducting on the spot, across the desk elf interviews in hopes to fill some elf vacancies created by expansions in several departments. Candy cane testers, gingerbread quality control and teddy bear huggers are still needed at the North Pole.

Challenge Grant For Pediatric Cancer Care

The Richard M. Schulze Family Foundation has issued a \$200,000 challenge grant to build a pediatric hematology and oncology infusion clinic in Naples. The Clark Family Foundation has stepped up to meet the match by donating \$100,000. An additional \$100,000 is still needed to meet the match, for a total of \$400,000 raised for the project.

"We care about the health and wellbeing of children and are drawn to investments that have an immediate and positive impact," said Mary Beth Geier, Florida director of the Richard M. Schulze Family Foundation. "By partnering with Golisano Children's Hospital in issuing this challenge grant, we are inviting

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Lisa Singleton with son Matthew during treatment

photo provided

Southwest Florida Living

NEW



WONDERFUL WINTER ESCAPE

2BD/2BA manufactured home in 55+ Plantation Estates. Turnkey furnished. Enclosed lanai/2 living areas. Storage/laundry room. Resident owned & managed community. MLS#220073281 \$125,000

NEW



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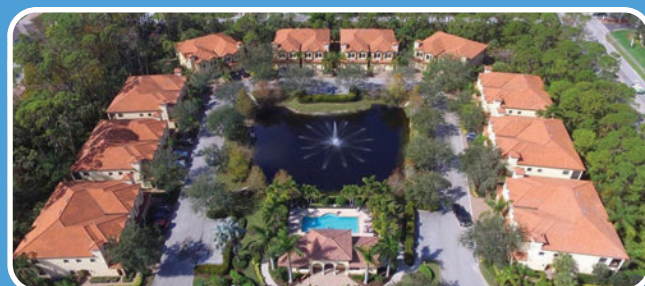
5 BD/5BA New construction. 2 Living Rooms, great room floor plan w/ separate formal dining area. Across the street from the beach. Saltwater pool. Still time to choose finishes. MLS#220071545 \$1,995,000

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Ocean Harbor condo designed for optimal comfort. A cook's kitchen that is open to the dining/living room space. Granite throughout. 2 masters + den & 2 lanais. Fantastic bay views. MLS#220066392 \$499,000



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

photo provided

Estates Lit Up For Holiday Nights

Get in the holiday spirit at the Edison and Ford Winter Estates' 45th Holiday Nights celebration through Sunday, January 3.

The property homes and gardens are decorated, and the Mysore fig tree comes to life with animated lights choreographed to holiday music. The decorations will incorporate this year's theme Sounds of the Season with musical elements.

There will be guided holiday tradition tours offered at 6 and 7 p.m. every night, and visitors can also take self-guided tours

of the site. Guided, inside-the-homes tours will be offered on two Wednesdays, December 9 and 16, for a special up-close look at the homes' interiors. The museum and lab will be closed during Holiday Nights.

Families can stroll through the Children's Tree Trail, which features dozens of trees decorated with handmade ornaments from Lee County school children. This year, the tree trail will be displayed along the Ford property, where visitors will have room to adequately social distance. WGPU is the Children's Tree Trail sponsor. A video message from Santa will be shown in the Caretaker's House, carolers will stroll the grounds on select

nights, and the Fort Myers Mastersingers will perform on Thursday, December 17.

The Ford Cottage Shoppe, Museum Store and Garden Shoppe will be open until 9 p.m. every night and will be stocked with unique gift items for that hard-to-buy-for loved one. Several vendors will be on site Friday and Saturday evenings with refreshments available for purchase. For everyone's safety, masks are required during Holiday Nights.

Holiday Nights tickets are \$20 for adults, \$10 for teens (age 13 to 19), \$2 for children (age 6 to 12) and free to Edison Ford members. Guided holiday tradition tours are \$30 for adults, \$25 for teens, \$18 for children and \$10 for Edison

Ford members. Inside-the-Homes Holiday Tours are \$50. Lee County residents with identification will receive \$5 off Holiday Nights admission on Monday nights.

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.

Talent Developers To Host Holiday Jamboree

The Southwest Florida Chapter of the Association for Talent Development, an organization that develops knowledgeable and highly skilled talent, will host a free virtual Holiday Jamboree on Wednesday, December 9 from 5:30 to 7 p.m. The week of December 7 through 11 is ATD's Employee Learning Week.

Games and prizes will be the theme of the evening with a dash of learning insights in the spirit of ATD's Employee Learning Week. Anyone interested or involved in talent development is invited, whether you're a member of the ATD Southwest Florida Chapter or interested in becoming a member.

Prizes include:

- Free ATD Southwest Florida membership;
- Free monthly meetings;
- Lisa Owen's e-book: *Designing for the Modern Learner*; and
- Raffle for a free ATD professional membership.

To register, visit www.atdswfl.org.

Churches/Temples

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

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

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

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

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

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

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

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

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

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

CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

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

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

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

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

FAITH UNITED METHODIST
Sunday 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.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

SAINT JOHN THE APOSTLE METROPOLITAN
Sunday 10 a.m., 3049 McGregor Boulevard, 344-0012.

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

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

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

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

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

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

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

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

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

UNITY OF FORT MYERS
Sunday 10 a.m., www.unityoffortmyers.org, 11120 Ranchette Road, 278-1511.

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

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

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



This "island" broke away or gathered after heavy rains and headed down Billy's Creek for the Caloosahatchee. The travelers include invasive water-lettuce (upper left) and dollar weed (upper center).
photos by Gerri Reaves

Plant Smart

Plants On The Move

by Gerri Reaves

Heavy rainfall can send plant debris, soil, pollutants, trash and even viable "plant islands" down the waterways.

Ditches, canals and other conduits fill up, weirs overflow, and plants break loose to inevitably head for the rivers and ultimately the sea.

These photos show a few examples of water-borne items that drift by, in this case, at the mouth of Billy's Creek, where they entered the Caloosahatchee.

The moving island is a mass of tangled stems, plant debris and even a pink

blossom of the invasive mahoe (*Talipariti tiliaceum* var. *tiliaceum*) along for the ride (right side of left photo).

Among the island travelers are water-lettuce (*Pistia stratiotes*) (upper left) and dollar weed (*Hydrocotyle umbellata*) (center).

Red mangrove propagules (*Rhizophora mangle*) are always nearby.

These moving islands can be a mixed blessing for the environment.

For native red mangrove, journeying far from the parent tree is business as usual.

Those torpedo-shaped propagules drop off the tree, float vertically for up to a year while sprouting roots, and eventually anchor and develop prop roots that protect shorelines.

The shallow brackish water amidst their roots is the basis of the food chain



Even a fragment of water lettuce can spread the invasive plant

for South Florida's commercial and game fishing industries. No wonder this species is protected by law.

Dollar weed, however, is a different story. Although it is native, many homeowners have an adversarial relationship with it.

When those umbrella-shaped scalloped leaves sprout in a lawn, a sign of over-watering, it can quickly take over.

In a water body, the leaves can grow to large lily-pad size and develop substantial stems like the ones pictured here.

The sight of water-lettuce on the move is nothing to celebrate. It is aptly named, for it resembles a floating open head of lettuce.

Its native status in Florida is in dispute, but there's no doubt that's it is invasive and harms the environment.

It is on the Florida Prohibited Aquatic



Red mangrove's torpedo-shaped propagule drops from the tree and floats for as long as a year before establishing itself

Plants List and the word "infestation" is commonly used to describe it.

Blankets of water-lettuce reduce oxygen levels in the water, generally degrade water quality and reduce biodiversity.

Not only does it clog and blanket water bodies, but it prevents people from having fun!

So thick and pervasive are its floating mats that fishing and boating become impossible.

Furthermore, controlling it costs the state hundreds of thousands of dollars annually.

Just one small floating island is a lesson in the importance of controlling what ends up in our waterways. Rain and water currents don't discriminate which plants hitch a ride.

Plant Smart explores the diverse flora of South Florida.✱

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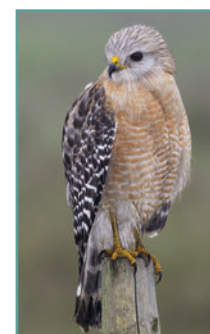
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What A Week



by Capt.
Matt Mitchell

All I can say is what an amazing week of fishing I was lucky enough to enjoy with my clients. The trips not only produced great numbers of snook, redfish and

trout but also a few memorable fish per trip. Favorable weather conditions for the holiday week along with great tides made catching fish relatively easy. In my now more than 20 years of guiding, this had to be one of the most consistent weeks of fishing I can ever remember.

One of the most outstanding trips of the week came while fishing with long-time Sanibel client Jim along with his visiting son and grandson. What started as a very foggy wet morning turned into one of the most action-packed trips ever. We started out on a favorite oyster bar and put a total beat down on the fish.

By 8:30 a.m. that morning, all three anglers had a Pine Island Slam. By 10:30 a.m., we had moved only 100 yards down this same oyster bar and had lost count of not only the amount of fish we had caught but also the amount of double hook-ups we had. Though most of the redfish and snook were average size, the action was crazy. After we moved into the pass for the last hour of fishing, the bite did not let up with hungry snook chasing our baits on the surface and then finishing out the trip with two much larger redfish.

While fishing many of the same places throughout this whole week, it was hard to believe the amount of fish we caught. The key to our success was picking an oyster bar or shoreline with lots of mullet and life on it. This would quickly change from day to day. On some days, it would take a few stops to get the action dialed in. Then, other days, it was the first stop. Even during the lower water periods that I don't usually target these fish on the oyster bars, they would be found just a little further in a nearby deeper sand hole. Most of this non stop action came in one to three feet of water.

When fishing these bars, the most effective way has been slowly working a live free lined shiner back towards the boat. After making long casts to the very edge of the bar, I would have my clients lift and slowly wind their lines to keep the bait out of the grass. This slow retrieve makes the bait flutter down, and it proved deadly with the fish inhaling our baits. When we had large mullet schools close enough to cast into, the bite was almost guaranteed. Seeing so much life on all these oyster bars – as our mullet get ready to spawn – is what our fall fishing is all about.

Trout fishing was also as good as it gets out in the middle sound around one of the many shallow shoals. On days we did not catch trout while fishing the oyster bars for snook and redfish, I headed up towards the many bars west of Demere Key. The water in this end of the sound is much cleaner and is full of trout from 16 to 24 inches. We quickly completed slams for many of my clients while pitching our live shiners into three to four foot sand holes.

As I'm writing this, everything is



While fishing with Capt. Matt Mitchell, Randy from Orlando caught this 30-inch-plus snook over the holiday week photo provided

going to quickly change by the beginning of this week as the strongest early season cold front we have seen in years is approaching. Sadly, all of the patterns I caught fish on this last week will be finished. Quickly falling water temperatures will give us a big push of sheepshead into the sound and shut the snook bite down for at least a few days. This week of cold temperatures will call for switching gears and slowing it down. A live shrimp or even a chunk of shrimp fished on a jig head close to the bottom

will be the method of choice. Although I will enjoy this change of pace for a few days, I am hoping for a temperature rebound so that we can get back to the amazing fall fishing for our big three species.

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.✪

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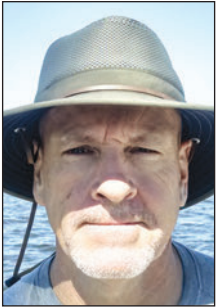
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Dave Doane

CROW Case Of The Week:

American Bald Eagle



by Bob Petcher

Despite its name, the American bald eagle (*Haliaeetus leucocephalus*) has a snowy-feathered head instead of a barren scalp. Its name actually comes from an old English word, “balde,” which translates to “white.”

The large bird of prey is majestic in appearance and one bird you wouldn't want to pick a fight with due to its size and powerful talons. The adult male has an average wingspan of 6.6 feet.

Oddly, the national bird emblem of the United States is most prevalent in Alaska and Canada.

At CROW, an adult bald eagle was admitted from Cape Coral with a reported right wing injury. Upon examination, radiographs revealed that there were no fractures in the wing, but it was suspected that soft tissue trauma was the reason the eagle was not able to fly. The eagle was treated with anti-inflammatory medication to reduce the swelling in the wing.



Patient #20-5191 is still holding its right wing away from its body, which is a good indication that the injury is bothersome
photo by Melanie Peel

“Soft tissue trauma/injury can be anything from a bruise to muscle, ligament or tendon ruptures,” said Dr. Melanie Peel, CROW veterinary intern. “Soft tissue injuries can be very minor to severe, and healing times will correlate to

the degree of injury.

“At this time, we know that there was significant swelling over the right elbow, but cause is unknown. The bruise may be related to vascular injury – ruptured blood vessel – or a torn muscle.”

The patient was flight tested a day after intake, and was noted to be unable to get any lift. It was seen holding the right wing extended from its body.

CROW medical staff have eliminated any other physical ailments with the patient, and the use of a body wrap was short-lived.

“We do not suspect any other injuries besides the wing,” said Dr. Peel. “This patient was wing-wrapped for a couple days, but did not tolerate the wrap well. Given that the patient is holding the wing out but not drooping it much, we deemed that continuing with the body wrap was unnecessary.

“The same way humans need physical therapy, birds do too. We want this bird to be able to flex and extend the wing to help ‘work out’ the swelling.”

The patient is continually being treated with supportive care and is being monitored for any improvements.

“Time and pain medications are all this patient is requiring at this time,” said Dr. Peel. “We will continue to monitor the swelling and use of the wing. Prognosis is very guarded.”

The bald eagle has been in care since November 21. As of December 1, the patient's care diagnosis was still on a wait-and-see basis.

“There are no real improvements in function, but swelling has diminished,” said Dr. Peel on Tuesday. “(There is) no release information at this time.”

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.

Stay Warm When Temperatures Dip

With chilly temperatures back in Southwest Florida, Lee County Electric Cooperative reminds customers to consider alternatives to avoid cranking on the heat.

Why not turn on the heat? Heating costs anywhere from two to three times more than cooling. An alternative to warm your Florida blood is to use space heaters. They are a cost-effective way to stay warm, but can be dangerous (even deadly) if used improperly.

Keep the following tips in mind if you use a space heater this winter:

Read manufacturer's instructions and warning labels before using a space heater;

Only use space heaters with labels showing that they have been approved by a recognized testing laboratory;

Keep space heaters at least three feet from anything that can burn (such as paper). Keep space heaters as far away as possible from kids, pets, and high-traffic areas;

Only use space heaters for their intended purpose. Never use a space heater for things such as warming bedding or drying clothes;

Always turn off, unplug and store space heaters when not in use.

Plug space heaters directly into wall receptacles. Avoid using extension cords;

Do not use a space heater if the cords are frayed, worn or damaged in any way. Inspect cords before each and every use.

Space heaters not your thing? Consider an electric blanket. Just like space heaters, electric blankets must be used with caution and in accordance with all the instructions listed in the manufacturer's instructions.

For more energy saving tips, visit www.lcec.net.

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Better Together partners and employers lead a virtual job interview photo provided

Nationwide Day Of Second Chances

For the more than 650,000 Americans released from prison every year, finding employment has its challenges. That’s why Better Together created the Nationwide Day of Second Chances, a day when churches, volunteers, local businesses and nonprofits across the United States band together to host job fairs for neighbors who face employment barriers such as incarceration. The second annual Nationwide Day of Second Chances will be held on Thursday, December 10. Hosted by over a dozen church partners, hosts and job coaches nationwide, the event features more than 100 businesses who will offer job interviews to more than 5,000 anticipated job seekers.

To find an in-person or virtual event near you and register to attend, visit <http://bettertogetherus.org/events>. “Everyone deserves a second chance to gain economic stability and contribute to society in a meaningful way,” said Megan Rose, CEO of Better Together. “Upon release and without job prospects, two-thirds of them will lose hope and return to prison. Nationwide Day of Second Chances is a solution to help our neighbors find work, restore their dignity and keep families together.” With the help of hundreds of volunteers and church communities, Better Together builds lasting support systems that help families cope with hardships – job loss, substance abuse, homelessness and even jail time – and ensures that children are cared for in a safe home until the family can be reunited. Additionally, Better Together’s “Better Jobs” program has helped nearly 29,000 job seekers connect with employment opportunities through church-based job fairs across 20 states.✧

From page 5 Challenge Grant

additional donors to multiply this gift. This time sensitive call to action encourages the support of others who wish to help pediatric cancer patients receive local treatment through the expertise of Golisano Children’s Hospital.” Last year, the Golisano Children’s Health Center of Naples saw 317 pediatric cancer patients in its existing oncology clinic. With the current schedule of seeing patients only on Tuesday mornings, the clinic is only able to see nine to 10 patients each week. The newly renovated space will allow up to 30 children a week to receive chemotherapy treatments in Naples and meet with their Golisano Children’s Hospital pediatric oncologist without needing to drive to Fort Myers or farther. “A part of the reason my family relocated back to Naples is that I want Matthew under Golisano Children’s Hospital’s care – even post-treatment,” said Lisa Singleton, mother of Matthew who was diagnosed with leukemia at age 2. “I trust them implicitly. I have never in my life encountered medical staff like that they have in place at Golisano.” Matthew is seven now and healthy,

but will make regular visits for continued care at the expanded clinic. “Having this expanded clinic in Naples will help not only my son but so many children. It means so much to have this resource in our community.” Golisano Children’s Hospital in Fort Myers is one of only nine hematology/oncology programs in the state for infants and children diagnosed with cancer or blood disorders, and the only center between Tampa and Miami. For Naples-area patients that make visits three to five times a week to receive infusions, this clinic close to home will save time, energy, money and reduce the stress on a family. “We are so grateful to the Richard M. Schulze Family Foundation for their continued generosity and support of Golisano Children’s Services, helping us continue to improve services throughout the region,” said Armando Llechu, Lee Health’s chief officer hospital operations and women and children’s services. “Foundations like the Schulze Family Foundation and the Clark Family Foundation understand the need for families to receive care close to home and are making these programs a reality.” Help us keep cancer care close to home for families in Naples by donating today at www.barbarasfriends.org.✧

Symphonic Chorale Free Open Air Benefit

The Symphonic Chorale is inviting the Southwest community to an uplifting and inspirational program of choral music at the City of Palms Park on Sunday, December 13 at 3 p.m.

This open-air event aims to celebrate unity and resilient human spirit with song. The chorale has partnered with the Harry Chapin Food Bank to benefit families in food crisis during the holiday season of giving. There is no admission charge, however guests are asked to bring non-perishable food items or make a donation to Harry Chapin.

"We are very excited to provide this unifying opportunity for our community after months of shut down," said Dr. Trent Brown, The Symphonic Chorale's artistic director. "We missed each other and singing so much, we had to find a way to bring our community together again through song. An open-air venue like City of Palms provides the space for us and the audience to social distance and participate safely, and we are grateful to Lee County for supporting our effort to bring our community back together during the holiday season."

The stadium has seating capacity for over 6,000, however attendance for this concert is limited to 1,000. There will be plenty of room for families to sit together and socially distance from other attendees. The chorale will perform well-known seasonal and inspirational Americana music accompanied by piano and brass ensemble. An audience sing-along is planned, as well. Sound and stage logistics are provided by Techtronics.

"This is a great opportunity for families to attend a concert where they can feel safe, support the arts and



Trent Brown

photos provided

supplement the food needs of families in crisis within our community," said John Phillips, chorale board member and chair of the event. "We anticipate a large crowd and this venue provides ample parking and seating, so everyone will be safe, secure and comfortable. Masks are mandatory for admission. Tickets are not required, and food donations should be non-perishable."

Any local business or individuals who would like to collaborate with the chorale in support of this community-wide initiative are welcome to donate. Sponsors will be recognized during the event, in the online concert program, on the Symphonic Chorale website.

The City of Palms Park is located at 2201 Edison Avenue in Fort Myers. To discuss sponsorship options or for more information about this event, visit www.symphonicchorale.org, email contact@symphonicchorale.org or call 560-5695.✱



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Book Review

The Book Of Two Ways



by Di Saggau

Jodi Picoult is known for books that deal with moral choices and complicated family dynamics and ethical issues. *The Book of Two Ways* is no exception, and it is an homage to an ancient Egyptian

coffin text also called The Book of Two Ways. It is the first known map of the afterlife, found only in certain coffins in Middle Egypt during the Middle Kingdom, usually painted on the bottom.

Dawn Edelstein is on a plane when she hears a shocking announcement, "Prepare for a crash landing." As she braces herself, thoughts flash through her mind. They aren't thoughts of her husband but of a man she last saw 15 years ago, Wyatt Armstrong, a British Egyptologist.

Dawn miraculously survives the crash, but many doubts are raised. She finds herself grasping for another man, for the Egypt she left behind and the dissertation she never finished. The airline offers transportation to wherever the survivors want to go, and Dawn chooses to return to the archeological site she left years before to reconnect with Armstrong and their unresolved history. Midway through the book, there's an amazing revelation

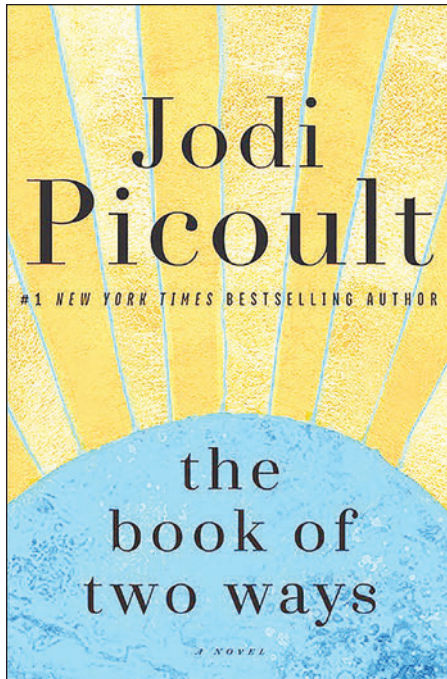


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regarding their relationship.

As the story unfolds, Dawn must confront the questions she's never truly asked. What does a life well lived look like? When we leave this earth, what do we leave behind? Do we make choices, or do our choices make us?

Picoult is a master researcher, who weaves in information without letting it bog you down. *The Book of Two Ways* deals with the power of choices and what can happen when they are made under pressure. I loved this book.✧✧

School Smart



by Shelley M. Greggs, NCSPP

Dear Shelley, I have twins who are in seventh grade. They seem to be struggling with reading comprehension and it's starting to make them avoid reading.

I want them to be good readers. Please give me some ideas to help them.

Lucinda A, Cape Coral

Lucinda,

Much of kids' academic success hinges on reading comprehension. And the joy of pleasure reading lasts a lifetime, so you are wise to try to help your kids with this skill. Below are some strategies to increase reading comprehension that your twins can work on together as partners.

The first step is to have your children preview the reading selection. Let them take turns making verbal observations about these guiding questions. It might be fun for them to record their observations on a voice activated Google Doc or their phone so they can listen to them again as they study.

Below are some of the points for their observations:

What do you notice about the text?

What do you observe as you look at the following: pictures, bold or italicized vocabulary words, title, headings, subheadings, and first and last sentences of each paragraph?

What predictions can you make about his reading selections?

Allow the kids to discuss their observations and check them for accuracy. Then move to the next step which is to

read the first segment of the text silently. They may read it more than once, until they feel like they understand it.

The next step is to highlight important information. After reading, have your children read back through it for important information and details. Ask them to highlight the important information and details they found with a highlighter, highlighter tape or a Post-it flag. They may want to use two types of marking systems – one for important information and one for details. And if using a highlighter pen, use the yellow color because it's processed in the brain more quickly.

Next, have your kids collaborate and discuss their findings. Here are some questions they can discuss:

What important details did you find in the paragraph?

What questions did you have while reading?

Why did the author write this paragraph?

How would you summarize the main point of this paragraph using your own words?

While this is a time-consuming process, reading strategically this way will teach your kids the thought processes they need to use to become better readers and increase their comprehension. Studying together makes this work more fun, and they will be helping each other to find meaning in the text. Plus, they can use any notes they make as a study guide for the test that generally follows a reading assignment.

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.✧✧

EPIC FIRES OF FORT MYERS

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THOMAS P. HALL
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Chamber To Hold Webinar

To help guide and inspire everyone to a better new year, the Above Board Chamber of Florida will offer a Zoom webinar titled The Voices of Hope and Reason for 2021 on Wednesday, December 9 from noon to 1:30 p.m. The webinar will feature panelists from the chamber's executive council, who will share how faith and hope have helped them not only survive but set them up to prosper in the coming years.

Designed to help participants understand how we can all have a better 2021, this webinar will present information to help make timely decisions and enter the upcoming year with optimism.

The discussion will be led by local experts who have a wealth of experience and have made careers guiding business people of Southwest Florida. The webinar provides a rare opportunity to gain insights and knowledge from respected achievers.

Panelists include:

Theo Etzel, chairman of Conditioned Air – With decades of experience and a passion for customer care and quality products and services, Etzel has helped grow his company into a thriving business

serving all of Southwest Florida from Marco Island to Sarasota.

Ursula Pfahl, PhD, vice president of business development for Bingham Jewelers – A native of Germany, Pfahl has transitioned from a career as a college professor and administrator managing university relations, fundraising, and events to a retail career in fine jewelry.

Michael Wynn, president of Ace Hardware, board chair and Naples native – Wynn is president of his family's chain of Ace hardware stores and chairman of the Wynn Family Board of Directors. In 2014, he received the hardware industry's Top Gun Award presented by the National Retail Hardware Association.

Vicki Thomas Tracy, chief operating officer at Gulf Coast International Properties – Tracy has multiple degrees from Central Michigan and the University of Michigan and is driven to make a difference in others' lives. She helped raise millions for "her town," and is often found in leadership roles in the community. With a passion for caring for seniors, she goes into overdrive when care is needed.

The webinar will be emceed by Above Board Chamber of Florida CEO and founder Jeanne Sweeney. To register, visit www.aboveboardchamber.com/webinar/webinar-voices-of-hope-and-reason-for-2021.✧✧



Scotlynn USA Division employees at Special Equestrians

photos provided

Volunteers Participate In Days Of Caring

Employees of Scotlynn USA Division in Fort Myers recently participated in two United Way Days of Caring by giving their time and some sweat equity to beautify the grounds at both Special Equestrians and the United Way main campus.

"Scotlynn has built a culture of caring in their organization that is truly inspirational. We appreciate the time and talent of the employees in making a difference through their volunteerism," said United Way President Jeannine Joy.

"Special Equestrians, a proud United Way Partner agency, has had a rewarding relationship with Scotlynn for many years, collaborating on a number of United Way Days of Caring. We were very fortunate to have employees from Scotlynn USA Division in Fort Myers come to the center this month. Jeff Taylor from Scotlynn brought some hard-working employees who came with a great heart to help at this local nonprofit. The landscape in the front of our property was out of control with weeds and a need for new mulch. Caretaker Roger Edwards had chipped up a good supply of "Special Equestrians" mulch that was ready to spread after some major prep work," noted Jane

Fifer, Special Equestrian's executive director.

"Special Equestrians holds a special place in our hearts. It is such an amazing organization, and we have always jumped at any opportunity to assist them over the past several years. After completing some landscaping work around the property, they gave us a tour and showed the impact they have on lives of so many people in our community. It was a very rewarding experience to have a small part in helping a group that makes such a large impact," said Jeff Taylor, logistics account manager of Scotlynn USA Division.

United Way's Days of Caring is a year-round program that connects groups with nonprofit agencies in need of assistance. Groups who have participated in United Way Volunteer Center projects report they feel more connected to their community and their group members while working to help people in need. It is one of the best ways for individuals to make an impact in their community. Groups have many choices as they select projects needed by the agencies, including the type of project, location in our community, degree of physical labor and full-day or half-day time commitment. Even in the COVID era, there are still projects to be done and agencies that need assistance. If your company is interested in setting up a Day of Caring, contact Kim Berghs at 239.433.7547 or Kim@UnitedWayLee.org.✱



Scotlynn USA Division employees give the thumbs up at the United Way campus

University Mascot Beer To Benefit Scholarship Fund

Momentum Brewhouse founder Brian Hahn is known for elevating the art of creating award-winning beer. For the Keaton, the Hodges Hawk mascot, he created Keaton's Legacy, an IPA that is infused with fresh strawberry and mango. It will make its debut during a special event on Saturday, December 5 from 5 to 8 p.m.

"Everyone is welcome to come to Momentum Brewhouse to taste Keaton's Legacy, which will be available in draft and custom cans," said Hahn. "We'll have music and a food truck for a night of family fun."

Proceeds from the sale of Keaton's Legacy beer, and a limited edition T-shirt, will go to the Hawks Scholarship Fund, which provides assistance for Hodges University students. Plus, a new wall of art will be unveiled.

"This is the second year that our digital design students have created a mural for Momentum, and it will be unveiled during this event," said Dr. John Meyer, president of Hodges



Label of Keaton's Legacy image provided

University. "It's a great way to showcase the artistic talents of our students. The label for Keaton's Legacy is the creation of our own senior creative director, Santiago Arenas."

Momentum Brewhouse is located at 28120 Hunters Ridge Boulevard in Bonita Springs.✱

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Will Power

Wearing Two Hats



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

When my children were young, I used to read Dr. Seuss books to them. One of their favorites was *The Cat in the Hat Comes Back*. You may remember the plot where the devious cat causes pink spots all over the house while mother is gone. When the kids get scared that the mess can't be cleaned up, the cat reveals one cat after another inside ever-decreasing sized hats one on top of the other, kind of like a Russian Matryoshka doll. All of the little cats cause an even bigger mess before eventually cleaning up before mother returns.

Wearing more than one hat can become a problem in an estate plan as well. An example of this is when someone is both a trustee for their deceased loved one's trust and is also a beneficiary of that same trust. Let me give you an example.

Suppose that Thomas' trust is held for the benefit of Isabelle, his second wife. Isabelle is to get income for the rest of her life, and if the income is insufficient for her needs, the trustee can invade the principal of the trust for her health, maintenance and support. Upon Isabelle's death, then the trust terminates back to Thomas' children, Tim and Tom Jr. Isabelle is not Tim and Tom Jr.'s mother. Isabelle is also the trustee of the trust.

Here Isabelle is wearing "two hats." As trustee of the trust, she has a responsibility not only to her own needs – to provide herself income and possibly invade the principal of the trust for her own benefit – but she is also supposed to be watching out for the needs of the remaindermen beneficiaries – Tim and Tom Jr. It appears that Isabelle has a conflict of interest, which is quite common in these scenarios.

A trustee would have to balance the investments for both income (which benefits

Isabelle) and growth (which benefits Tim and Tom Jr.). As a beneficiary, Isabelle would want to weigh the investment portfolio to maximize the income earned so that she has more money to spend every month. But when a trustee invests for income, that is usually at the expense of growth. Tim and Tom Jr. want the trustee to invest for growth, since they want the trust to increase in value during Isabelle's lifetime, if not only to keep pace with inflation.

Keep in mind that every dollar that Isabelle spends – especially principal dollars of the trust – is one less dollar that Tim and Tom Jr. will one day receive as inheritance. Even if Isabelle has a loving relationship with her stepchildren, legally she and they have adverse legal interests. What they will want from the trust is in direct conflict.

Isabelle, therefore, is vulnerable. If she acts too much in her own favor, then Tim and Tom Jr. could sue her for breach of her fiduciary duties. What if Isabelle has a true medical emergency and invades the principal of the trust for many thousands of dollars? The trust seems to indicate that this is okay, but would your opinion change if Isabelle had millions of her own outside of the trust?

This is where good drafting comes into play. The trust could read, for example, that when making principal distributions, the trustee should consider the other income and resources available to the beneficiary. It may also read that the trustee is to favor the income beneficiary's needs over those of the remaindermen, or vice versa. It's not a bad idea for the grantor of the trust to direct his attorney to write an "intent" clause:

"It is my intent that the trustee first consider the needs of my wife should she survive me, over the needs of my children, even to the extent of the exhaustion of the trust funds. In making these decisions, however, my trustee shall consider the outside income and resources available to her," for example.

Yet another good idea is to name an independent party as a co-trustee to weigh in on investment and distribution decisions. This may serve Isabelle well, by taking some of the responsibility off of her shoulders.

There are many ways to "skin the cat" in this type of situation. A "standard" trust that does not delve into the grantor's priorities and intent could actually cause more problems than it solves.

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BIG ARTS Corner

Workshops And Seminars

BIG ARTS is offering the following workshops and seminars:

Adobe Lightroom with Denny Souers – Mondays, January 4 to 25, 1 to 4 p.m. Members \$80; nonmembers \$100.

Virtual Workshop: Figure Drawing from Photographic References with Francesco Gillia – Tuesdays, January 5 to 19, 9:30 a.m. to noon. Members \$93; nonmembers \$116.

Pastels with Mary Klunk – Tuesdays, January 5 to 26, 9:30 a.m. to noon. Members \$85; nonmembers \$106.

Glass Fusing with Petra Kaiser – Wednesdays, January 6 to 27, 9:30 a.m. to 12:30 p.m. Members \$99; nonmembers \$124.

Open Studio: Decorative Painting with Sally Parsons – Wednesdays, January 6 to March 31, 9:30 a.m. to 12:30 p.m. Members \$8; nonmembers \$8.

Glass Fusing with Petra Kaiser – Thursdays, January 7 to 28, 9:30 a.m. to 12:30 p.m. Members \$99; nonmembers \$124.

Beginner Photography with Denny Souers – Thursdays, January 7 to 28, first class 9 a.m. to noon, classes 2, 3 and 4 7 a.m. to noon. Members \$111; nonmembers \$139.

Beginners Watercolors with Sunny Krchmar – Fridays, January 8 to 22, from 9 a.m. to noon. Members \$156; nonmembers \$195.

Intermediate Watercolors with Sunny Krchmar – Fridays, January 8 to 22, 1 to 4 p.m. Members \$156; nonmembers \$195.

Life Drawing – Open Studio Non-Instructed with Carol Rosenberg – Fridays, January 8 to 29, 9:30 a.m. to noon. Members \$69; nonmembers \$86.



The Perennial Philosophy: Catching a Glimpse of Truth and Beauty in Each Religion and Every Branch of Science with Ran Niehoff – Tuesdays, January 12 to 26, 9:30 to 11 a.m. Members \$80; nonmembers \$100.

Beginner Pastel with Donna Filomio – Friday, January 15, 1 to 4 p.m. Members \$85; nonmembers \$106.

New Techniques in Pastel and Preservation with Donna Filomio – Monday, January 18, 9 a.m. to 4 p.m. Members \$145; nonmembers \$181.

The Joy of Writing with Vicky Lettmann – Mondays, January 18 to February 22, 9:30 to 11:30 a.m. Members \$110; nonmembers \$138.

Seed Bead Weaving: Spiral Rope Technique with Anita Gober – Wednesday, January 20, 9 a.m. to noon. Members \$57; nonmembers \$72.

Art Evening: Shorebird on Palm Bark with Jenny Licht – Thursday, January 21, 6 to 9 p.m. Members \$44; nonmembers \$55.

Zentangle with Meg Scott – Thursday, January 21, 9:30 a.m. to noon. Members \$35; nonmembers \$44.

Drawing Basics with Douglas David – Saturday, January 23, 9:30 a.m. to 3:30 p.m. Members \$125; nonmembers \$156.

Paint Seascapes in Oil with David Douglas – Monday and Tuesday, January 25 and 26, 9:30 a.m. to 3:30 p.m. Members \$250; nonmembers \$313.

Virtual Workshop: One Day Drawing Workshop: Ears with Francesco Gillia – Tuesday, January 26, 9:30 a.m. to 3 p.m. Members \$95; nonmembers \$119.

Art Evening: Glitzy Jellyfish on Canvas with Jenny Licht – Thursday, January 28,

6 to 9 p.m. Members \$55; nonmembers \$69.

Palette Knife Painting in Oil from Landscape Photography with Jan Atkielski – Friday and Saturday, January 29 and 30, 9 a.m. to 3:30 p.m. Members \$160; nonmembers \$200.

The health and safety of instructors, students, staff and patrons is a priority at BIG ARTS. Staff is following CDC recommendations and asks for your cooperation in best practices safety standards. All students and instructors must wear a mask and social distance. Class seating will be carefully spaced. Signage and procedures are posted in the facility. All rooms are sanitized between classes and class sizes will be limited.

Call 395-0900 or stop by the BIG ARTS center at 900 Dunlop Road on Sanibel to enroll. Preregistration is recommended. For complete course descriptions, workshop and class schedules, visit www.bigarts.org/workshops, or email info@bigarts.org.✧

LCEC Participates In Goodwill's Festival Of Trees

The County Electric Cooperative (LCEC) will celebrate its 14th consecutive year of participation in the Goodwill Industries of Southwest Florida's Festival of Trees. This year's Festival of Trees runs from December 3 to 6 at the Sidney & Berne Davis Art Center, 2301 First Street in downtown Fort Myers.

Since the inception of this event in 2006, LCEC has cleverly crafted 14 fun and festive trees. Although the favorite tree to date was one adorned with more than 150 hand-painted light bulbs by LCEC employees, this year's Home for the Holidays tree will surely be a hit and

help to bring in much-needed funds for our local Goodwill. The LCEC Home for the Holidays tree includes nearly \$1,000 in gift cards and a 65-inch 4K Smart TV to help keep you close to home and as cheery as possible this holiday season.

LCEC has been a long-time supporter of Goodwill, and their efforts toward helping those with disabilities find and keep meaningful employment.

Festival admission is \$2 for visitors age 12 and older. For more information, visit www.goodwilltrees.com or call 333-1933.✧

Bank Official Elected To Chamber Board

Toni Mueller, a member of Sanibel Captiva Community Bank's deposit operations team, has been elected to the Cape Coral Chamber of Commerce board of trustees.

Mueller joined the bank's deposit operations team in 2015. Her primary responsibilities are assisting in the management process of daily deposit activities, verifying and validating transactions, and issuing corrections, including exception items and wire transfers.

Mueller is an active member of the Cape Coral Chamber of Commerce, serving as volunteer coordinator for Red, White and Boom and the Holiday Festival of Lights. She is also a 2006 graduate of the Leadership Cape Coral program.✧



Toni Mueller

Superior Interiors

Need A Fresh Idea For Holiday Decorating?



by Linda Coin

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

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

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

The holiday season can be thought of as two distinct periods, autumn and winter. For many, the decorations from fall to the winter season are a dramatic change but decorating those main spaces can be easier if you choose a transitional color palette from the start. Red, gold and silver are all great colors that can be incorporated at the beginning of the season and last until spring.

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

Accessories are the jewelry for your interior decorating, even more so during the holidays. Ornaments aren't just for the tree. A simple holiday accent can be created by placing ornaments in a crystal bowl or glass urn. Round glass

balls can even be used as table place cards when you write each guest's name on them.

Soft glowing light is complementary to you and your holiday guests. Once you've turned the lights down low, bring out the candles by the boxful. From tall and tapered to short and stout, candles set a celebratory tone. Grouping candles in odd numbers and varying heights can add interest or consider displaying them on a silver platter for even more light and shine.

Mirrors, picture frames and metallic vases will help your room sparkle and shine. Don't be afraid to mix it up with lots of different metals.

When choosing plants to help add holiday cheer, think beyond the traditional poinsettias. Fill vases with bouquets of fresh flowers in addition to the usual holly. Or choose beautifully shaped topiaries covered with pepper berries. Or how about draping your dining room chandelier with a pine garland or holly.

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

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

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

From page 1

HopePacks

systems that help families cope with hardships – job loss, substance abuse, homelessness and even jail time – and ensures that children are cared for in a safe home until the family can be reunited. Better Together's Better Jobs program has helped nearly 29,000 job seekers connect with employment opportunities through church-based job fairs across 20 states.✱

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Valerie's House
Elects Five New
Board Members

Valerie's House, the only non-profit organization in Southwest Florida with its sole mission to help children grieve, has added five new members to its board of directors.

Elected to the board for two-year terms are:

David Fry (Fort Myers) – Owner of Dwell Florida and owner/developer of The Marriott AC Hotel, a 132-room hotel being developed in downtown Fort Myers. He also is a board member of Harry Chapin Food Bank, The Children's Advocacy Center and the United Way of Lee, Hendry, Glades and Okeechobee counties.

Jaime L Layne (Cape Coral) – Owner/dealer operator of Victory Layne Chevrolet. She has served on the boards of the YMCA of Lee County and the Red Knight Foundation of North Fort Myers

High School.

Lisa O'Neil (Naples) – Lee Health System director of marketing and brand management. She also serves on the Florida Gulf Coast University Marketing Advisory Committee and is a big sister in the Collier County Big Brothers Big Sisters program.

Scott Shotwell (Fort Myers) – Senior vice president and senior portfolio manager of The Northern Trust Corporation in Fort Myers. He previously served on the boards of the YMCA of Lee County and the Alvin A. Dubin Alzheimer's Research Center.

Jaime Suarez (Lehigh Acres) – Executive assistant to the owner of Storm Smart and the executive director of The Rist Family Foundation. She has previously served on the board of the Lehigh Acres Little League.✱

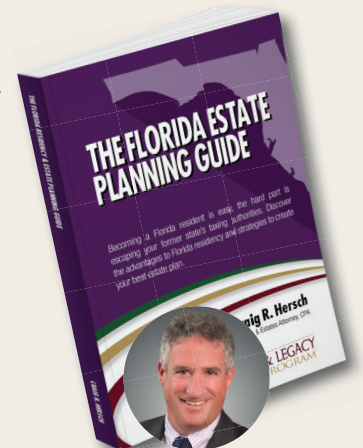


Jaime Suarez

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by Craig R. Hersch
Florida Bar Board Certified Wills,
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Frankly Speaking



by Howard Prager

Amazing records and gender-breaking moves. Games not played and games that shouldn't be played. It's a topsy turvy football season.

Amazing is 5-9, 195-pound

Jaret Patterson from the University of Buffalo. Against Kent State last week, Patterson tied the NCAA record with eight touchdowns in a game, while he rushed for 409 yards – second most ever for a single-game in Football Bowl Subdivision (FBS) history – and tied the record for players with back-to-back 300-plus-yard games. This small running back has a huge heart and a great brother, James, who insisted they play together. He plays linebacker for Buffalo. All the brothers wanted from high school was a chance to play together and, two years ago, that came true. Two weeks ago, both brothers earned player of the week honors (Jaret on offense, James on defense). Jaret has averaged 170 yards per game this season, best in the country, and with a best average 7.2 yards per carry.

A female football player won the SEC player of the week honors. The first woman to play in FBS ball is Sarah Fisher, a soccer player from Vanderbilt. They brought her in for a kick in the second half (when they were already being routed by Missouri). I'd love to see her kickoff

at other times, and she's committed to staying with the team. You go girl!

I call it the passing of the torch game. Kansas City and Patrick Mahomes played Tampa Bay and Tom Brady last Sunday. What started out as a rout for the Chiefs came to be a close game thanks to Brady. The Bucs lost by three, but what a great show featuring the new guard versus the old.

According to SportsTravel, "The NFL is at a tipping point and a confluence of events made last weekend the most perilous in the league's attempt at getting through the season in a global pandemic. The Broncos did not have any healthy quarterbacks – literally. A backup quarterback, Jeff Driskel, tested positive on Thursday and the team's other quarterbacks – starter Drew Lock and backups Blake Bortles and Brett Rypien – have been ruled out by the league as close contacts. There were also reports from ESPN that the quarterbacks were not wearing masks in meeting rooms together during the week. Because the league's rules preclude an emergency signing because of the time needed for any free-agent signing to clear protocols, the Broncos played the Saints with one of its wide receivers on the practice squad, Kendall Hinton, at quarterback thanks to his background playing QB at Wake Forest before switching positions." The game was not pretty. Denver did manage to score three points. But Vegas pulled the game off the board because of this huge disparity. Should it have been cancelled?

It's one thing to lose a QB, another to lose your stadium and practice field. "The San Francisco 49ers will have to get used

to playing on the road. Santa Clara County health officials on Saturday banned all contact sports at the high school, collegiate and professional levels through December 21; teams from Stanford and San Jose State will be affected, as well as the NHL's San Jose Sharks and NBA's Golden State Warriors in their preparations for the coming regular season. Weird season just gets even stranger," reports SportsTravel. The 49ers have found a stadium to use in Phoenix but still need a practice facility.

Will Mike Tyson make a full comeback after last weekend's tie after eight rounds with Roy Jones Jr? Although the fight was an exhibition, Tyson said "I'm happy I'm not knocked out. I'll look better in the next one." He expects to box in more exhibitions, and we'll see if at age 55 he tries to go pro again.

It's time for some uplifting news, posted on MLB.com. "Seattle Mariner rookie of the year Kyle Lewis spent nearly three seasons working back from a serious knee injury suffered just 40 games into his rookie season and now is one of the up-and-coming stars at 25. Tycean Martin, also knows adversity. A 13-year-old, he has undergone four open-heart surgeries and 22 medical procedures after being born with hypoplastic left heart syndrome in which the left side of the heart is severely underdeveloped." What brings them together is the Mariners' Hometown Nine program, created to help fund and mentor minority youths in baseball and softball. Tycean learned of his selection in a video call from Lewis that he's since watched numerous times, often in tears.

"Part of the plan involves the Mariners paying for equipment, training and travel from eighth grade through high school for the nine youngsters who'll be selected each year. The other part will be for Mariners players and staff to help mentor the youngsters and provide encouragement both in their athletic and academic pursuits." Lewis is already bonding with Martin. "His story is different than mine, but it's cool to be inspirational to anybody that I can. He's had a lot to deal with. To show that resilience, I look up to him the same way he looks up to me," said Lewis. Martin plays first base, centerfield and pitches for the Washington Warriors select team. His father, Bobby Martin, said his son's heart condition leaves Tycean with a lower blood oxygen level than others. He has to work a little bit harder to get the oxygen he needs for the rest of his body, so he feels it when he sprints," Martin said. "He's got some synthetic parts [in his rebuilt heart]. It doesn't replace all the functions of a full-functioning heart, but it gets it so he is able to do what he does right now. At this point, baseball and golf are the two sports that his cardiologist allows him to play." Says Tycean, "I try to just be like the other players and just try to be the best that I can. I act like I don't have anything going on." Half a heart? Not for this kid.

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.*

Cape Coral High Appoints New Football Coach

Cape Coral High School has appointed Barry Bowman as the new head varsity football coach. Coach Bowman brings over 30 years of coaching experience and a strong track record of success. He compiled a 107-41



Barry Bowman

record as a head coach in Texas, which includes a 26-6 playoff record and three state championships. Coach Bowman has earned 17 different Coach of the Year awards as a result of this success and was recently named to the Top 10 All-Time Coaches in East Texas by the Texas High School Coaches Association.

"Coach Bowman is a great addition to the Seahawk family," said Cape Coral High Principal Christian Englehart.

Prior to becoming a highly successful coach, Coach Bowman played Division I football at Louisiana Tech University and then went on to play for the Rams and Seahawks in the National Football League. He served as the defensive coordinator for Cape Coral High School this past season and led a unit that allowed just 206 yards per game.*

SPORTS QUIZ

1. What NFL linebacker, then with the New York Giants, suffered a serious hand injury in a 2015 fireworks accident?
2. The centuries-old game of battledore and shuttlecock evolved into what modern Olympic sport?
3. Harry Caray had a one-season stint in 1970 as a broadcaster for what Major League Baseball team?
4. Name the Japanese soccer great who was the leading scorer and MVP of the 2011 FIFA Women's World Cup tournament?
5. At the 2000 Sydney Summer Olympics, Tara Nott became the first American female to win a gold medal in what sport?
6. What Major League Baseball manager retired in 2010 with a career-record 161 ejections (including three postseason ejections)?
7. What previously unbeaten boxer did Felix Trinidad defeat in a majority decision to unify the WBC and IBF welterweight championship in 1999?

ANSWERS

1. Jason Pierre-Paul. 2. Badminton. 3. The Oakland Athletics. 4. Homare Sawa. 5. Weightlifting. 6. Bobby Cox. 7. Oscar De La Hoya.

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dearRPharmacist

Healthy Recipe Tweaks For This Holiday Season



by Suzy Cohen, RPh

Dear Readers: When cooking this holiday season, use these recipe tweaks and make everything healthier. My ideas are designed to improve immune

function. Don't be afraid to experiment in the kitchen with different healing herbs and spices.

Slivers of swiss chard – Dark leafy greens are nutrient dense. So add one large green leaf of swiss chard to a big salad, just make sure to cut it into thin pieces or slivers, so that it combines well into your Romaine lettuce. This superfood offers important antioxidant compounds to your salad that help boost immunity and improve methylation.

Turmeric – One half teaspoon (dried) of turmeric into the green bean casserole will go virtually unnoticed by even kids! You can also grate about a teaspoon of fresh turmeric and, either way, it adds strong anti-cancer and anti-inflammatory benefits.

Enhance the water – Add immune-boosting herbs to the pot of simmering water with potatoes (when you're making mashed potatoes). Enhance the water of any soup with a bay leaf, or two-inch piece of astragalus root, or both. Remember to pull them out before serving.

Shiitake mushrooms – Using these mushrooms in your stuffing instead of plain ones adds biologically active compounds that fight cancer and inflammation. A 2015 study in the *American Journal of Clinical Nutrition* concluded that shiitake reduces CRP (C-Reactive Protein).

Cauliflower – Most people know about making cauliflower mash, as a substitute for the high-carb regular mashed potatoes. But what about Cauliflower Mac and Cheese? I have this recipe posted on my website.

Fresh rosemary, sage or thyme – Everyone is used to using dried spices from a jar, but if you ever try the fresh sprigs, you'll never go back. If you are cooking gravy, scissor in some fresh rosemary, and put some thyme in too.

Pumpkin seed oil – Add two teaspoons to your pumpkin pie filling before cooking it for a profoundly richer flavor and powerful medicinal benefits. It's rich in vitamin E, zinc, omega fatty acids and is well known to support prostate and breast health.

Garlic – Anywhere you can add garlic, do so! You can even roast a whole head of garlic if you wrap it in foil and cook it inside the oven. Then spread it onto crackers or add a dollop to mashed potatoes. Garlic contains allicin which is a very strong anti-viral and antibacterial compound.

Dried tart cherries – Instead of cranberries, add dried tart cherries into your stuffing. These contain natural melatonin which is deeply relaxing,

plus there's research to show cherries support gout. Tart cherries reduce muscle breakdown and speed up recovery too. They have virtually no fat or sodium and taste delicious, not too sweet. The health benefits of tart cherries are so well-documented that I added it to one of my Collagen Beauty Powder formula that is designed for healthy hair, beautiful skin and strong nails.

Substitutes for Wine – If you don't want to drink red wine (or alcohol), you can make a 50/50 mix of tonic water with pomegranate juice. You can also find alcohol-free egg nog everywhere. Finally, you can sip on warm apple cider. If you're interested in more recipe tweaks, I have a longer version of this article posted at my website right now. Visit www.suzycohen.com.

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

New Program Seeks To Attract Nursing Students

To fill the need for nursing assistants, Lee Health has introduced the Student Nurse Apprentice Program (SNAP). The program gives students valuable hands-on clinical experience and a pathway to a future career with the health system. SNAP offers per diem positions for students enrolled in a nursing program who have completed their core foundational courses.

"It has never been more evident than right now; the critical role nurses play in providing highly skilled compassionate care," said Jennifer Thayer, workforce planning and development program manager at Lee Health. "We are pleased to introduce the SNAP program and to have the opportunity to engage with our future generation of health care professionals who are instrumental to our continued journey toward excellence."

Additional benefits of the program include:

- Competitive pay rate;

- Flexible scheduling to accommodate nursing school responsibilities;

- Experience with different nursing units and clinical specialties through implementation of the components of the plan of care related to basic human, mental health and social needs, comfort, safety and emergency measures; activities of daily living; nutrition and personal care needs; and

- Enhanced knowledge and experience as you move from student to professional nurse.

Upon successful completion of the program, students will gain priority consideration for selection to Lee Health's RN Residency Program. SNAP is open year-round, and the opportunity is available to students inside and outside of the health system.

To apply, visit www.leehealth.org/careers and select the "Student Nurse Apprentice" position. For more information, call 424-3500.*

Doctor and Dietician

Twelve Ways Of Christmas



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

We must admit, the idea for this article was inspired by the Moody Bible Institute, so we want to give them credit. During these very different times, why not be the ones who show kindness, love and compassion to others during the upcoming holiday season?

Twelve ways of Christmas:

Gratitude – Saying thank you is a gift in and of itself, but putting it into writing makes it even more special.

Who can you bless today with a card or letter of thanks?

Kindness – Look for a way to surprise someone with an act of kindness. Let someone check out in front of you in line. Pay for the person's purchase behind you. Random acts of kindness make the world a better place.

Care – Consider a way you can help those less fortunate by volunteering to serve meals, bring canned goods to a local food pantry (FISH or Harry Chapin Food Bank), or even purchase a gift card for someone who is struggling.

Word of blessing – Share a word, Bible verse, or poem that has meaning to you that might encourage someone else. Send it via a hand-written note,

text, or email.

Support – Many small businesses are suffering during these times. Make it a point to stop by their store or order a meal from their restaurant. Give an extra tip to someone in the service industry.

Patience – Find ways to bless those closest to you (spouse, child, parent, or sibling). Tell them how much you love them.

Time – Give someone your undivided attention. Call. Stop by. Put down your phone.

Prayer – Many people have many needs these days – make it a point to pray for those needs.

Generosity – Consider giving to someone outside of your family/friends during the holidays. Consider showing your appreciation to a local delivery person, pharmacist, store clerk, mail carrier, police officer, or local charity – or some other person in your life.

A well-loved book – Do you have a special book that means a lot to you? Share it with a friend with a note about what it meant to you.

Hospitality – Find a way to help/serve those near you. Run an errand, grocery shop, take in their trash cans – just provide little ways to show you care.

Humility – Make a point of allowing someone else to go first. Slow down. Chill. Share some peace with a fellow human.

Wishing you all a blessed and beautiful upcoming holiday season – even if it looks a little different than it usually does. Let's make it a good one!

*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.**

Form A Team For Million Mile Health Challenge

The local community is being asked to collectively log one million miles in less than six weeks as it gears up to launch another iteration of the Million Mile Movement, a six-week challenge that kicks off Monday, December 14 and runs through January 24.

The competition is using a new app called The Outbreak, which features family friendly zombies and is open to people and teams of all ages and fitness levels. Form a team and use the new app to work together to fight your way through family friendly zombie character mobs and reach the safe house... before the horde reaches you. Registration is taking place now through Saturday, December 5. Employers and area organizations are encouraged to purchase their discounted licenses to sign up their teams (three to 10 members) at www.healthylee.com.

"Staying fit during the holidays can be a challenge, so we opted to move the Million Mile Movement to a time we can all benefit," said Gary Griffin, Healthy Lee chair and president and CEO of B&I Contractors, Inc. "The event is also a great way to unite our community around the shared goal of better health and wellbeing. We encourage everyone in Lee County to participate."

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

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

For more information or to register to participate, visit www.healthylee.com.*



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

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

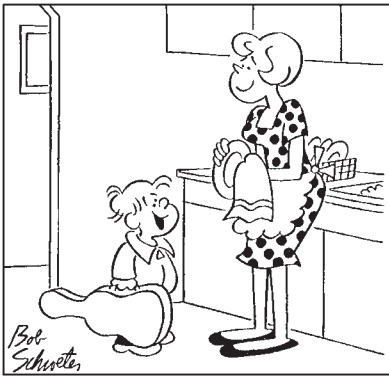
- CLUBS & ORGANIZATIONS**
- American Legion Post #38 239-332-1853
 - Angel Flight 1-877-4AN-ANGEL
 - Animal Refuge Center 731-3535
 - American Business Women Association 357-6755
 - Audubon of SWFL <https://www.audubonswfl.org/>
 - Caloosahatchee Chapter DAR 482-1366
 - Caloosahatchee Folk Society 321-4620
 - Cape Chorale Barbershop Chorus 1-855-425-3631
 - Cape Coral Stamp Club 542-9153
 - duPont Company Retirees 454-1083
 - Edison Porcelain Artists 415-2484
 - Embroiderers Guild of America - Sea Grape Chapter 239-267-1990
 - FM UDC Chapter 2614 728-3743
 - Friendship Force Of SW FL 561-9164
 - Garden Club of Cape Coral 239-257-2654
 - Horticulture and Tea Society 472-8334
 - Horticultural Society 472-6940
 - Lee County Genealogical Society 549-9625
 - Lee Trust for Historic Preservation 939-7278
 - 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@islandsunnews.com

PUZZLES

Answers on page 23



"I must be improving — my music teacher
didn't need any _____ today."

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!

Crater
MASCH

Unique
SACPILE

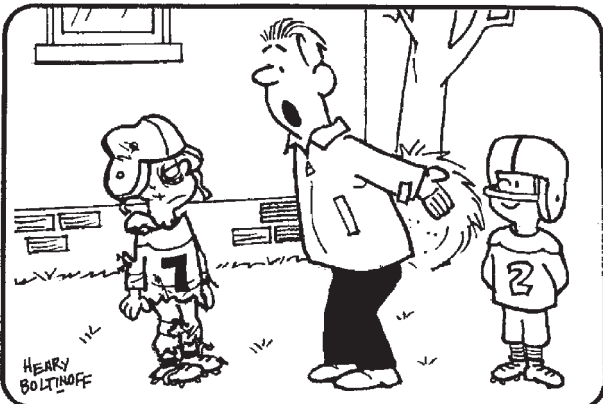
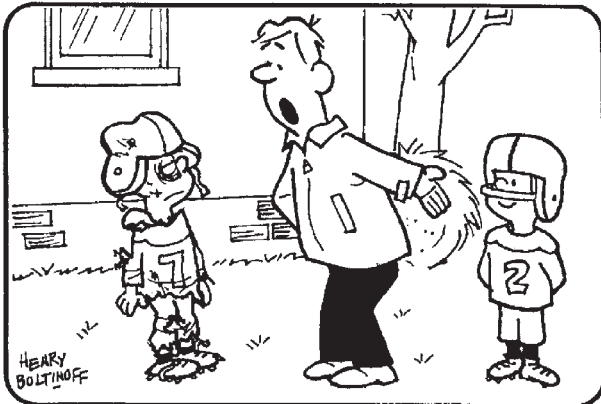
Ambiguous
CLEANUR

Scoff
PINES

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Man's hair is different. 2. No. 7 on jersey is now black. 3. Window is shorter. 4. Man's right arm is hidden. 5. Socks are striped. 6. More bricks on house.

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.

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

PUZZLES

Answers on page 23

Super Crossword

DIRECTLY ON TOP

- ACROSS**

1 "Everwood" actor Wolf

6 Pigs' home

9 Dutch brew

15 — of Mexico

19 * Ship's load

20 Lead-in to historic

21 Durango dish

22 Baseball's Hershiser

23 * Subject to interpretation

25 * Old Greek squares

26 "Stretch" car

27 Steak, e.g.

28 Prefix with lethal

29 * Second U.S. first lady

31 At a distance

33 Tattles

34 * Chum

38 Give slack to

42 Son of Eliel Saarinen

43 * Dr. Evil's cat in Austin Powers films

47 1801-05 veep Burr

51 Beatles song on "Let It Be"

52 Observe

55 Song for one

56 Linguist Chomsky

57 Political plot

61 Knight's glove
- 63 "Serpico" actor M. — Walsh

65 * Jumping up and down on a bouncy stick

69 Comb buzzer

70 Native suffix

71 See 8-Down

73 * Pairs of consecutive letters

75 Spying setup

77 Likely (to)

80 Meadow

82 Birds building homes

84 Poster pins

88 Buzzing

91 Large 1940s computer

93 "Huh?"

94 Female kin

95 Artist's base

99 * Suffer a lot

101 Dog variety

103 * She directed "The Hurt Locker"

107 — Sea (salt lake in Asia)

110 Coy

111 Revisions

112 * Too much self-esteem

116 Beloved of Tristan

119 * Bay off Nigeria and Togo's coast
- 123 — de plume

124 Brit's "Bye!"

128 Ye — Shoppe

129 Rendezvous

130 Really succeed (or what literally appears six times in this puzzle)

132 Old Greek concert halls

133 Shahs, e.g.

134 Shoot (for)

135 Sermon text

136 Philosopher Immanuel

137 Grand home

138 Hosp. staff

139 Sea vessels
- 10 Wise men

11 Air pollution

12 Reid and Lipinski

13 "Seinfeld" gal

14 Nielsen of "Mr. Magoo"

15 Ghana's former name

16 Dickens' — Heep

17 "— tell ya!"

18 Dental string

24 It uses 108 cards

29 In — (single-file)

30 Gillette razor brand

31 Toon bear

32 Canon camera

34 Compound with nitrogen

35 '83 Keaton-Garr film

36 Letter-shaped girder

37 Easy putts, informally

39 Weep loudly

40 Sooner than, in poetry

41 Ultimate degree

44 Health supplement store, familiarly

45 Jump

46 Pig
- 48 Part to play

49 Bullring cries

50 Observe

53 R&D center

54 Song for two

58 Singer Dylan

59 Opposed to, in dialect

60 Theater box

62 Orderly

64 Floor piece

66 Tax org.

67 Election analyst Silver

68 FBI guys

72 Umps' kin

74 — Lanka

76 Oklahoma tribe

77 "Moby-Dick" captain

78 Flow out

79 Fix a flat?

81 Height: Abbr.

83 Former Swedish car

85 Toddler, e.g.

86 Buzzing musical toy

87 Is in a huff

89 Source of warmth on some trains and ships

90 Belly laugh

92 Special FX technology

96 Poppa

97 Native suffix

98 Unit of resistance
- 100 Mean beast

102 "Doggone!"

104 Totally spoil

105 Century divs.

106 Dark modern film genre

108 Breakdown of social norms

109 Long-term inmates

112 Download on a Kindle

113 Radner of comedy

114 Nash of comedy

115 "My heart skipped —"

117 Weaving frames

118 Driver's lic. issuer

120 Sicilian volcano

121 Night, in Nice

122 — dixit (assertion with no proof)

124 Song for three

125 "Waterloo" quartet

126 Lean

127 Gets mature

130 Rove (about)

131 Flow out

1	2	3	4	5		6	7	8		9	10	11	12	13	14		15	16	17	18	
19						20				21							22				
23						24				25							26				
27						28				29							30				
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51										52				53	54		55				
56						57		58	59	60				61			62				
63					64		65				66	67	68		69				70		
			71		72		73						74		75		76				
77	78	79			80		81		82					83		84		85	86	87	
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94					95				96	97	98				99		100				
101					102			103				104	105	106							
			107		108	109		110									111				
112	113	114						115				116			117	118					
119									120	121	122							124	125	126	127
128																					
132																					
136																					

King Crossword

- ACROSS**

1 Secondhand

5 Sphere

8 Halt

12 DVR alternative

13 Greek X

14 Authentic

15 Sheltered, at sea

16 Hare's defeater

18 Japan's main island

20 Comic Phyllis

21 California wine valley

23 Zero

24 Enchilada holder

28 Plate

31 — jiffy

32 Fix a stubborn shoe-lace

34 Rowing need

35 Sulk

37 Harasses

39 Male cat

41 Tater

42 Wall plaster

45 Warren Commission subject

49 Bullring VIP

51 Lotion additive

52 Yemeni city

53 Scrap

54 Anger
- 55 Got up

56 They're between dos and mis

57 Let fall

58 Got up power

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Vegetable Drop Biscuits with Honey Butter

photo courtesy Fresh From Florida



Vegetable Drop Biscuits
¼ cup zucchini, shredded fine
¼ cup yellow squash, shredded fine
¼ cup sweet peppers, finely diced
¼ cup green onions or scallions, chopped fine
2 cups all-purpose flour
1 tablespoon baking powder
1 teaspoon sea salt
1 stick butter, cold and cut into small pieces
1 cup buttermilk
1 teaspoon seasoning blend, your favorite
1 cup sharp cheddar cheese, shredded fine
Preheat oven to 400 degrees. In a large mixing bowl, add flour, baking powder, salt and seasoning blend. Whisk dry ingredients until combined. Add the cold butter to the flour mixture. Use a large fork to smash or cut the cold butter into the flour mixture. Continue this process until the mixture becomes course. Add the cheese, all the cut vegetables and most of the buttermilk

to the flour mixture. Stir the mixture until a it becomes thick and a bit lumpy. Do not overmix. Drop the biscuit mix onto a cookie sheet in two-ounce mounds giving space to cook. Place filled cookie sheet in preheated oven. Cook the vegetable drop biscuit for 15 to 20 minutes until cooked throughout and golden brown. Remove from oven and serve warm with Florida Honey Butter.
Honey Butter
1 heaping tablespoon honey, plus more to taste
2 sticks butter, softened to room temperature
1 tablespoon fresh thyme, removed from stems and chopped fine
1 teaspoon seasoning blend (your favorite)
Sea salt and fresh ground pepper to taste
1 lemon, zested
In a small bowl, combine all ingredients. Use a fork to fold and then whip all the ingredients together. Taste honey butter and adjust seasoning to preference with salt, pepper and extra honey if desired. Spoon the honey butter into a small glass jar with a tight-fitting lid for storage. To serve, remove the honey butter from the refrigerator at least 30 minuets before you plan to use it.*

PETS OF THE WEEK



Zazzy ID# A834871

photos provided

Lee County Domestic Animal Services
Zazzy And Merry

Hello, my name is “Snazzy Zazzy” as the volunteers like to call me because of the best ears in town. I am the Pet of the Week. I am a 1-year-old female pit bull mix who loves to chase tennis balls and can stop on a dime and run back with it so that you can throw it just one more time. The best part of my snazzy ears is they are spotted on the inside. I am as pretty as I am affectionate.
My adoption fee is \$75.
Hi, I’m Merry. I am a 2-year-old female domestic shorthair that is the perfect gift to have just in time for the holiday season. I will bring you joy and comfort as I sit next to (or right in the middle of) your lap. I am the epitome of a lap cat. If you take advantage of the adopt one and get a feline friend at no additional charge special, you can get



Merry ID# A834655

a more playful cat and have the best of both worlds.
My adoption fee is \$50, and you can get another kitty at no additional charge.
Lee County Domestic Animal Services (LCDAS) will celebrate the upcoming holiday season with a Gift Giving Tree. The tree in the adoption lobby is decorated with ornaments with a wish list of gifts for the shelter pets. Visitors may pick one up and return it to LCDAS by December 21 to help make an animal’s holiday a little brighter. The ornament is yours to keep for your tree!
Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10 a.m. to 3:30 p.m. Visit www.leelostpets.com to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.*

My Stars ★★★★★
FOR WEEK OF NOVEMBER 30, 2020

Aries (March 21 to April 19) Don’t feel sheepish about looking to spend more time with that special person during the upcoming holidays. Do it because it’s the right thing to do.
Taurus (April 20 to May 20) Never mind letting misunderstandings repair themselves. Consider speaking up while the healing process can be shorter and sweeter and leave fewer scars.
Gemini (May 21 to June 20) Romance is easily awakened in the Geminian heart, especially around the happy holiday season. So go ahead and make those plans with that special someone.
Cancer (June 21 to July 22) Moon Children can glow with their own inner light as the holiday season magic takes hold. It’s a very special time for Cancers and Libras together. Enjoy.
Leo (July 23 to August 22) It’s a good time for you fabulous Felines to take pleasure in your special gift for, well, taking pleasure! Look for this

holiday season to give you every reason to purr.
Virgo (August 23 to September 22) This is a good time to let others who are in your life get a little closer to you. You’ll both find out what you’ve been missing for far too long.
Libra (September 23 to October 22) Open up your eyes and see some welcome surprises you’ve missed or overlooked for too long. What you find can lead to other favorable changes.
Scorpio (October 23 to November 21) What you expect to be potentially troublesome might simply be especially challenging and well worth your efforts to check out. Good luck!
Sagittarius (November 22 to December 21) A friendship might not seem as trustworthy as you’d like. OK. Ask your questions, get your answers and settle the matter once and for all.
Capricorn (December 22 to January 19) A family situation moves into a new area because of (or, maybe, thanks to) some decisions you might have felt you could not avoid making.
Aquarius (January 20 to February

18) You could be cutting it very close if you hope to make those holiday plan changes in time to avoid problems. Get a friend or family member to help.
Pisces (February 19 to March 20) Friends show how important you are to them. Keep these precious relationships thriving. They affect much that will happen to the fabulous Fish in the new year.
Born This Week: Time spent at home alone nurtures your mystic self. Spending your time with others nurtures them.

MOMENTS IN TIME

• On Dec. 10, 1690, a near-mutiny forces the Massachusetts Bay Colony to issue the first paper currency in the Western Hemisphere. Soldiers were typically paid in coins, but shortages forced armies to temporarily issue IOUs – in one case, in the form of cut-up playing cards.
• On Dec. 7, 1787, in Dover, Delaware, the U.S. Constitution is unanimously ratified by all 30 delegates to the Delaware Constitutional

Convention, making Delaware the first state of the modern United States. Government under the U.S. Constitution took effect on March 4, 1789.
• On Dec. 9, 1921, an engineer at General Motors discovers that when he added tetraethyl lead to gasoline, it eliminated the knocking sound of internal-combustion engines. In the 1970s, the Environmental Protection Agency phased out leaded gasoline due to health concerns.
• On Dec. 8, 1941, Jeannette Rankin, the first woman elected to Congress and a lifelong pacifist, casts the sole Congressional vote against the U.S. declaration of war on Japan. She also had voted against U.S. involvement in World War I.
• On Dec. 11, 1978, a half dozen masked robbers raid the Lufthansa Airlines cargo building at JFK Airport in New York, making off with more than \$5 million in cash (\$20 million in today’s dollars) and almost \$1 million in jewelry.
• On Dec. 12, 1989, Leona Helmsley, nicknamed the “Queen of

continued on page 22



FRIDAY
Few Showers
High: 71 Low: 59



SATURDAY
Mostly Sunny
High: 72 Low: 62



SUNDAY
Few Showers
High: 77 Low: 65



MONDAY
Partly Cloudy
High: 75 Low: 66



TUESDAY
Sunny
High: 74 Low: 62



WEDNESDAY
Sunny
High: 72 Low: 63



THURSDAY
Mostly Cloudy
High: 67 Low: 55

Redfish Pass Tides

Day	High	Low	High	Low
Fri	1:42 am	9:44 am	None	None
Sat	2:31 am	10:36 am	6:46 pm	8:48 pm
Sun	3:31 am	11:31 am	7:23 pm	10:45 pm
Mon	4:48 am	12:27 pm	7:55 pm	None
Tue	6:27 am	12:38 am	8:25 pm	1:20 pm
Wed	8:13 am	2:07 am	8:54 pm	2:08 pm
Thu	9:49 am	3:17 am	9:23 pm	2:52 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	12:47 am	9:46 am	None	None
Sat	1:36 am	10:38 am	5:51 pm	8:50 pm
Sun	2:36 am	11:33 am	6:28 pm	10:47 pm
Mon	3:53 am	12:29 pm	7:00 pm	None
Tue	5:32 am	12:40 am	7:30 pm	1:22 pm
Wed	7:18 am	2:09 am	7:59 pm	2:10 pm
Thu	8:54 am	3:19 am	8:28 pm	2:54 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	1:23 am	9:49 am	4:37 pm	8:36 pm
Sat	2:09 am	10:32 am	5:30 pm	9:24 pm
Sun	3:08 am	11:23 am	6:23 pm	10:25 pm
Mon	4:20 am	12:30 pm	7:10 pm	None
Tue	6:23 am	12:48 am	7:51 pm	1:34 pm
Wed	8:05 am	2:12 am	8:28 pm	2:26 pm
Thu	9:30 am	3:13 am	9:07 pm	3:13 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	3:52 am	1:00 pm	None	None
Sat	4:41 am	1:52 pm	8:56 pm	None
Sun	5:41 am	12:04 am	9:33 pm	2:47 pm
Mon	6:58 am	2:01 am	10:05 pm	3:43 pm
Tue	8:37 am	3:54 am	10:35 pm	4:36 pm
Wed	10:23 am	5:23 am	11:04 pm	5:24 pm
Thu	11:59 am	6:33 am	11:33 pm	6:08 pm

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Narconon reminds friends and family that you should have a solid plan when you leave treatment. This gives the recovering person the best possible chance at remaining clean.

There must be a plan in place that the recovering person can follow without getting discouraged. A person without a plan that has too much time on his or her hands is a recipe for disaster, and will eventually relapse. Filling that time with a structured environment and following the plan will greatly increase a person's chances of being successful.

To learn more about having a plan after treatment, visit www.narconon-suncoast.org/blog/the-importance-of-supportive-friendships-in-recovery.html.

Narconon can help you take steps to overcome addiction in your family. Call for a no cost screening or referral at 1-877-841-5509.✱

From page 20

Moments In Time

Mean," is sentenced to four years in prison, 750 hours of community service and a \$7.1 million tax-fraud fine in New York. Helmsley once quipped that "only the little people pay taxes."

• On Dec. 13, 2003, in Seattle, the iconic Hat 'n' Boots Tex Gas Station is

hauled away from the spot where it had stood for almost 50 years. The 44-foot-wide Stetson hat had perched atop the filling station's office, while the 22-foot-tall cowboy boots housed the men's and the women's restrooms.

NOW HERE'S A TIP

- Five ways to keep yourself from turning up the thermostat this winter: Put on a sweater; have a nice bowl of soup or stew; wear slippers or thick nonskid socks, grab a comfy blanket; snuggle up with someone special.
- "If you bathe in a tub, try rubbing on bath oil before getting in the tub. You will get greater coverage and more moisturizing power from your bath oil. And at this time of year, who doesn't need that?" – ME in Washington
- "Here's a great way to use Christmas cards from last year: Trace a child's hand on the back of the pictures. Cut them out and use them to make a wreath for the front door. Or, make small jigsaw puzzles for young children to play with. Any good, detailed artwork on a card front will do. Make squiggly lines in the fashion of a jigsaw puzzle, then cut out. It helps if the cardstock is good and thick." – MM in Utah
- "To keep light bulbs from sticking in the socket, apply petroleum jelly to the base of the bulb before screwing it into the fixture." – BD in Virginia
- Here's an oldie but a goodie: Add a few drops of water to votive cups before

adding a candle. The wax will float on the water, and when the candle burns down, it won't get stuck in the votive glass.

- "Burned rice? No problem. While it's still hot, carefully remove to a new pot any rice not browned or blackened. Then top it with a single slice of white bread. Allow it to sit for several minutes under a tightly fitted lid. The burned smell is absorbed by the bread, and the rice is fit to eat." – MU in Michigan

STRANGE BUT TRUE

- Tigers, jaguars and leopards love the smell of Calvin Klein's "Obsession For Men" Photographers who used the fragrance to lure the big cats to their cameras in the wild said the cats "would start drooling, their eyes would half-close, almost like they were going into a trance."
- The human body gives off enough heat in 30 minutes to bring a gallon of water to a boil.
- Between 1970 and 1973, four Israeli fighter pilots held as POWs in an Egyptian prison passed their time by translating JRR Tolkien's *The Hobbit* from English into Hebrew. The book was sent to them by their family members via the Red Cross. The pilots' version was published commercially in 1977 and is still considered by many to be one of the best Hebrew translations available.
- Until 1953, New York City had a pneumatic tube mail network that spanned 27 miles and connected 23 post offices. At its peak, the system moved 95,000

letters a day at speeds of 30-35 mph.

- Halloween is more Irish than St. Patrick's Day.
- Ever wonder how the dice game Yahtzee got its curious moniker? A wealthy Canadian couple invented the game as a way of entertaining friends on board their yacht. After it proved a hit, the couple consulted a toy maker who loved it, bought the rights, and changed the original name from the generic "Yacht game" to "Yahtzee."
- Homer Simpson's famous "D'oh!" is a real word in the Oxford English Dictionary, though in *The Simpsons* scripts, it's rendered merely as an "annoyed grunt."
- Barbie has been outfitted by over 70 well-known designers, including Yves Saint Laurent and Christian Dior.

THOUGHT FOR THE DAY



"Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love."

– Lao Tzu

TRIVIA TEST

1. **Food & Drink:** What is another name for the vegetable known in some parts of the world as a courgette?
2. **Language:** What does the Latin phrase "Ars longa, vita brevis" mean?
3. **Literature:** Which 20th-century novel begins with the line, "When he was nearly thirteen, my brother

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4. **Animal Kingdom:** What is a pudu?
5. **Movies:** Which 1983 movie featured the character of Tony Montana?
6. **Television:** What was the name of the vacuum cleaner on the children's series *Teletubbies*?
7. **General Knowledge:** What color is carmine?
8. **Science:** What was the first mammal to be cloned successfully from an adult cell?
9. **Firsts:** Who was the first African American man elected to the U.S. Senate?
10. **U.S. Presidents:** What was the name of President Bill Clinton's family cat?

1. Zucchini 2. Art is long, life is short 3. Io
kill a Mockingbird 4. Small South American
deer 5. Scarface, Al Pacino 6. The Noo-noo
7. Dark red 8. Dolly the sheep 9. Hiram
Rhodes Revels, 1870 10. Socks

1. Chasm 2. Special;
3. Unclear; 4. Snipe

ASPIRIN

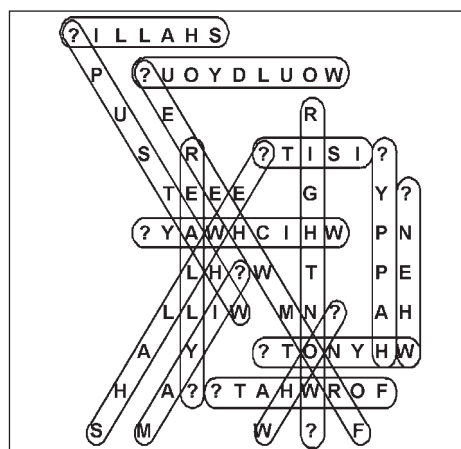


PUZZLE ANSWERS

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B	R	E	E	D		K	A	T	H	R	Y	N	B	I	G
		A	R	A	L		D	E	M	U	R	E		R	E
E	G	O	M	A	N	I	A		I	S	O	L	D	E	
B	I	G	H	T	O	F	B	E	N	I	N	O	M		T
O	L	D	E		M	E	E	T	U	P		G	O	O	V
O	D	E	A		I	R	A	N	I	S		A	I	M	B
K	A	N	T		E	S	T	A	T	E		D	R	S	B

U	S	E	D		O	R	B		S	T	O	P
T	I	V	O		C	H	I		S	T	R	U
A	L	E	E		T	O	R	T	O	I	S	E
H	O	N	S	H	U		D	I	L	L	E	R
			N	A	P	A		N	I	L		
T	O	R	T	I	L	L	A		D	I	S	H
I	N	A		R	E	T	I	E		O	A	R
M	O	P	E		T	O	R	M	E	N	T	S
			T	O	M		S	P	U	D		
S	T	U	C	C	O		O	S	W	A	L	D
T	O	R	E	A	D	O	R		A	L	O	E
A	D	E	N		O	R	T		R	A	G	E
R	O	S	E		R	E	S		D	R	O	P



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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Intracoastal Harbour	Fort Myers	2003	3,861	\$1,685,000	\$1,650,000	11
Ponza	Estero	2016	3,131	\$1,325,000	\$1,290,000	0
Cape Coral	Cape Coral	1999	3,449	\$1,495,000	\$1,200,000	53
Chartwell	Estero	2002	3,414	\$1,275,000	\$1,150,000	39
Caprini	Miromar Lakes	2006	3,177	\$1,295,000	\$1,120,000	244
East Rocks	Sanibel	1984	2,004	\$1,095,000	\$1,085,000	0
Town And River	Fort Myers	1974	2,792	\$1,200,000	\$1,000,000	18
Cape Coral	Cape Coral	1965	2,048	\$995,000	\$995,000	32
Cape Coral	Cape Coral	2003	3,021	\$969,000	\$969,000	0
Corkscrew Shores	Estero	2018	3,663	\$950,000	\$925,000	101

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