



The 2019 Christmas Outreach at The Heights Center

photo provided

Donations Needed For Giving Tree Drive

The Heights Foundation/The Heights Center is seeking organizations and individuals to participate in the annual Harlem Heights Community Gift Drive. Individuals, businesses and philanthropic

groups are asked to donate new, unwrapped gifts for local children. Gifts are needed for more than 800 children, ranging from newborns to age 17.

Suggested donations are gifts under \$25, including Legos, dolls, art sets, footballs, basketballs, soccer balls, remote control cars, tea sets, action figures, board games, coloring books and crayons. Personal items are also needed including

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Jazz Concert With Youthful Creativity



ChimyTina will perform on December 18

photo provided

The 2020-21 Jazzy Nights Concert Series at the Sidney & Berne Davis Art Center will begin with ChimyTina presenting A Very ChimyTina Christmas on Friday, December 18. Cocktail hour begins at 6:30 p.m. and the performance starts at 7:30 p.m.

Dan "Chimy" Chmielinski and Martina DaSilva are New York-based jazz musicians who began making music together in 2014. ChimyTina is their collaborative project, featuring bass and vocal duo arrangements of some of their favorite songs. DaSilva is broadly

educated and draws from early jazz, opera and chamber music when assembling a program. Chmielinski holds both undergraduate and graduate degrees from the Juilliard School.

A Very ChimyTina Christmas shows off the best of youthful creativity with old and well-worn music in new and exciting ways. Joining DaSilva and Chmielinski are guitarist Gabe Schnider and saxophonist Lucas Pino. For more information, visit www.chimyтина.com.

Jazzy Nights Concert Series features
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Palmas en la Noche by Janine Lakatos

images provided

Beach Art Group Holiday Sale

The Fort Myers Beach Art Association (FMBAA) is holding its Art Divine Holiday Sale through Thursday, January 7. All items – at least 300 works of framed and matted original art for sale – are under \$150 with 100 percent of the



Beach Talk by Nancy F. Morgan

commission going to the artists.

The FMBAA members have a Christmas tree at the Fort Myers Beach Woman's Club with many original artists' created ornaments. The tree, named *Just Beachy*, will be auctioned online as well as in person until 8 p.m. Saturday, December 12. Visit www.32auctions.com/wc-christmastreefestival to view all items.

Artists are being sought to enter the juried Winter Open Show titled *Beyond Boundaries* that receives on Friday, January 8. The show offers more than \$1,000 in prizes. This show is open to all

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Live Theater On The Green



The GreenMarket Stage crowd

photos provided

by Di Saggau

I had the pleasure recently of experiencing live theater at the Alliance for the Arts presented by Theatre Conspiracy. The show takes place on the GreenMarket Stage and features local actors Lauren Drexler and Kathy Grey in Theatre Conspiracy's *Parallel Lives*:



Kathy Grey and Lauren Drexler

The Kathy and Mo Show (Abridged). What fun to be in an intimate, open-air venue where everyone can safely enjoy live entertainment. My friend and I had our own six-foot square of turf. We wore masks and brought our own folding chairs.

The show is a one-hour, non-stop, laugh-a-minute production during which the actors lend unique perspective to a variety of female and male characters

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Historic Downtown Fort Myers, Then And Now:

Turn-Around Year



by Gerri Reaves, PhD

Like the rest of the country, Fort Myers had its share of economic problems in 1935 due the Great Depression. Bright spots in that bleak first-half of a decade arrived in 1933, beginning a series of federally funded projects through programs with now-familiar acronyms, such as FERA, CWA, WPA and PWA.

Those programs, respectively, were the Federal Emergency Relief Administration, the Civil Works Administration, the Works Project Administration and the Public Works Administration.

The projects provided jobs, albeit temporary ones, at a time when even a few days' pay might mean the difference in whether a family went hungry or not.

Local government and entities such as the Red Cross, the Elizabeth Benevolent Society, various fraternal organizations and the Lee County Welfare Federation pitched in to alleviate unemployment, poverty and hunger, but the profound positive impact of the federal funds is hard to over-estimate.

Citizens eagerly awaited the news detailing which counties and cities would receive funding, for which projects, and how much.

For example, a frontpage article in *The News-Press* in September 1935 announced "Jobs for 541 in City List of Projects." The repaving of First Street was allotted the most funds at \$50,547.

Allotments were for beautification of the cemetery and the building of a city plant nursery, drainage projects, gas mains, sidewalks, the construction of recreation centers and facilities, repairs to schools and sewers, sidewalk construction, and even the indexing, repair and maintenance of the public library's collection.

For each project, the announcement specified the funds available, the number of workers to be employed, and for how long – for example, Evans Park, \$3,714, 1 month, 51 workers.



Workers build play courts in Fort Myers in 1935 as part of a Federal Emergency Relief Administration project, just one that provided much needed jobs during the Great Depression. photos courtesy Florida State Archives



In 1935, the Federal Emergency Relief Administration's drainage project along Billy's Creek proceeds

The paving of First Street employed 167 men (those federal jobs were almost always for men) for eight months. What a godsend.

In fact, the year 1935 proved to be something of a turn-around year, as signs indicated that perhaps the worst of the Depression was over.

It was the year when the dynamic Fort Myers Mayor David G. Shapard successfully lobbied in Washington, D.C., for federal funds.

His success would be a hallmark of his seven or so years as mayor between 1935 and 1947.

For example, it was under his watch that the city was awarded the Fort Myers Yacht Basin project, edging out Sarasota, for whom it was originally intended.

Construction began on New Year's Day, 1937, and it was dedicated on New Year's Day, 1939.

He was aided by two people in particular: Morton Milford, the public-relations director for the WPA, a former Washington correspondent and former owner and editor of the *Fort Myers Press* (renamed *The News-Press* after a 1931 merger), and J Hardin Peterson, a U.S. representative for the first district of Florida for 18 years.

In addition to the yacht basin, other Depression-era projects included shuffleboard courts in Evans (or City) Park in 1933 by the CWA; the first modern soft-water plant on Evans Avenue, built in 1937 by the PWA; drainage work along Billy's Creek in 1935 by FERA; the U.S. Post Office (today's Sidney & Berne Davis Art Center) in 1933 by the WPA; the upgrading of the Lee County Airport by the WPA in 1937 (later renamed Page Field); and the final WPA project – Lee Memorial Hospital on Cleveland Avenue – which had a delayed opening in 1943.

Adding more luster to the improving local economy, Fort Myers merchants reported the best Christmas shopping season since 1929 and the boom years. Some even said it was the best year since 1926.

Jewelry, clothing, toys, gifts and holiday fruit sold especially well. And shipping volume was way up too.

The Railway Express Agency (the historical equivalent of today's UPS or Fed Ex) shipped the most packages since the 1925-26 season – the last one before the Hurricane of 1926 and the bust.

The post office also did a booming business.

All in all, Fort Myers did pretty well in the competition for projects during the Depression and up to the beginning of World War II in December 1941, by which time the nation was in economic recovery.

Walk through historic downtown and, as you enjoy the Christmas decorations, continued on page 5

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THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS



Students learn about science, technology, engineering, art and math in camps and classes at Edison and Ford Winter Estates photo provided

Classes And Camps For Kids At Estates

Edison and Ford Winter Estates offers classes and camps for kids throughout the year. School break camp options are available for students age 6 to 12, and preschool programs are available for children age 18 months to 5. A program for homeschooled children is also available. Students will explore the “living laboratory” of the estates while learning topics in STEAM (science technology, engineering, art, and math), as well as history and the natural world. Edison Ford members receive discounted registration fees.

Registration is open for the following programs:

Preschool Programs

Emerging Inventors: Holiday Fun – Ages 18 months to 5; December 15 and 21, 10 a.m.

While the Florida sun is shining, this program will help kids get in the holiday spirit. Students will build a marshmallow snowman, string a popcorn garland and celebrate the season with some traditional charm. Edison Ford Members: \$10; or \$130 for the series; non-members: \$15; or \$190 for the series. Includes one adult (mask required) and one child (mask not required).

School Break Camps

Light Science “Camp In A Box” – Ages 6 to 12; December 21 to 24, 9 a.m.

Campers will explore the “living laboratory” of the Edison and Ford Winter

Estates while the Wild Wizards teach topics in STEAM (science, technology, engineering, art, and math), as well as history and the natural world. In this session, students will complete “Camp in a Box” experiments and activities from home, while learning about refraction and the science of light. Supplies and support from staff will be provided. Edison Ford Members: \$55; non-members: \$65.

Backyard Botany “Camp In A Box” – Ages 6 to 12; December 28 to 31, 9 a.m.

Students will complete “Camp in a Box” experiments and activities from home. Supplies and support from staff will be provided. Students will complete hands-on activities related to biology and plant life. Edison Ford members: \$55; non-members: \$65.

Homeschool Science Scholars: Earth Science – Grades 1 to 3: December 9, 11 a.m.; Grades 4 to 6: December 10, 11 a.m.; Grades 7 to 8: December 11, 11 a.m.

Students will explore the “living laboratory” of the Edison and Ford Winter Estates. The Wild Wizards will challenge the mind and foster collaboration in this homeschool science and engineering series. Classes will take place in an outdoor classroom environment. In this session, from the rock cycle to the water cycle, students will learn all about the earth. Edison Ford Members: \$10, or \$60 for series; non-members: \$15, or \$95 for series. Includes one adult and one child. Limit 10. Masks are required for all participants.

Registration is available online at www.edisonford.org, or call 334-7419.*

Storytime With Mrs. Claus At Cape Coral Park

Four Freedoms Park will host Storytime with Mrs. Claus on Thursday, December 17 from 10 to 10:45 a.m.

Mrs. Claus is making an early visit for all the boys and girls in Southwest

Florida. Get your little ones in the holiday spirit and take some fun photo and video memories. There will be finger plays, singing, crafts and a story time that will make all children excited for the season. Parent must attend with child. Cost is \$15.

For preparation purposes, pre-register by Tuesday, December 15.

Four Freedoms Park is located at 4818 Tarpon Court in Cape Coral. For more information, call 574-0804.*

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Fort Myers Art:

Naples Botanical Garden Features Floral Paintings



by Tom Hall

The exhibit Carmelo Blandino: Convergence is on view now through January 10 in Kapnick Hall at the Naples Botanical Gardens. The paintings in the show were inspired

by the gardens.

Blandino is known for luscious, abstract floral paintings that combine the subtleties of classicism with the crackling energy of contemporary expressionism, and this new exhibition brings the viewer in contemplative observation of our interconnected biosphere. Consisting of large-scale, mixed-media paintings featuring flora and fauna in their various stages of magnificent beauty and delicate vulnerability, these paintings reflect human connection to nature and communicate the urgency of our role in its preservation.

Blandino – whose interactive painting process and creative energy encourage the viewer to become part of his work – has produced a new series



A floral painting by Carmelo Blandino
photo courtesy www.artswfl.com

for this exhibition, drawing inspiration from the living collection at the garden.

This exhibition is part of the garden's 2020-21 season dedicated to Roots: Power of the Unseen, which seeks to explore the underground foundations that are the lifeblood of our plants, their energy source and their connection to the earth.

Naples Botanical Garden is a 170-acre, world-class garden paradise that features plants from around the world. The garden provides arts, culture, youth and adult education, conservation, wellness and volunteer programs

that contribute to the quality of life in Southwest Florida on site and online at www.naplesgarden.org. The garden's living collections are always growing and evolving, leaving audiences with a deeper engagement with the curated gardens and preserve. Seasonal hours are 9 a.m to 5 p.m. Timed entry tickets must be purchased in advance online. Regular admission is \$20 for adults, \$10 for children (age 4 to 14). Members and children age 3 and younger get in free.

The exhibition has been staged in collaboration with METHOD & CONCEPT. Located at 111 10th Street South, Unit 112, in Naples, METHOD & CONCEPT, a Thomas Riley Company, is a gallery, art consultancy and design atelier serving as an incubator, catalyst and purveyor of international emerging and mid-career interdisciplinary artists. It believes that contemporary craft, fine art and design share a symbiotic relationship, each building upon the other to form a holistic view of the world in which we live.

*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.**

members and volunteers of the Fort Myers Woman's Community Club spend hours planning creative designs to transform the interior and exterior of the Langford-Kingston and Burroughs homes, including the lawns, gardens, and grounds, into magical displays of holiday design and décor.

"Holiday House is a wonderful tradition our members take great delight in sharing with our community each year," said Natalie Van Horn, 2020 Holiday House chair. "This year has been especially hard for so many in our community because of the ongoing pandemic, and we are hopeful Winter Wonderland will fill our guests with sparkly and joyful holiday cheer."

Admission is \$5 for adults. Children under age 10 are admitted free. Veterans and active military service members are admitted free with identification. Advance tickets are on sale now and may be purchased through the Fort Myers Woman's Community Club website at www.fmwcc.net. Tickets may also be purchased at the door.

The Fort Myers Woman's Community Club will observe CDC guidance to safely present Holiday House 2020. Masks (covering both the nose and the mouth) are required for entry and touring the homes. Indoor tours are limited to first-floor rooms only. Directional signage must be followed to ensure social distancing and one-way flow through each home. Hand sanitizer stations will be located throughout the tour. Regrettably, Santa must remain at the North Pole to stay safe before the big night! Opening hours and activities subject to change based on COVID-19 guidance.

The Historic Langford-Kingston Home and Burroughs Home are located at the corner of First Street and Fowler Street. For more information, call 337-9503 or visit www.uncommonfriends.org.

"We are so grateful for the opportunity to partner with the Fort Myers Woman's Community Club during the most wonderful time of the year," said Jennifer Nelson, Executive Director of the Uncommon Friends Foundation. "Our organization has many exciting things planned for 2021, and these philanthropic efforts give us a big head start.*"

Woman's Club Holiday House Downtown

Winter Wonderland, the 64th annual Holiday House, presented by the Fort Myers Woman's Community Club and benefitting the Uncommon Friends Foundation will be held at the Historic Langford-Kingston Home and Burroughs Home through Sunday, December 20. The hours are 5 to 9 p.m., with the last tour guests admitted at 8:30 p.m.

Dazzling decor in spectacular hues of turquoise, pale aqua, silver and white, accented with sparkle, provide the backdrop in your search for the elusive snowman in each designer-inspired room.

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The Fort Myers Yacht Basin was a Works Project Administration project started on New Year's Day, 1937. It is pictured circa 1951.

From page 2

Historic Downtown

consider what the holidays were like in 1935.

Then visit these two research centers to learn more about the legacy of Depression-era projects in Fort Myers.

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; Ready Cash on Easy Terms: Local Responses to the Depression in Lee County by R Lyn Rainard; the *Fort Myers Press*; and *The Story of Fort Myers* by Karl H. Grismer.✱

Thanksgiving Served To Those Who Served

submitted by Robin Perkins Matthews, Marketing Coordinator, Veterans Club of America Post #1

We are all thankful for many things this year. Some are thankful that they have not been infected yet with COVID-19. Others are thankful to have a loved one (or themselves) get well from COVID-19. Many are thankful that they still have a ceiling over their heads. Others, thankful just to have a job.

One thing that many forget is being

thankful for our freedom and our rights. We thank God. We also need to remember those who have given up a regular life to serve in our Army, Navy, Air Force, Marines and Coast Guard. Also those who lost their lives for their country. We need to thank those who protect us and save us from harm every day – our first responders.

This year, we made sure that we honored those in our community. The Veterans Club of America located at 16701 San Carlos Boulevard in Fort Myers did so by giving a wonderful Thanksgiving Dinner free to our veterans and members of our post. Many came together to make some delicious items to share with each other, and enjoyed friendship and love for our military men and women.

This isn't the first time we had meals for our veterans. And this isn't the only event that we have to show our thanks to those all who serve. We are participating in our fifth year of the 10,000 Christmas Cards for the Troops overseas. Last year, we sent over 4,000 cards. In the past few years we also donated items to families of veterans and those overseas who needed supplies. We have given hams to families in the past, and even donated to the Officer Adam Jobbers-Miller family.

We are welcoming new members who feel the same pride in our country and have the desire to be part of a wonderful family.

Lastly, we want to thank all veterans, locally as well as all over the world for their service.✱

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The Fort Myers Symphonic Mastersingers

photo provided

Mastersingers Celebrate With Holiday Concert

The Fort Myers Symphonic Mastersingers ring in the Christmas season with Messiah and More, an outdoor holiday concert at Messiah Lutheran Church on Sunday, December 13 at 5:30 p.m. The event is free, and a goodwill offering will be taken to benefit a worthy community organization.

The concert by Southwest Florida's premier choral ensemble will feature

selections from the Christmas portion of Handel's timeless oratorio, Messiah, including well-known *And the Glory of the Lord* and *Hallelujah Chorus*, accompanied by the Mastersingers' Chamber Orchestra.

"Because of its popularity with our singers and our audience, we make the Messiah a regular part of our annual programming," said Mastersingers Artistic Director Shannon Arnold.

The concerts will also include renditions of other Christmas favorites including *I Saw Three Ships* arranged by Lloyd Larsen and *Jesus, What a Wonderful Child* arranged by Rollo Dilworth, as well as new Christmas

selections such as *To Thee My Heart I Offer* arranged by Elaine Hagenberg and *The Birth of a Promise* composed by Diane White-Clayton.

The Mastersingers' first in-person concert of their 20th anniversary season will follow CDC guidelines and incorporate social-distancing. The concert will be outside, and all choir members will be wearing masks while singing to avoid the spread of COVID-19.

You can help kick-off our 20th anniversary season and celebrate the holidays with the Mastersingers on Sunday, December 13. For more information on upcoming concerts, visit www.mastersingersfm.com.✴

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](mailto: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, 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.fpcfmyers.org, 2438 Second Street, 239-334-2261

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

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

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

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.

Food Drive Exceeds Goal And Sets Record

Pushing the Envelope, Inc. recently completed its 10th Annual CAN IT! Campaign, a food drive benefiting those less fortunate in Southwest Florida. The campaign collected 4,571 non-perishable food items for Community Cooperative, Inc. (CCI), the most collected since the campaign's inception and more than doubling this year's goal.

From restaurants and apartment communities to daycares, salons and gyms, Pushing the Envelope partnered with 23 Southwest Florida businesses and organizations to collect donations. Visit www.getpushing.com/community/can-it for the full list of participating drop-off locations.

With the completion of this campaign, the CAN IT! Campaign food drive has collected thousands of items amounting to more than 16,400 pounds of food donated to CCI since the campaign started in 2010.

"This food drive was a remarkable display of the generosity that can be found in Southwest Florida," said Samantha Scott, APR, PTE president. "We are overwhelmed by the support of like-minded people who donated and served as drop-off locations – especially during this challenging year. To think of the many people and families that will benefit makes it all worthwhile."

For more information or to help, contact annelise@getpushing.com.✴

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.✴



Christmas palm's crimson fruit contrasts with the bone-white stalk and deep green leaves

photo by Gerri Reaves

Plant Smart

Christmas Palm

by Gerri Reaves

As the holiday season approaches and *Adonidia merrillii*'s fruit turns scarlet red, the common name Christmas palm seems supremely appropriate.

This native of the Philippines is also called Manila palm, as well as dwarf royal palm, the later because of a general resemblance to the esteemed but much larger native palm.

The single slender gray trunk bears a series of ring scars at equally spaced intervals and the short green crownshaft resembles that of the royal palm's in miniature.

The leaves, or fronds, are feather-like, or pinnate.

In summer and fall, both male and female flowers appear on branched inflorescences below the crownshaft.

Creamy in color and inconspicuous, they are arranged in groups of three – two male and one female.

The inedible fleshy fruit matures from green to red, creating a beautiful color contrast against the bone-white flower stalk. It measures an inch or more in diameter.

This palm is typically used as a specimen plant and is often planted in groups of two or three.

It's a fast grower and can reach a height of 25 feet or more, but usually only about 15.

Because it grows well in a large container, it is used in indoor settings such as shopping malls.

Winning characteristics are its neat appearance, ornamental value, adaptability to various soils, and moderate salt and drought tolerance.

Once mature, it can endure full sun.

On the negative side are a susceptibility to lethal yellowing and frost damage and a lack of value to wildlife.

Sources: *Betrock's Florida Plant Guide* by Edward F. Gilman, *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehan, *A Handbook of Landscape Palms* by Jan Allyn, www.nurserypioneer.com, and www.plantbook.org.

Plant Smart explores the diverse flora of South Florida.✱

From page 1

Giving Tree Drive

pajamas, jewelry, body lotion, spray, soaps, hair accessories and wristwatches. Donations of gift cards from Target, Kmart or Walmart are appreciated. Monetary donations can be made online at www.heightsfoundation.org/donate. All donations are tax deductible.

The gifts will be distributed to parents on Saturday, December 19 at The Heights Center, keeping the surprise in Christmas for all children.

"This holiday season will be especially challenging for many families in the

Harlem Heights neighborhood due to the impact of COVID-19," said Kathryn Kelly, president and CEO of the Heights Foundation. "This is a great opportunity to bring joy to the children of our community. We are thankful for the generous support of our neighbors."

Items can be dropped off at The Heights Center, located at 15570 Hagie Drive in Fort Myers. Toys will be collected through Thursday, December 17.

Volunteers are needed to assist with event set up and at the event. Organizations and individuals interested in participating can contact Melissa Barlow at 482-7706 or melissa@heightsfoundation.org.✱



SCCF Research Associate Mark Thompson collects a water sample

photo provided

Grant Funds Research On Algal Blooms

Thanks to a recent award through the U.S. Environmental Protection Agency (EPA), the Sanibel-Captiva Conservation Foundation (SCCF) Marine Lab is expanding its research into harmful algal blooms (HABs) and their connection to Lake Okeechobee releases.

In 2018, the National Science Foundation (NSF) awarded a grant to the SCCF Marine Lab and scientists from North Carolina State University and the University of Florida to study HABs and connections to discharges from Lake Okeechobee and the Caloosahatchee watershed.

"After 18 months of sampling the Caloosahatchee from Beautiful Island to the Gulf of Mexico, there were at least four harmful algal blooms," said Eric Milbrandt, marine lab director. "In freshwater, there was *Anabaena* and other cyanobacteria, in the middle estuary there was a dinoflagellate bloom and there

were red tide blooms, also caused by a dinoflagellate."

To extend these initial efforts, a proposal was written and submitted to the EPA in a competition open to all university and nonprofit researchers. In fiscal year 2020, South Florida Geographic Initiatives selected the SCCF Marine Lab's application for a Harmful Algal Bloom Observing Network for the Caloosahatchee with federal funding of \$320,668 with a match of \$209,311 for a total of \$529,979 in expense funding.

"The project leverages the River, Estuary and Coastal Observing Network and expands RECON's capability by adding cyanobacterial sensors and an additional real-time location near S-77, a water control structure on Lake Okeechobee that allows flow into the river," Milbrandt said. "This observation network will also depend on monthly sampling to evaluate relationships between HABs and water from Lake Okeechobee and the Caloosahatchee watershed."

The project is expected to start in the spring of 2021 and will run for two years.

Visit www.sccf.org/our-work/species-adoption-programs to support coastal wildlife.✱

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Cold Front Tactics



by Capt. Matt Mitchell

Weather ups and downs are all part of the winter fishing pattern. One morning can be in the 40s and, then just a few days later, we are back in the 80s. Knowing how to take advantage of what the days conditions are is the key to success. During the coldest periods, sheepshead fishing was on fire, then as conditions gradually warmed, it was back to catching snook.

Immediately following a cold front, I quickly head to the passes and target sheepshead around the structure and docks. Each new cold fronts give us a fresh push of sheepshead moving in from the Gulf. The largest concentration of fish will be close to the passes as they move into the bay. Chunks of fresh shrimp on a 1/4-ounce jig head caught sheepshead up to 20 inches. Unfortunately this bite only lasted a couple of days after this last cold front as water temperatures gradually rebounded.

Deeper mangrove creeks and even canals stay warmer during these cold snaps. These areas produced a great redfish and trout bite during the first few cold days after the front. Live shrimp, slowly bounced across the bottom, helped catch lots of rat redfish, trout and even a few black drum. Fish the deeper holes and bends in these creeks during the colder periods. These protected creek systems can be amazing fishing all winter long.

While back in these same creek systems, I saw lots of snook, in fact more snook than I have seen in these places in years. As temperatures slowly crept back up, I caught shiners and headed back to these laid-up fish. During the last few days of warm weather as another strong cold front approached, this bite totally went off. Besides snook, we caught redfish, trout, jacks and ladyfish – all getting in on the shiner buffet.

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.✱



Charlie from Minnesota caught this big sheepshead while fishing with Capt. Matt Mitchell

photo provided

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CROW Case Of The Week:

Yellow-Billed Cuckoo



by Bob Petcher

The yellow-billed cuckoo (*Coccyzus americanus*) is a slender bird with grayish-brown upperparts, white underparts and a long tail. They are most distinctive by the bold white spots

on the underside of their tails. They may flash these spots -- along with their reddish wing patches -- when they are threatened in order to lure potential predators away from their nest site.

Cuckoos come from a large family of like birds. Interestingly, the roadrunner is part of this species.

The yellow-tailed cuckoo is one of the few bird species to dine on hairy caterpillars.

While they are known to be shy and elusive and regularly sit statue-like still when looking for prey, yellow-billed cuckoos will make themselves known by their loud calls. They are sometimes called rain crows due to their inclination to sound off at thunder.

At CROW, an adult yellow-billed cuckoo was admitted from Captiva after it struck a window and fell into a pool. Luckily, the bird was able to be fished



Patient #20-5188, rehabbing an injury to its legs, will be spending the winter months at CROW since it missed the migration period

photo by Amber Strassler

from the pool within seconds. Upon arriving at CROW, veterinarians noted the patient to have mild respiratory crackles, likely from being in the water.

"Upon presentation, we always listen to our patients with a stethoscope. Respiratory crackles are heard when fluid is within the respiratory tract causing a 'popping' sound to occur as the tissues open and close during normal breathing against the fluid," said Dr. Melanie Peel, CROW veterinary intern. "Crackles can be caused by a

multitude of fluids, however, in this case, we do suspect water was aspirated from falling in the pool leading to this audible abnormality. The crackles resolved after a day or two as the fluid was absorbed."

The patient also suffered significant weakness in the legs, called paraparesis, from the window strike. The bird was started on pain and anti-inflammatory medication.

"Any spinal injury, regardless of how the patient hit, can lead to paraparesis," said Dr. Peel. "Paraparesis is defined as

weakness only in the hind limbs. The patient still had good motor of both hind limbs, but could not stand for many days."

Thankfully, the weakness was a temporary paralysis. Over the past two weeks, the cuckoo has gradually improved the use of its legs through supportive care.

"The patient has slowly been getting stronger and stronger," reaffirmed Dr. Peel.

The supportive care included assisted feeds and physical therapy.

"Physical therapy is not difficult in birds, with the largest difficulty being mitigating stress," said Dr. Peel. "We can use many tools, some as simple as just allowing the bird to grasp your finger and then moving your finger in order to put the limb through normal range of motion and encourage muscle use."

CROW medical staff have remained guarded on the cuckoo's prognosis. But, due to the seasonal change, the patient will have plenty of time to recover.

"This patient is still weak but improving," said Dr. Peel.

"Unfortunately, this patient has missed the rest of migration and will over-winter at CROW for further rehabilitation."

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

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Support Kids Raising Grades At 5K Virtual Run

The Fort Myers Metro-McGregor Kiwanis will hold the 13th annual BUG Chase 5K run as a virtual race to take place anytime between December 24 and January 23, 2021.

The race will benefit the Fort Myers Metro-McGregor Kiwanis Club's BUG (Bring Up Grades) program and other local club sponsored youth service projects. Participants can register online at www.ftmyerstrackclub.com.

Last year, there were over 400 registered runners. Race sponsors include Passarella & Associates and Weinstein Wilkes Financial Group. Sponsorship opportunities are now available starting at the \$100 level.

Due to the pandemic, the race this year will be a virtual 5K supervised by the Fort Myers Track Club using RunSignUp and an app called RaceJoy, which allows runners to show GPS progress, receive cheers from family and friends, and submit real-time scored results. Adult registration up to January 23 is \$30. Youth (age 17 and younger) registration is \$20. Race registration for the first 200 registered includes a short-sleeve performance material commemorative T-shirt and a finisher medal.

All proceeds benefit the Fort Myers Metro-McGregor Kiwanis BUG (Bring Up Grades) program, designed to provide recognition to local elementary students who raise their grades to an acceptable



Luke Bauer and Daniel Bilbao at a previous race photo provided

range and maintain or continue to raise them from one grading period to the next, and other local club sponsored youth service projects. The Fort Myers Metro-McGregor Kiwanis currently has BUG programs at Littleton Elementary School, Orangewood Elementary School and Rayma C. Page Elementary School.

For more information regarding the 13th annual Fort Myers Metro-McGregor Kiwanis BUG Chase or to become a sponsor, contact Rachel Toomey at rachel.toomey33@gmail.com. To keep updated on the event, visit www.facebook.com/events/829596617802161.✧

Foundation Holds Grants Ceremony



Foundation board members, sponsors and teachers

photos provided

The Foundation for Lee County Public Schools recently hosted its annual Classroom & School Grants Ceremony. Educators, administrators, executive board members, selection committee members and sponsors gathered to recognize the recipients for their innovative and creative grant projects that will enhance student learning in the 2020-21 school year. Approximately \$80,000 has been awarded totaling 44 grants funded to educators, schools and administrators throughout the School District of Lee County.

The Classroom & School Grants program supports teachers and students by funding tools and resources that are normally not included in their budget but are necessary for creating unique learning experiences. Teachers submit a grant application to The Foundation for Lee County Public Schools for innovative projects that enhance student learning through hands-on activities and unique perspectives on traditional subject areas. Classroom grant categories include Academic Achievement of Low Performing Students, Literacy and Science, Technology, Engineering and Math (STEM).

"Our educators are gifted at planning new and innovative learning experiences for our students so they are given the opportunity to succeed at their highest potential," said Marshall T. Bower, president and CEO of The Foundation for Lee County Public Schools. "This grant program bridges the educating of our children with



Leslie Cornell and Jamie Ayres of Cape Coral High School

real world learning experiences. The business and community sponsors help make the program a success."

The funding for this program would not be possible without the generous support of Gold Sponsor Suncoast Credit Union, along with several other financial contributors. The program is also sponsored in part by a major grant from the Consortium of Florida Education Foundation, which is made possible by the State of Florida.

For more information, visit www.leeschoolfoundation.org.✧

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Members of Truist and Better Together

Bank Donates Family Supplies

Better Together, a voluntary, community-driven alternative to foster care, has received a \$30,000 donation of family supplies from Truist Financial Corporation as part of its Lighthouse Project program.

The Lighthouse Project is a long-standing BB&T, now Truist, tradition that allows teammates to support local nonprofit organizations on projects to address critical community needs. This year, Truist rallied 402 teammates to

help purchase \$30,000 in car seats, portable playards, diapers, wipes, socks, shoes and HopePacks to support area children served by Better Together's Better Families program.

"When parents fall into crisis, fully screened and trained volunteers provide children a safe place to sleep and food to eat so that parents can focus on getting their lives back on track," said Megan Rose, CEO of Better Together. "This time of transition can feel particularly challenging for children during the holiday season, so we are very thankful for Truist's generous donation that helps ensure host families will have the essential supplies

photo provided

they need to comfort and care for children during this time."

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 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.

Since 2009, BB&T, now Truist, teammates have completed more than 12,000 community service projects, serving more than 700,000 volunteer hours and impacting the lives of more than 18 million people.✱

Furniture Store Participating In Military Makeover

Norris Furniture & Interiors is providing furniture and furnishings to a local wounded veteran as part of *Lifetime Network's* Military Makeover. The national series transforms the homes and lives of military veterans and their families.

"As a veteran myself, it is such an honor to give back to another veteran and his family," said Larry Norris, owner of Norris Furniture & Interiors. "We are proud to be part of something that is giving back to those who have given so much to this country."

A local of Cape Coral, Army Staff Sergeant Daniel Burgess was chosen to have his home renovated as part of the

television series. In 2011, Burgess was injured by a hidden improvised explosive device (IED) as he was working with Marines to help a local population in Afghanistan identify, avoid and remove explosive traps left by the Taliban. The arduous recovery process from his catastrophic injuries is still ongoing, and his family desires to make their home safer and more accommodating for him.

Norris designer Angela DiFranceisco will coordinate with *Home & Garden Television's* (HGTV) Jennifer Bertrand to select several items for the Burgess' dining room and master bedroom at Norris' Fort Myers showroom. Norris will deliver all of the furniture to the newly renovated home and be part of the reveal on Saturday, December 12.

The full renovation will be unveiled in a seven-part series airing on *Lifetime Network's* Military Makeover program starting February 12 and concluding March 26.✱

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Book Review

Trouble In Paradise



by Di Saggau

It's always fun reading books by local author Jennifer Schiff. *Trouble in Paradise* is the sixth book in her Sanibel Island Mystery series. Guinivere Jones is back again, and this time she is

busy remodeling a home on Sanibel that was to be her dream home but has become a nightmare. This is due to the unprofessional work by her contractor, a man named Frank Funt. To make matters worse, Guin has discovered his body in her bathtub.

Because she is the last person to see Funt alive, she becomes a prime suspect in his death. She is questioned often by Detective William O'Loughlin, with whom she has an on-and-off relationship. Her former boyfriend Ris, also called "Dr. Heartthrob," is no longer on the scene. I expected him to reappear sometime. Maybe in the next book.

Guin works as a reporter for a local island paper, and we hear familiar names tossed about such as Congress Jewelers, Over Easy Cafe and many other popular places. She's working on a series for the paper about why people fall in love with

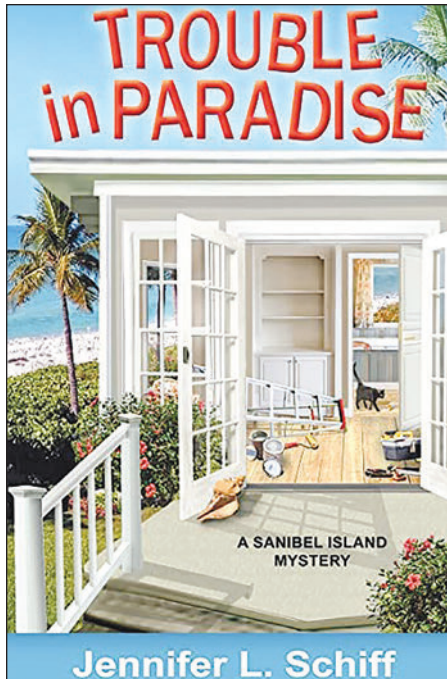


image provided

Sanibel, and also reviewing a book by a local author. But first and foremost, she wants to find out how her contractor ended up in her bathtub, dead. That's the big question and that's what puts Guin in a crime-solving mood to get the answer.

Through her investigative skills, Guin learns that her former contractor has a shady past. There are plenty of interesting characters to make the book very interesting, and Schiff is also excellent at dialogue.

Trouble in Paradise is a cozy mystery that will keep you guessing until the end. Speaking of that, it's a cliff-hanger ending that makes you anxious for book

number seven, which is scheduled for next year. On January 12, McIntosh Books will host Schiff for a virtual book talk.*

School Smart



by Shelley M. Gregg, NCSP

Dear Shelley, I hear about executive functioning and its problems often. I'm not really clear on exactly what is meant by executive functioning and how it impacts kids. Please explain this term. *Peter V, Fort Myers*

Peter,

Executive functions are basic self-regulating skills such as planning, organizing, making decisions, shifting between situations or thoughts, and controlling impulsivity. All of us, adults and children included, use executive functioning skills every day to accomplish just about everything we need to do. Kids rely on their executive functions for everything from brushing their teeth, to riding a bike to organizing their homework and school responsibilities.

Children who have poor executive functioning, including many children with attention deficit hyperactivity disorder (ADHD) and/or learning disabilities, are frequently much more disorganized than other kids. In general, any person with poor executive functioning skills take longer to do simple chores and often become overwhelmed while doing simple tasks. Multistep or complex tasks are even more difficult for people who struggle with these skills. Schoolwork can often become a nightmare for these children because they forget assignments, books, regularly lose papers, don't know how to plan or start long term assignments until the night before they are due. These kids or adults are scattered, disorganized and struggle to get through most tasks.

Teaching organizational skills to children who have this difficulty are one of the best ways to help them, according to learning specialists. Writer Rachel Ehmke, from the Child Mind Institute, provides some strategies used to teach kids and their parents to help them tackle schoolwork as well as other responsibilities that take organization and follow-through.

Checklists – The steps necessary for completing a task often aren't obvious to kids with executive dysfunction and defining them clearly ahead of time makes a task less daunting and more achievable. Following a checklist of steps also minimizes the mental and emotional strain many kids with executive dysfunction experience while trying to make decisions. "With a checklist, kids can focus their mental energy on the task at hand," said Ruth Lee, Med, educational therapist.

Set Time Limits – When making a checklist, many educational therapists also recommend assigning a time limit

for each step, particularly if it is a bigger, longer-term project. Matt Cruger, PhD, director of the Child Mind Institute Learning and Development Center, likes to practice breaking down different kinds of homework assignments with kids to get them used to the steps required – and how long they might take.

Use a Planner – Educational specialists also emphasize the critical importance of teaching children how to use a planner. Most schools require students to use a planner these days, but they often don't teach children how to use them, and it won't be obvious to a child who is overwhelmed by or uninterested in organization and planning how to use it.

Establish a Routine – This is particularly important for older kids, who typically struggle more to get started with their homework. Educational specialists recommend starting homework at the same time every day. Ideally, kids should come home, unpack their bag, have a snack and then get started.

Use Rewards – For younger kids, putting a reward system in place to highlight the value of these new strategies. This may help kids see the connection between practicing their skills and working towards a reward. School is really hard for these kids, and they will need to be encouraged to use these new strategies.

These are a just a few strategies that may be helpful. The Center on the Developing Child from Harvard University has an excellent, free 16-page guide available for download, that describes a variety of activities and games that represent age-appropriate ways for adults to support and strengthen various components of executive functioning in children. I encourage you to read this .

Shelley Gregg 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.*

From page 1

Jazz Concert

some of the best modern performers and musicians in the jazz genre. The other performances include Glenn Crytzer Quartet on Friday, January 29 and The Dan Miller-Lew DelGatto Quintet with Wendell Brunious on Friday, February 12.

Tickets are \$45 in advance, \$50 on the day of the concert. A table of four is \$225 and a table of eight VIP seats is \$420. A series ticket is \$120.

The Sidney & Berne Davis Art Center (SBDAC) is located at 2301 First Street in downtown Fort Myers. For more information, call 333-1933 or visit www.sbdac.com.*

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THOMAS P. HALL
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Toys for Tots donation

photo provided

Law Firm Collecting Toys For Children

For the 14th year, Goldstein, Buckley, Cechman, Rice & Purtz, PA offices are collecting toys to be distributed by the U.S. Marine Corps Toys for Tots Foundation. Toys will be collected until Tuesday, December 15, when they will be picked up and distributed by Toys for Tots to approved local social welfare agencies, church groups and other organizations.

"Supporting community-based organizations is within the core of Goldstein, Buckley, Cechman, Rice & Purtz, PA, and Toys for Tots is an exemplary example of a local organization having a tremendous impact," said Managing Partner Chris Smith. "It's our privilege to be a part of the community for nearly 60 years, so we feel it's important to give back."

In 2019, Toys for Tots in Lee County distributed 55,321 toys to

16,422 children, sizable increases from the 38,090 toys and 10,960 children supported during the previous year. In Collier County, Toys for Tots distributed 28,579 toys to 4,497 children last year.

The public is invited to bring new, unwrapped toys for newborn children through age 12 to any of the six Goldstein, Buckley, Cechman, Rice & Purtz offices. In addition, members of the firm also donate toys for the drive.

Goldstein, Buckley, Cechman, Rice & Purtz locations accepting Toys for Tots donations include:

1515 Broadway Street, downtown Fort Myers, 334-1146

2300 McGregor Boulevard, Fort Myers 332-9437

461 Del Prado Boulevard, Cape Coral, 574-5575

2590 Northbrooke Plaza Drive, Suite 105, Naples, 514-0924

4802 Lee Boulevard, Lehigh Acres, 368-6101

2602 Tamiami Trail, Port Charlotte, 941-624-2393

In addition to donations of toys, monetary donations also are accepted at www.toysfortots.org.✱

Garden Council Award Recipients

Special 2020 honors have been announced for the annual Fort Myers-Lee County Garden Council.

The honors include:

Sylvia Swartz, Garden Club of Cape Coral, was the award recipient the Berne Davis Honorary Service Award – This award is presented annually to a deserving member for community service, special projects, going above and beyond in the society and making a difference in advancing the goals of the garden council. Additional award nominees included Pam Dorchak of the Periwinkle Garden Club and Barbara Moore of the Poinciana Garden Club.

Additional awards were also announced:

Sandy Troy-Pennington of the Royal Palm Garden Club and Poinciana Garden Club was presented the Rainbow Award

– This award is presented to the person displaying expertise on a consistent basis.

The Perennial Award was presented to Diana Lintner of Crown Colony Garden Club for her work behind the scenes.

Susan Lawson of the Garden Club of Cape Coral and Potpourri Designers, was honored with the Busy Bee Award for her leadership role.

The Fort Myers-Lee County Garden Council was formed in 1957. Membership provides an opportunity to learn about floral design, growing plants suitable for the locale and conservation methods. The council assists in educating and beautifying the community, and improving the environment. A speakers bureau provides speakers for meetings and events. The council is a member of the National Garden Clubs, the Florida Federation of Garden Clubs and American Public Gardens Association.

For more information about the council, email fmlcgardencouncil@gmail.com or call 332-4942.✱

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Will Power

The Origins Of Trusts



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

Imagine you're the Lady of Hertford in 12th century England, and your husband, the Earl of Hertford, heads off to fight for the cross in a crusade under the leadership of Richard the Lionheart. You don't know if he'll return safely, but as a woman, you can't hold legal title to your castle. Worse, you and your children are considered your husband's chattel, no different than the castle where you reside.

There's no such thing as a trust, so, before he departs to fight the Moors, your husband has no choice but to convey the castle to his cousin, the Earl of Pembroke, who promises to reconvey the property upon your husband's safe return.

English common law arose out of Roman law which regarded land as an indivisible entity – whoever owned legal title owned it absolutely, in “fee simple.” There was no such thing as holding title “in trust for” someone else. This presented a problem for you as the Duchess, as you didn't want the Earl to own your castle outright with a mere promise to return it if your husband returned.

The concept of a trust originated not as a separate area of the law as it stands today, rather as a blend of English common law through the Court of Chancery, (fairness) that followed a set of loose rules to avoid the harshness (inequity) of English common law.

When a landowner like the Earl of Hertford left England to fight in a crusade, he would convey ownership of his lands in his absence to another man to manage the estate, to pay and receive feudal duties, with the understanding that the ownership would be conveyed back upon the crusader's return.

Upon their return, however, crusaders often encountered a refusal to hand over the property. This would happen if the Earl of Pembroke refused to reconvey the castle and lands back to our crusader after his many years of absence fighting.

The disgruntled crusader would then petition the king, who would refer the matter to his Lord Chancellor. The Lord Chancellor could decide the case according to his conscience, determining what was “equitable” or “fair.” Typically, the Lord Chancellor would consider it unconscionable that the legal owner could go back on his word and deny the claims of the crusader. Therefore, he would find in favor of the returning crusader.

Over time, it became known that the Lord Chancellor's court (The Court of Chancery) would continually recognize the claim of a returning crusader. The legal owner would hold the land for the benefit of the original owner and would be compelled to convey it back to him when requested. The crusader was the “beneficiary”

and the named land title holder the “trustee.” The term “use of land” was coined, and, in time, developed into what we know now as a “trust.”

In modern trust law, we can create both inter-vivos trusts during our lifetime as well as testamentary trusts that determine how property is invested, owned and distributed following our death.

A “trustee” is not to be confused with the owner or the beneficiary, in that the trustee is responsible for carrying out the terms of the trust. He has a fiduciary duty to the beneficiaries of the trust to own, invest and deal with the assets and property prudently. Should the trustee violate those duties, he can be held liable to the beneficiaries.

Today, trusts can hold more than land. They can own nearly any kind of asset, tangible and intangible. Stocks, bonds, mutual funds, closely held business interests, jewelry, artwork and intellectual property are all examples of assets that can be held in trust.

Unlike our crusader example, today's trusts allow someone to create a trust where they are both the trustee and the beneficiary. In other words, the trusts aren't created for someone else, until the grantor of the trust dies. The reason to create these “revocable” trusts is to avoid court processes, such as guardianship, in the event of the grantor's incapacity, or probate in the event of the grantor's death. Revocable trusts also offer privacy of one's financial affairs, both in lifetime and in death, as opposed to court processes that are public.

Eventually, however, even in revocable trusts, the grantor will not be able to serve as his own trustee.

Like the Earl's choice in selecting the Earl, the choice of your successor trustee will be paramount to the success of any estate plan. Anyone can have the best legal documents in the world, but if they select the wrong trustee, the whole plan can unravel. The importance of selecting a trustee is so crucial, I wrote an entire book on the subject entitled, appropriately, *Selecting Your Trustee*.

In future columns, I'll focus on how one may serve as a trustee in the most effective way possible not only when you're serving for your own trust, but more importantly, when you're serving for others. In fact, I'm in the process of writing a new book on the subject.

When you're acting as trustee, you have a “fiduciary” responsibility to the beneficiaries of the trust. A fiduciary puts the beneficiaries' interests ahead of his own and is bound both legally and ethically to do so.

This isn't always so easy. Whenever you have human interaction, particularly when it concerns money and property, strange things can happen. A trustee might play the parts of financial advisor, psychologist and counselor during any given day.

Moreover, an entire body of the law has developed concerning trustee fiduciary responsibility. Failure to understand and follow the law could result in personal liability. The office of trustee is therefore not to be taken lightly.

©2020 Craig R. Hersch. Learn more at www.sbslaw.com.✴

Nonprofit Wishes This Holiday Season

Our local nonprofits, who dedicate their time and resources to helping others year-round, are now in need of help. The Above Board Chamber of Florida has collected a “wish list” of local nonprofit needs and is asking its members and the community to help fulfill them.

More than ever before, these nonprofits have encountered an overwhelming demand and dwindling resources in their quest to help families, individuals and businesses survive from one day to the next. Although their gifts to the community are immense, the wishes of our nonprofits are small, reasonable and essential for them to continue their life-improving efforts. No donation is too small or too large.

A few of these nonprofits and their wishes are:

Harry Chapin Food Bank of Southwest Florida (www.harrychapinfoodbank.org)

1) \$30 food kits – Donations can range from \$30 to whatever you or your company can afford. Harry Chapin Food Bank is distributing pre-packed, shelf-stable food kits and supplementing these kits with fresh produce when possible. Each kit provides five days of food for

a family of four. They are currently distributing more than 6,000 kits per week throughout their five-county footprint. The demand is greater than their ability to meet it, and donations are desperately needed.

2) \$7,000 for a pallet jack – Pallet jacks help the food bank maneuver more than a million pounds of food each week. The average usable life of a pallet jack is 10,000 hours. Five pallet jacks in their fleet of 12 are near the end of their life expectancy.

3) Volunteers – The food bank struggles to secure the necessary volunteer workforce at its drive-thru distributions in Collier County. Tuesday distributions are held at the Boys and Girls Club in Immokalee, Wednesday distributions are held at the Golden Gate Community Center, and Friday distributions are held at the Boys and Girls Club of Naples in East Naples. Volunteers work from 9 a.m. to 1 p.m.

Big Brothers and Big Sisters of Collier County (www.bbbssun.org)

1) Sweet treats for their “Littles” (children in their program) – BBBS will host a holiday celebration on Saturday, December 19 and needs donations of sweet treats or gift cards to purchase treats.

2) Christmas tree donations are also needed for Littles and their families, many of whom will not have a tree for the holidays.

Prison Fellowship (<https://secure.prisonfellowship.org/donate/>)

ATChristmas)

1) Gifts (or money to purchase gifts) for the children of prisoners – Christmas is hardest for children whose parents are incarcerated. Without our community's help, it's possible that these children will not have a Christmas at all. For as little as \$22 per child, your donations will help show these children that they have not been forgotten.

PACE Center for Girls in

Lee County (www.pacecenter.org/lee-school-supply)

1) 30 school supply kits at \$25 each – With COVID-19, PACE Lee has started providing individual school supply kits to each girl, reducing the need to share materials and limiting the spread of germs. Kits can be purchased on PACE Lee's website.

KKids Inc. (www.kkidsinc.org)

1) Amazon and Walmart gift cards – Donated gift cards of any amount will be given directly to families to help them buy gifts for their teenagers.

Sunshine Kids Foundation (www.sunshinekids.org)

1) Paint for craft wall – The foundation is in need of two gallons each of chalk paint and whiteboard paint.

2) Small under-cabinet refrigerator
Gulfshore Opera (www.gulfshoreopera.org)

1) Plexiglass shields to use as barrier for the artists – Lightweight shields for music stands measure two-by-two in feet. The opera also needs standing tri-fold shields which measure foot feet tall with

a 30-inch center section and 24-inch sides.

2) Outdoor venue spaces for small concerts – The opera seeks outdoor venues that will accommodate 50 to 75 guests with social distancing in place. While covered spaces are preferred, they are not necessary.

A few of the fulfilled wishes are:

PACE Center for Girls -

Immokalee – needed their facility deep cleaned. Member Scott Leamon, president of TJS Janitorial and Floor Care, will grant this wish by sanitizing the entire facility through an electrostatic spraying process that will also remove viruses in the air.

Blessings in a Backpack SWFL – needed a color printer. Member Joseph DeSena, CFP, MBA at Private Wealth Advisor | Managing Director Siena Wealth Advisory Group will have one delivered.

4 Words Foundation – needed a new iPad to help those in the community fighting cancer. Member Brian Chapman Jr, owner of Chapman Insurance Group, will be granting this wish.

Charity for Change – needed paper and ink for children in the school system. Member Sue Ryan, founder and CEO at Sue Ryan Solutions, fulfilled this wish.

If you can join in granting wishes, would like to see the complete list of wishes, or need more information, contact Jeanne Sweeney, CEO of the Above Board Chamber, at 910-7426 or jeanne@aboveboardchamber.com.✴

Superior Interiors

What Does Luxury Mean To You?



by Marcia Feeney

When you hear the word luxury, what comes to mind? Is it expensive cars, designer clothing and upscale furnishings, or is it comfort, minimalism and a sprawling property? Is luxury

to you having the time to do what you want to do, or perhaps the ability to relax and enjoy a stress-free life?

Ultimately, luxury can mean many things and the answer to that question will change depending on who you ask. The same is true when it comes to luxury in home furnishings and design today as everyone has a different opinion of what makes a home luxurious. In exploring what luxury in home design means to those in the trade, a few key points were consistent.

Quality over quantity – Luxury is the quality of the build, the location of the home and the overall magnitude of the property. This point is uniquely personal to most. For some people, this could be a high-rise with sweeping city views, for others, a large home on the ocean with a private beach. A luxury home is truly in the eye of the beholder, but it is typically one built with quality materials that meets the style preferences and practical needs of the homeowner. Whether that means a smart

home with minimalist decor, or a sprawling Cape Cod inspired by the sea, if the quality of the build is there, it's on its way as being described as luxurious.

Comfort is a luxury – Leather, velvet and satin are all considered luxury materials used in home furnishings and clothing, and it's no wonder why. Not only do these materials look elegant, they also feel expensive and are quite comfortable and cozy to lounge on. Luxurious homes typically include upholstered furnishings and drapery in these materials with added accessories like plush pillows and blankets for enhanced comfort.

An attention to detail – While location, price and square footage are all basic factors that make a home ideal, one thing that can be the difference between a high-end house and luxury home is detail. Homes that include unique architectural details and extraordinary amenities are ones that exude an extravagant feel. Extra details, like custom built-ins, a chef's kitchen and thoughtfully designed decor help a luxury home stand out and is highly coveted by homeowners.

Customization – Many homeowners would likely describe the house of their dreams as luxurious, and that's because it would have all the elements and style they love. Achieving this look of opulence is easier than homeowners may think, all it takes is some customization and assistance from an expert interior designer. Luxury is all about customization, having a design and products that are unique and special just for the client. When homeowners can choose the design elements and furnishings they desire in their home, they create their own, one-of-a-kind, luxurious bubble.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coindceden.com.

From page 1

Live Theater

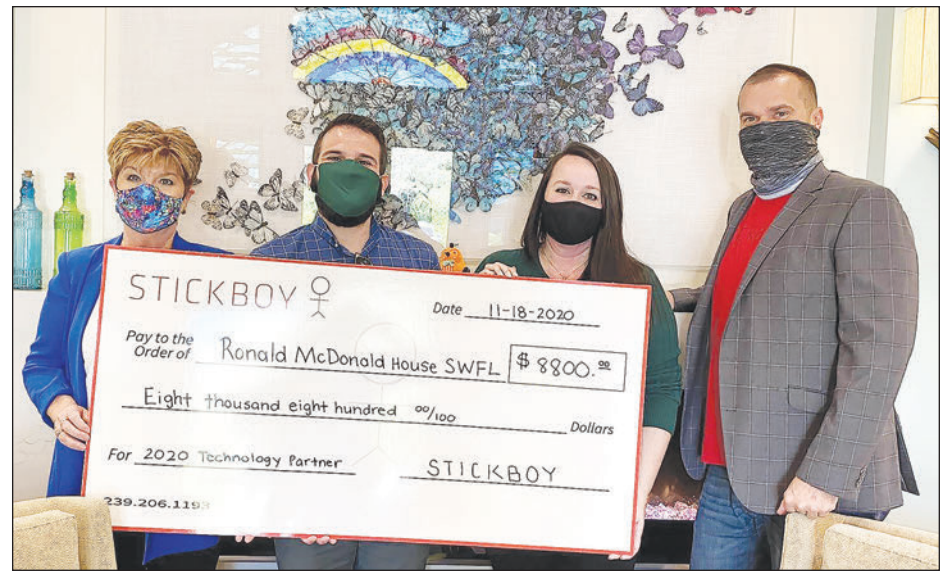
in various situations. For example, in the opening scene, they portray two Supreme Beings planning the beginning of the world. Once they've decided on the color scheme of the races, feeling a bit concerned that white people might feel rather bland being such a boring color, they create sex and the sexes. That livens things up. Their universe is hysterically outrageous.

Both actors are great performers, and they play well off each other as they take us through numerous situations. My favorite was a pantomime by Drexler to classical music, showing what women have to go through to get ready for an evening out. The audience loved it.

The show runs through Sunday, December 12 with performances at 7:30 p.m. There's still time for you to put a

group together to take in this fun-filled show. Alliance for the Arts has more in store for theater lovers, so be sure to check out their website (www.artinlee.org) for details or give them a call at 939-2787. They are also planning some music concerts. The Alliance is located at 10091 McGregor Boulevard in Fort Myers.

The pandemic has hurt many businesses, among them our local theaters. I encourage you to support them. Broadway Palm is operating at half capacity with numerous safety measures. Florida Repertory Theater has an Outdoor Performance Series. Players Circle has live shows, and Laboratory Theater of Florida has both digital shows and live shows on their patio. Please take the time to check out what these theaters have to offer. Check out each website or give them a call and make plans, so you can support live theater in our area.



From left, Laura Ragain of RMHC SWFL, Jordan Azis of Stickboy, Amy Velez of RMHC SWFL and Josh Zachritz of Stickboy photo provided

Ronald McDonald House Charities Partner

Stickboy, a Fort Myers-based technology company, has teamed up with Ronald McDonald House Charities Southwest Florida (RMHC SWFL) as their technology partner.

Services donated thus far consist of: Digital Transformation, which created a cloud environment to lower cost and remove the need for a physical server onsite;

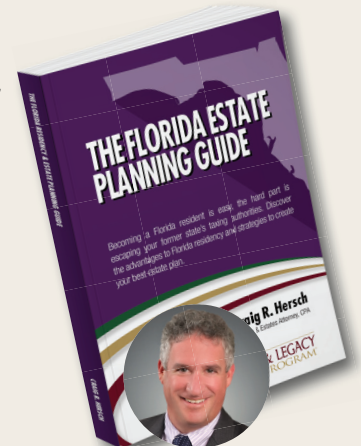
Technology planning for the new expansion. Partnering with Epic Communication, Stickboy configured and installed network, security cameras, access control and phone system; and Discounted monthly help desk support for all technology needs.

To date, Stickboy – an award-winning technology firm that is optimizing businesses, nonprofits and community organizations across Southwest Florida – has donated \$8,800 worth of in-kind technology services to RMHC SWFL. For more information, call 206-1193, email hello@stickboy.ai or visit www.stickboycreative.com and facebook.com/stickboycreative.

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- providing the PEACE OF MIND knowing everything goes where you want when you pass
- Most importantly, is your plan up-to-date and Florida-compliant?



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

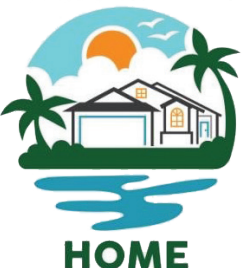
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Frankly Speaking



by Howard Prager

Let's look ahead, maybe past the pandemic to baseball. Spring training, should it happen, is only eight to nine weeks away. I had the chance to interview two baseball writers recently, Paul

Sullivan (PS) of the *Chicago Tribune* and president of the Baseball Writers Association of America (BBWAA), and Betsy Helfand (BH) who covers the Twins for the *St. Paul Pioneer Press*. The following is an edited transcript of those interviews:

Q: Paul, what lessons can MLB take from last year?

PS: The best lesson learned was that conditions can change quickly and being able to adjust on the fly in terms of postponing and rescheduling games is essential. Part of the reason MLB was able to do that was there were no fans in the stands, so that could be more problematic if that changes (as we all hope) sometime in 2021.

Q: You're president of the BBWAA. Do we put asterisks by the records and stats from this unusual season?

PS: No asterisks. People will always remember this was an unusual season, and there's no need to remind everyone the numbers were different than in most seasons.

Q: Many teams have slashed their front office staff. What effect do you see happening on the game down the road?

PS: Obviously this is a bad trend for baseball, but it will show which staffs are the best at what they do from scouting to deal making and hiring the right people in all capacities.

Q: Football has combines for prospects to demonstrate their skills and teams to evaluate them. Do you see that coming to baseball with fewer scouts and staff?

PS: Possibly, but it's too soon to say. Some teams may wind up beefing up staffs once the pandemic is over, or has slowed down enough to allow fans in.

Q: Do you believe the minor leagues will come back next season?

PS: There were already changes coming before the pandemic. I think there will always be minor league baseball, but in a different form, with more independent teams. I'm not sure about 2021. You can't really predict anything with the pandemic still raging.

Q: Is spring training on schedule?

PS: You can't predict. So far it seems as though it's full steam ahead as far as spring training.

Q: As a baseball purist I hate to ask this, but is the DH here to stay?

PS: I think the consensus is that it will be here sooner or later, and depends on how the bargaining goes this year between the union and owners. Like you, I am not in favor of a universal DH but I'm probably in the minority.

Q: Where's (former Cubs President) Theo Epstein going?

PS: No idea. Depends on what's available late next year after he takes some

well-deserved time off.

Q: Betsy, what are your thoughts on women breaking the player barrier in baseball?

BH: I think we'll see women in the coaching roles first. Seems to be closer. More minor league female coaches. The Twins have the first female on their strength and conditioning staff (who) travels with them.

Q: Many MLB teams have slashed their front office staff to cut expenses. What's the fallout?

BH: The Twins owners have kept up their commitment to the front office staff (despite) not bringing in the same amount of revenue. (If games started) on April 1, (teams) would still not sell out stadiums. Some teams have cut down on their scouting staff, making it tougher to find the same caliber of players. Very sad to see.

Q: What do you think of a baseball scouting combine for prospects, similar to the NFL?

BH: It would be an interesting idea to have a combine as a rookie option. University of Minnesota has an online database on draft eligible players with videos, facts, metrics. Pro teams are getting creative with their scouting. The bigger problem is that minor leaguers were on hold last year (as was their development) with just limited instruction.

Q: What do you think of the Twins ending their AAA relationship with Rochester?

BH: Everything is shifting with the minors on a geographic basis. While the Twins severing ties with the Red Wings does not necessarily mean they will affiliate with the Saints, it is a first step. Mostly they want to have players closer – St. Paul is a lot easier to get players back and forth than Rochester, New York. As the offseason rolls on, it's possible there will be more movement for the Twins at some of the other levels of the minors, as well.

Q: What do the Twins need to get to the next level?

BH: Their problem in the playoffs was hitting. (They also) need two starting pitchers either in trade or internally. I expect them to be aggressively on the hunt for starting pitching. They have two prospects on the outfield corners. Not surprised about retaining Nelson Cruz. Would never know that Cruz is 40, he's still producing so highly. He's also the leader in the clubhouse and close to Miguel Sano who talks about Nelson glowingly.

For our good news story, think back

to when you were 12. What did you want to be when you grew up? For me, an astronaut. The closest I'll ever come is the thrill I've had of seeing and meeting many of the Apollo astronauts as well as some from the International Space Station. Chicago Cubs TV announcer Len Kasper had a different dream. Growing up in Detroit, he listened to Ernie Harwell on the radio, and becoming a radio broadcaster and doing a World Series was his dream. Last week, he made that first part come true by moving in Chicago from TV with the Cubs to become the White Sox radio play-by-play announcer. Prior to the Cubs, Kasper spent three years as play-by-play announcer for the Marlins. "12-year old Len is as thrilled as can be."

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.✱

Center Looks To Empty Its Shelter

The Animal Refuge Center (ARC) in North Fort Myer will participate in the Bissell Pet Foundation's Empty the Shelters event through Sunday, December 13. All cat and dog adoptions will cost just \$25.

Families interested in adopting a dog or cat should complete an application for pre-approval and view adoptable animals at www.animalrefugecenter.com/adoption-application and then call ARC at 731-3535 to schedule an appointment.

All animals have been spayed or neutered, have had vaccines appropriate to age, have been tested for FIV/FelV (cats) and heartworm (dogs). They have also been micro-chipped and come with one month of free pet insurance.

This marks the Bissell Pet Foundation's seventh Empty the Shelters event in 2020 alone. Since the program's inception in 2016, BPF has helped 40,550 shelter pets find forever homes.

ARC is located at 18011 Old Bayshore Road in North Fort Myers. Once an animal is accepted into Southwest Florida's largest no-kill shelter, it will not be destroyed to make room for another. ARC is one of nearly 170 shelters taking part in December's Empty the Shelters adoption event.✱

SPORTS QUIZ

1. The Little Brown Jug is a trophy awarded in the rivalry between what two college football teams?
2. Where did former British basketball standout Pops Mensah-Bonsu play college basketball from 2002-06?
3. What defensive back was known for wearing a "pro cap" on his helmet during his career with the Buffalo Bills from 1986-93?
4. Who did Ashley Force defeat in the Top Fuel Funny Car final race to win the 2008 NHRA Summit Southern Nationals?
5. What Puerto Rican boxing great, a champion in three weight classes, was shot to death in November 2012?
6. What two-time NFL rushing yards leader (1938, '40) went on to serve on the U.S. Supreme Court from 1962-93?
7. In 2011, who became the oldest player ever -- at age 43 -- to score a goal in the Stanley Cup Finals?

ANSWERS

1. The Michigan Wolverines and the Minnesota Golden Gophers.
2. George Washington University.
3. Mark Kelso.
4. Her father, John Force.
5. Hector "Macho" Camacho.
6. Byron "Whizzer" White.
7. Mark Recchi, Boston Bruins.

Merry Christmas FROM CARING MEDICAL!

Danielle Matias, MMS, PA-C *Brian Hutcheson, DC* *Ross Hauser, MD*

Wishing you a pain-free 2021!

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dearPharmacist

The Sad Side Effect Of 2020



by Suzy Cohen, RPh

Dear Readers: The year 2020 gives new meaning to the word selfie! Taking a selfie used to be normal, but now it's a reflection of how alone everyone is.

An article published in the December 3rd issue of *JAMA Psychiatry* reviewed data and found a clear and disturbing trend of overdose deaths related specifically to isolation from the COVID-19 pandemic. This is another sad side effect of 2020.

While every adult understands the need to have flattened the curve, paramedics and front-line health care professionals have echoed the troubling suicide trend. It is only going to get worse through the holidays as it often does when loneliness and isolation become more desperate.

If your mind is wandering and imaging a senior in a rocking chair by the fire place, holding nothing but a cat, sitting all alone and missing their recently departed spouse, you'd be way off base. The overdose deaths and suicides are occurring in middle-aged people and teenagers. In fact, contemplating a handful of pills is something that impacts our children according to a study published in the November issue of the *Journal of the American Academy of Child and Adolescent Psychiatry*.

Researchers came to the grim conclusion that kids are going to become more depressed and anxious after the 2020 home isolation trend ends. Clinical services, prescriptions, psychiatrists and

other support may be needed throughout the lives of our adolescents due to the increase in mental health problems occurring right now.

Loneliness and isolation is much worse for people who have mental health conditions such as depression, grief, chronic pain, fatigue, anxiety, bipolar, insomnia and/or substance abuse. You would think that social media engagement reduces feelings of anxiety and isolation, however, it's just the opposite for many people. Social media may fuel feelings of depression, anxiety, envy and loneliness. Honestly, I think Facebook was the original social distancing app.

The United States is exploding with new cases of suicide. It's not just overdosing which has skyrocketed either, although that rate is 50 percent higher than the past two years according to the *Journal of the American Medical Association*.

We're a species that needs connection, hugs and contact. What we're living under is so abnormal that there will be mental health side effects for years to come. We can all be more vigilant about staying in touch with our loved ones, relatives and friends. We can share more random acts of kindness.

It's easy to ease someone's loneliness if you choose to. And if time constrains you from reaching everyone in your contact list, focus on the people who are the most vulnerable. Send emojis, quotes and stories. Call them on the phone, drop flowers off on the doorstep. This act of kindness might be the greatest gift you give this Christmas. We simply do not know what head space another person is in. If you are an individual seeking help, the new suicide prevention number is just three digits... dial 988.

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.✱

Doctor and Dietician

Neck Instability Affects Nerves Of Face And Mouth



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

Many people with face and/or mouth pain have been chasing the cause of their symptoms for years. They begin to realize that their chase is nowhere near the endpoint because they are suffering from worsening symptoms and continue to receive ineffective treatments. One of the ways to document this "missing diagnosis" is through use of a motion X-ray test.

What is a motion X-ray? Well, it is what it sounds like! It is a moving picture X-ray that looks at the cervical (neck) curve as well as any instability, or looseness, of the cervical spine segments during real-life, symptom-causing movements. The amount of overhang between the segments demonstrates the degree of cervical spine instability. We have been blessed to utilize this motion technology in our Caring Medical office for a number of years now and have found it to be a vital tool in helping to diagnose patients with seemingly odd or unrelated

symptoms.

So how does this relate to patients with face or mouth pain? The upper cervical area of C1, C2, C3 is where the important nerves that control the motion of the tongue as well as sensations of the mouth are located. When movement of the upper spine becomes unstable, the bones can pinch on nerves, veins and other vital structures that run through the neck. Think about when you have dental work. You are hyperextended while sitting in the dental chair for long periods of time during procedures such as wisdom teeth removal, crowns, or even just a cleaning or a cavity filling. This can also occur at the salon when you are hyperextended over the hair washing bowl. Another place it occurs is during a surgical procedure, where you are hyperextended on the table during the procedure. Could the positioning during the procedure cause some upper cervical instability which, in turn, leads to face or mouth pain? We have found this to be the case in many people, especially who claim their symptoms began or worsened significantly after one of these events.

Once the cause is determined, treatment to restabilize the spinal segment connectors (ligaments), as well as postural work and spinal curve correction can be individualized based on the findings of the motion x-ray and physical exam. In many cases, this is an important step in finally reaching an endpoint to suffering from face, tongue and burning mouth syndrome.

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.✱

Beautifulife:

Home Spa



by Kay Casperson

We are learning to enjoy our homes in many different ways these days, from expanding our cooking skills, virtual learning, online church, company training

programs and everything in between. It seems that we have found a way to do all of the things we did before but in a new or different format.

I have always been a big believer in making your home a haven for peace, tranquility, happiness, inspiration and wellness. This is why my spa locations are inviting, comfortable and inspirational. It is as if you are coming into a home.

Our flagship Captiva spa at South

Seas Island Resort is like walking into a comfortable living room with inspiration at every glance. Our Sanibel spa at the Sundial Beach Resort is like being on a private boat as it overlooks the Gulf of Mexico from every single angle.

We love seeing you, and we look forward to having you come to visit us. We continue to have a safe, clean and comfortable environment, so you can still enjoy getting out and attending to the essentials for your health, beauty and wellbeing.

Creating a spa day or night in your home now and then is also essential for living your best life. Whether it be with your family, a few close friends, or even enjoying a little quiet time for yourself, it is a must for everyone!

Here are my tips and suggestions for making your home into a spa:

Make sure you have a nice, comfy bathrobe that you can snuggle in;

Have a cozy blanket to wrap around yourself during your mask or after a bath;

Light candles that give an aroma of tranquility, peace and comfort;

Fill a diffuser with essentials oils to lift your spirit and nurture your soul; Choose some relaxing music to play in the background;

Give yourself an instant face, hand and foot facial with quality, gentle exfoliant;

Apply an herbal mask that will lift your spirits and illuminate your skin;

Enjoy an herbal tea or a glass or your favorite relaxing beverage and savor the moment.

Wellness is more than just taking your vitamins, exercising and getting your regular checkups. For ultimate health, you need to take care of yourself; mind, body and spirit. You need to laugh, have fun and enjoy the quiet and tranquil comforts of your own home as the ultimate spa and an escape from the rest of the world.

My affirmation for you this week is: "I am creating a haven for wellness and tranquility in my own home to continue living my best and most beautiful life."

Kay Casperson is a beauty and lifestyle expert, founder and CEO

of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva islands and manufactures beauty and lifestyle products sold across the country. To stay inspired, visit www.kaycasperson.com or follow on social media @kaycasperson.✱

From page 1

Beach Art Group

artists in the area, including nonmembers. Review the prospectus at www.fortmyersbeachart.com/shows.php#WJS.

Dorothy McDowell is the Artist of the Month at the Shucker's Galleria, located at 1250 Estero Boulevard on Fort Myers Beach.

The FMBAA gallery is open Monday through Thursday from 10 a.m. to 3 p.m. with limited capacity and masking required. For more information, visit www.fortmyersbeachart.com, email Pam Flaherty at fmbaapublicity@gmail.com, call 463-3909 or stop by the FMBAA gallery, located at 3030 Shell Mound Boulevard on Fort Myers Beach.✱



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



"Hard work never hurt anyone, especially
our _____!"

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!

Brawl _____

TABLET _____

Mode _____

HOTMED _____

Potent _____

TURBOS _____

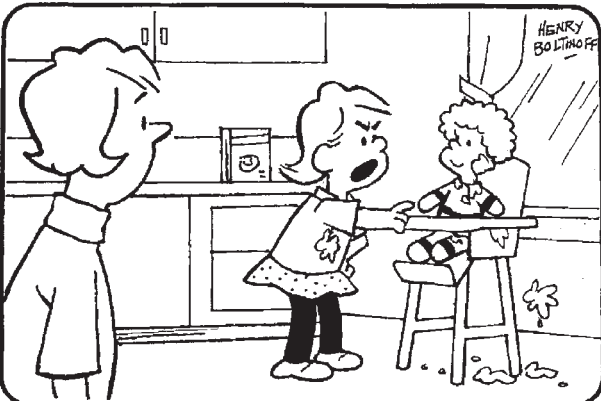
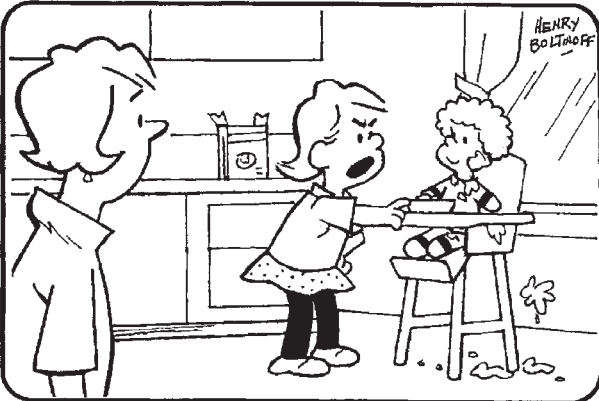
Create _____

SIGNED _____

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Earring is missing. 2. Box is closed. 3. Doll's collar is different. 4. Cabinet handles are added. 5. Mom's dish is missing. 6. Girl's shirt is stained.

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.

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

PUZZLES

Answers on page 23

Super Crossword PUZZLING-LY

- ACROSS
- 1 Like many announcers' private side comments

8 Glistening

14 Give a cue to

20 Sounded like a frog

21 Durbin of old Hollywood

22 Worrier's cry

23 Deeper level of longing?

25 Walk like a little 'un

26 Coll. website suffix

27 Slandered really badly

28 "Uh-uh"

30 Legal claim

31 White water whereabouts

35 Give it a go

36 Place to bathe on the grass outside a house?

38 "Marvy!"

40 They cause actions

42 Really boring chairs, desks and tables?

47 Two-grid vacuum tube

52 Cry to a matador

53 Manning of the Giants

54 Far-off

56 Of charged particles

57 Extreme type

59 Lysol target

61 What 1066 is famous as?

64 Territory split in 1889

66 Pertaining to

68 Bad, to Jules

69 Viral malady

70 "Allow me to provide a leavening agent, if nothing else"?

76 Blvds. and aves.

78 China's Long March leader

79 Aquatic bird

80 — Leone

83 "Pray that I find some cool gross stuff!"?

88 Isle of Man man, e.g.

90 Scout unit

91 — pittance (hardly any)

92 Garage job

94 Atop, to bards

96 Short snooze

97 Bit of voice mail

100 Hankerings to take pictures of small and distant objects?

103 Places for milk products

105 Bored feeling

106 Measure of how much a ship swerves off course?

110 2000-15 TV series

112 Facet

116 Horror film lab aide

117 With 108-Down, deteriorate

118 Pre-entree dishes

121 Lanai wreath

122 Join the club

124 Chatter that's engaging?

129 Entertainer Uggams

130 Give kudos

131 Arms depot

132 Abides

133 Breadwinner

134 What vets provide

DOWN

1 Earthy color

2 Artist Kahlo

3 Mist over

4 — -jongg

5 Mamie's man

6 Plunk lead-in

7 Häagen-Dazs rival

8 Storied fireman Red

9 Microbe-ridden

10 Byway

11 Camelot wife

12 Raggedy —

13 — opus

14 Road hazard

15 Sorority "P"

16 In a curious way

17 Word before circus or blitz

18 More ashen

19 Latest thing

24 Singer John

29 Be next to

32 Small hotel

33 Conquers

34 Writer Bellow

36 Connect with

37 Match well

39 Duo + one

40 Tally a total

41 1982 Disney cyberfilm

42 "— better believe it!"

43 Penne — vodka

44 Sloppy smooches

45 Wry twisting

46 — Haute

48 Acuff of song

49 Like a swap

50 Radio tuner

51 Hose color

55 Otter's kin

58 "Bosh!"

60 Go extinct

62 Bub

63 " 'Tis so sad"

65 "You lookin' —?"

67 Nosh

71 Stable stock

72 Seamless transition

73 Von — family ("The Sound of Music" clan)

74 — oxide (anesthetic)

75 The, to Hans

76 Emulated a fish

77 1 p.m. is one

81 Horse color

82 iPad downloads

84 Oct.'s 744

85 Union general George

86 Darling type

87 Bodily joint

89 Aquatic bird

93 Lofly trains

95 Tall volcano in Sicily

98 Groups of geese

99 Dubliner's land

101 Model Klum

102 Dog's bark

104 Key in anew

106 Give in (to)

107 Nixon veep

108 See 117-Across

109 Dryly comical

110 In the vicinity

111 Not as risky

113 Kagan of justice

114 Romero of "Batman"

115 Work's name

118 Lasting mark

119 Related (to)

120 Take a pic of

123 — Abner

125 Legendary coach Parseghian

126 Three, in Bari

127 D.C. winter hrs.

128 Remote button abbr.
- | | | | | | | | | | | | | | | | | | | | | | |
|-----|-----|-----|-----|----|----|----|----|----|----|----|-----|----|----|----|-----|----|----|----|-----|----|----|
| 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 | | | |
| 31 | | | | 32 | 33 | 34 | | 35 | | | | | 36 | | | | 37 | | | | |
| | | | | 38 | | | | 39 | | | | 40 | 41 | | | | | | | | |
| 42 | 43 | 44 | | | | | | | | 45 | 46 | | | | 47 | | | 48 | 49 | 50 | 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 | | | | | | | | 80 | | | | 81 | 82 |
| 83 | | | | 84 | 85 | | | | | 86 | 87 | | 88 | | 89 | | 90 | | | | |
| 91 | | | | | | | | | 92 | | | 93 | | | | 94 | 95 | | | 96 | |
| 97 | | | | | | | 98 | 99 | | | 100 | | | | 101 | | | | 102 | | |
| | | | | | | | | | | | | | | | | | | | | | |
| 106 | 107 | 108 | 109 | | | | | | | | | | | | | | | | | | |
| 116 | | | | | | | | | | | | | | | | | | | | | |
| 122 | | | | | | | | | | | | | | | | | | | | | |
| 129 | | | | | | | | | | | | | | | | | | | | | |
| 132 | | | | | | | | | | | | | | | | | | | | | |
- King Crossword
- ACROSS

1 "Grand"

5 Letterman's network

8 Out of control

12 Suspend

13 Weeding tool

14 Wise one

15 Killer whale

16 Lineage

18 Astronauts' descent to Earth

20 Locations

21 Comic DeLuise

22 Satchel

23 "Forget it!"

26 Nation

30 Lawyers' org.

31 Sly one

32 Nay opponent

33 Racism, e.g.

36 Aden's land

38 Bill and —

39 Adams or Ameche

40 Clean software

43 Turducken, e.g.

47 Immoderate devotion

49 Met melody

50 Taj Mahal city

51 Trouble

52 Ring up

53 Lecherous

look

54 Possess

55 Duel tool

DOWN

1 Valhalla VIP

2 Aesopian also-ran

3 Formerly

4 Landlocked African nation

5 Amulet

6 Skeletal

7 Moment

8 Delegate

9 Dillon or Damon

10 Shrek, for one

11 Jailer's jan-glers

17 Jacob's brother

19 Plaything

22 Carton

23 Apprehend

24 Japanese sash

25 Witty one

26 Coquettish

27 Scot's hat

28 Deli bread

29 Longing

31 To and —

34 Eye-related

35 Forum garment

36 Second person

37 Intertwine

39 Senior member

40 Soap brand

41 Advantage

42 Drill

43 Front of a ship

44 Snare

45 Irritate

46 New Haven campus

48 Pair

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						31				32		
33				34	35				36	37		
				38				39				
40	41	42				43				44	45	46
47						48				49		
50						51				52		
53						54				55		

MAGIC MAZE ● FOUND BY DIGGING

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: HEAD OF A SKELETON

Arrowheads

Artifacts

Bones

Buttons

Chambers

Coins

Diamonds

Fossils

Gold

Money

Mummy

Pottery

Rings

Time capsule

Treasure



Taco-Stuffed Bell Peppers

photo courtesy Fresh From Florida



Taco-Stuffed Bell Peppers

- 3 large bell peppers (your favorite color), halved lengthwise, seeds removed
- 1 pound lean ground beef
- 2 cups tomatoes, diced
- 1 cup zucchini, diced small
- 1 cup squash, diced small
- 1 cup onion, chopped
- 1 tablespoon garlic, minced
- 1 lime, juiced
- 1 teaspoon oregano
- 1 teaspoon onion powder
- 1 teaspoon smoked paprika
- 1 teaspoon chipotle chili powder
- 1 tablespoon chili powder
- 2 cups Colby jack cheese, shredded (or your favorite)
- Olive oil, for cooking

Various toppings, such as tortilla chips, sour cream, and cilantro

Sea salt and fresh ground pepper, to taste

Preheat a large sauté pan over medium-high heat. Preheat oven to 375 degrees. Add olive oil to preheated sauté pan. Add chopped onion to the pan and cook until translucent. Add garlic and ground beef to the cooking onions. Brown ground beef and drain any excess fat. Add the lime juice, dry spices, tomatoes, zucchini, and squash; stir to combine. Remove from heat and let cool slightly. Add about half of the cheese to the beef mixture and stir to combine. Evenly stuff each pepper half with the beef mixture. Top each stuffed pepper with the rest of the cheese. Place stuffed peppers on a cookie sheet and bake in preheated oven for 15 to 20 minutes. Remove from oven and let cool slightly. Serve warm with chips, salsa, and sour cream.*

PETS OF THE WEEK



Rusty ID# A833442

photos provided

Lee County Domestic Animal Services

Rusty And Stumpy

Hello, my name is Rusty. I am an 8-year-old male American staffordshire terrier who is one of the sweetest senior pets you will ever come across. When I received my new bed from my ‘Secret Santa’ from the Gift Giving Tree, I climbed right into it like it was the best thing I had ever gotten. Most times during the day that is where you will find him, happy and content in my new bed. I will get to take my bed to my new home for the holidays.

My adoption fee is \$25.

Hi, I’m Stumpy. I am a 12-year-old



Stumpy ID# A434437

female domestic shorthair who came to the shelter microchipped with my name. It is assumed I lovingly got the name due to my congenital shortened limb. This does not hamper me in any way. In fact, much like Rudolph, I want to just like the other reindeer... er, cats in the litter box.

My adoption fee is \$10 and you can another kitty at no additional fee.

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 4 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 DECEMBER 7, 2020

- Aries** (March 21 to April 19) You might feel that you have all the answers right now. But it might be wise to listen to other ideas before you decide to close the lid on other possibilities.
- Taurus** (April 20 to May 20) Bovines give and expect loyalty, so it might not be easy to reconcile with someone you feel let you down. Why not ask a neutral party to set up a clear-the-air meeting?
- Gemini** (May 21 to June 20) Anticipating the holidays with family and friends fuels your must-do Gemini energies. But try to pace yourself so you’ll be up for whatever comes along later.
- Cancer** (June 21 to July 22) More background information might come through regarding a decision you expect to make. Be sure to check the source carefully before you move.
- Leo** (July 23 to August 22) The strong, nurturing nature of the Lion comes through this week as you reach out to family and friends in need of your warm and loving support.
- Virgo** (August 23 to September 22) A relationship that has almost totally unraveled could be close to being restored with more effort on your part to be more

- patient and less judgmental.
- Libra** (September 23 to October 22) Your sense of fair play is strong this week, which can cause a problem with a longtime relationship. But in the end, you’ll know what decision to make.
- Scorpio** (October 23 to November 21) You might not know all the facts behind an unwelcome development, so keep that Scorpion temper in check and resist lashing out at anyone.
- Sagittarius** (November 22 to December 21) This is a good time to reinforce relationships – family, friends, colleagues – that might have been overlooked in recent years.
- Capricorn** (December 22 to January 19) Family situations continue to thrive. Business associations also improve. Some holiday plans might have to be shifted. Be flexible.
- Aquarius** (January 20 to February 18) Avoid any influence of negative energy in this week’s aspect by not allowing small problems to grow into large ones. Work them out immediately.
- Pisces** (February 19 to March 20) A friend might need advice on how to deal with a challenge to his or her moral values. And who better than you to give the honest answer? Good luck.
- Born This Week:** You have a sense

- of adventure that inspires others to follow your lead.
- MOMENTS IN TIME**
- On Dec. 18, 1777, the new United States celebrates its first national day of thanksgiving, commemorating the American victory at the Battle of Saratoga after the surrender of Gen. John Burgoyne and 5,000 British troops in October 1777.
- On Dec. 14, 1909, workers place the last of the 3.2 million 10-pound bricks that pave the Indianapolis Motor Speedway. Since then, most of that brick has been buried under asphalt, but 1 yard remains exposed at the start-finish line. Kissing those bricks after a successful race remains a tradition among Indy drivers.
- On Dec. 19, 1968, Warner Brothers releases the movie *Bullitt*, starring Steve McQueen, in Sweden, two months after its debut in U.S. theaters. Many critics consider *Bullitt* to be one of the greatest action movies ever made, because of the seven-minute car chase through the streets of San Francisco.
- On Dec. 15, 1973, Jean Paul Getty III, the grandson of American billionaire J. Paul Getty, is found alive near Naples, Italy, five months after his kidnapping. Getty had initially refused to pay the ransom, but agreed after the boy’s severed

- right ear was sent to a newspaper in Rome.
- On Dec. 20, 1989, the United States invades Panama in an attempt to overthrow military dictator Manuel Noriega, who had been indicted in the U.S. on drug trafficking charges. His Panamanian Defense Forces were promptly crushed.
- On Dec. 16, 1998, President Bill Clinton announces he has ordered air strikes against Iraq because it refused to cooperate with United Nations weapons inspectors. Key members of Congress accused Clinton of using the air strikes to divert attention from ongoing impeachment proceedings against him.
- On Dec. 17, 2003, *The Lord of the Rings: The Return of the King*, the final film in the trilogy based on the best-selling fantasy novels by JRR Tolkien, opens in theaters.
- NOW HERE’S A TIP**
- Looking for a great cause for gifting this year? Go to www.charitynavigator.org to find out more about how your prospective charities rank in areas like CEO pay, money spent on fundraising, etc.
- Need a quick batch of cookies? Keep

continued on page 22



FRIDAY
Sunny
High: 70 Low: 57



SATURDAY
Mostly Sunny
High: 75 Low: 64



SUNDAY
Sunny
High: 74 Low: 61



MONDAY
Partly Cloudy
High: 75 Low: 64



TUESDAY
Cloudy
High: 74 Low: 61



WEDNESDAY
Cloudy
High: 73 Low: 62



THURSDAY
Mostly Cloudy
High: 72 Low: 59

Redfish Pass Tides

Day	High	Low	High	Low
Fri	11:11 am	4:15 am	9:55 pm	3:31 pm
Sat	12:25 pm	5:09 am	10:28 pm	4:04 pm
Sun	1:33 pm	5:59 am	11:05 pm	4:33 pm
Mon	2:36 pm	6:48 am	11:43 pm	5:00 pm
Tue	3:37 pm	7:36 am	None	5:27 pm
Wed	12:25 am	8:23 am	None	None
Thu	1:09 am	9:09 am	None	None

Point Ybel Tides

Day	High	Low	High	Low
Fri	10:16 am	4:17 am	9:00 pm	3:33 pm
Sat	11:30 am	5:11 am	9:33 pm	4:06 pm
Sun	12:38 pm	6:01 am	10:10 pm	4:35 pm
Mon	1:41 pm	6:50 am	10:48 pm	5:02 pm
Tue	2:42 pm	7:38 am	11:30 pm	5:29 pm
Wed	None	8:25 am	None	None
Thu	12:14 am	9:11 am	None	None

Punta Rassa Tides

Day	High	Low	High	Low
Fri	10:49 am	4:10 am	9:49 pm	4:01 pm
Sat	11:45 am	5:05 am	10:33 pm	4:48 pm
Sun	12:30 pm	5:56 am	11:14 pm	5:34 pm
Mon	1:13 pm	6:44 am	11:52 pm	6:17 pm
Tue	1:59 pm	7:33 am	None	7:01 pm
Wed	12:27 am	8:21 am	2:51 pm	7:49 pm
Thu	1:04 am	9:07 am	3:43 pm	8:39 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	1:21 pm	7:31 am	None	6:47 pm
Sat	12:05 am	8:25 am	2:35 pm	7:20 pm
Sun	12:38 am	9:15 am	3:43 pm	7:49 pm
Mon	1:15 am	10:04 am	4:46 pm	8:16 pm
Tue	1:53 am	10:52 am	5:47 pm	8:43 pm
Wed	2:35 am	11:39 am	None	None
Thu	3:19 am	12:25 pm	None	None

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Call (239) 334-7007 or donate online at:

harrychapinfoodbank.org

From page 20

Now Here’s A Tip

a box of cake mix on hand. Instead of the listed ingredients, add two eggs and a half-cup of oil to the mix. Mix and shape, then bake at 350 F for 10 minutes. They are really good, and you can get pretty creative.

- Inexpensive gift idea: A cute holiday coffee mug with a bar of chocolate, a packet of hot cocoa or instant coffee, a peppermint stick and a decorative holiday craft pick. Place inside a gallon-size zipper-top bag, tie with a ribbon, then trim off the zipper-top, leaving just the plastic. Looks nice.

- When holiday cookie time comes, I keep a plastic pitcher of hot water in the sink. I toss cookie cutters into it when I’m finished with them, so the corners are soaking. They really seem to only need a rinse and a quick brush-off afterward. Mine

don’t get caked up with dough. D JoAnn

- Dogs and chocolate just don’t mix, so keep those holiday plates full of delicious chocolate morsels up and out of the reach of pets.
- Use last year’s Christmas cards as gift tags on this year’s gifts: Just cut out great-looking images and write your own to and from on the back.

STRANGE BUT TRUE

- Adult mayflies have no functional mouth. Because of this, they die of malnutrition. This is an evolutionary occurrence that happens so aging mayflies don’t pass on genetic defects to the next generation.
- Steven Spielberg, who executive-produced the film *Gremlins*, requested the effects team make Gizmo’s fur orange and white to match his beagle, Chauncey.
- If you do a Google search on the word “askew,” the resulting content will tilt

slightly to the right.

- St. Lucia is the only country in the world named after a woman. Originally called the Island of the Iguanas by early Carib settlers, the name was later changed after French seamen were shipwrecked there on Dec. 13, the feast day of St. Lucy.
- The color of Facebook is blue because Mark Zuckerberg is red-green colorblind.
- Ever noticed how some mass-produced ballpoint pens, such as the Bic Cristal, have a hole in the cap? No? Well, in case you someday do, now you’ll know why – it’s not just to prevent leaks, but choking as well. Lots of folks like to chew on pen lids, and in the event they accidentally swallow the cap, the hole ensures it won’t completely block their airway.
- After an 8.0 magnitude earthquake hit Mexico City in 1985, nearly all newborn babies survived a collapsed hospital for

seven days without nourishment, water, warmth or human contact.

- Major League Baseball umpires are required to wear black underwear while on the job in case they split their pants.

THOUGHT FOR THE DAY

“Beginning today, treat everyone you meet as if they were going to be dead by midnight. Extend to them all the care, kindness and understanding you can muster, and do it with no thought of any reward. Your life will never be the same again.”

– Og Mandino

TRIVIA TEST

1. **Television:** What kind of pet did Robert Blake have on the 1970s series “*Baretta*”?
2. **Movies:** Which 2002 movie tagline was, “With great power comes great responsibility”?

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12/11 ★ 12/11

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12/11 ★ 12/18

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11/27 ★ TFN

RUNNER
Runner needed for Sanibel and Captiva.
Royal Shell is looking for someone that can work every Saturday from 9 a.m. to 6 p.m.
Rate of pay \$12 per hour.
You will check in with various managers to ensure that guests and associates have what they need at the point and time they need it. Transponder provided and use of company vehicle.
You must be able to pass a background screening and a driver’s license screening. Please call 239-333-3569 for details.
12/11 ★ TFN

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\$3,850.
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12/11 ★ 12/11

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10/30 ★ TFN

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• White LG Dishwasher – Mint Condition
• White LG 30” French Door Refrigerator – One tiny dent on front – barely noticeable
• White Kenmore oven with white cooktop – Mint Condition.
Non-smoking household. Single Mother, empty nester so not a lot of usage.
Selling due to renovation in kitchen.
Email for pictures or appointment to see them. LisaSanibel@centurylink.net
12/11 ★ TFN

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Generator, wheelbarrow, turntable, maple rocking chair, cameras, oil lamps, craft items, tools, and many more collectable and household items. Cash and carry. 580 Boulder Dr., Sanibel, 8 to 2, Sat. Dec 12.
12/4 ★ 12/11

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Meetings are held every day in Lee and Hendry counties. Al-Ateen meetings are also offered for ages 8 to 18.
7/31 ★ TFN

3. **Geography:** Which Balkan nation's capital is Sophia?
4. **General Knowledge:** What day of the week did the ancient Romans refer to as "dies Saturni"?
5. **Language:** What is the word that stands for "N" in the NATO phonetic alphabet?
6. **U.S. States:** Which state features a body of water named Lake Lanier?
7. **History:** When did World War II begin?
8. **Medicine:** What is trepanning?
9. **U.S. Presidents:** How many days did William Henry Harrison serve as president of the United States?
10. **Anatomy:** What is the largest part of the human brain?

TRIVIA ANSWERS

1. A cockatoo named Fred 2. *Spider-Man*
3. Bulgaria 4. Saturday (Saturn's Day)
5. November 6. Georgia 7. Sept. 1,
- 1939 8. Making holes in the skull to relieve
- pressure 9. 32 10. Cerebrum

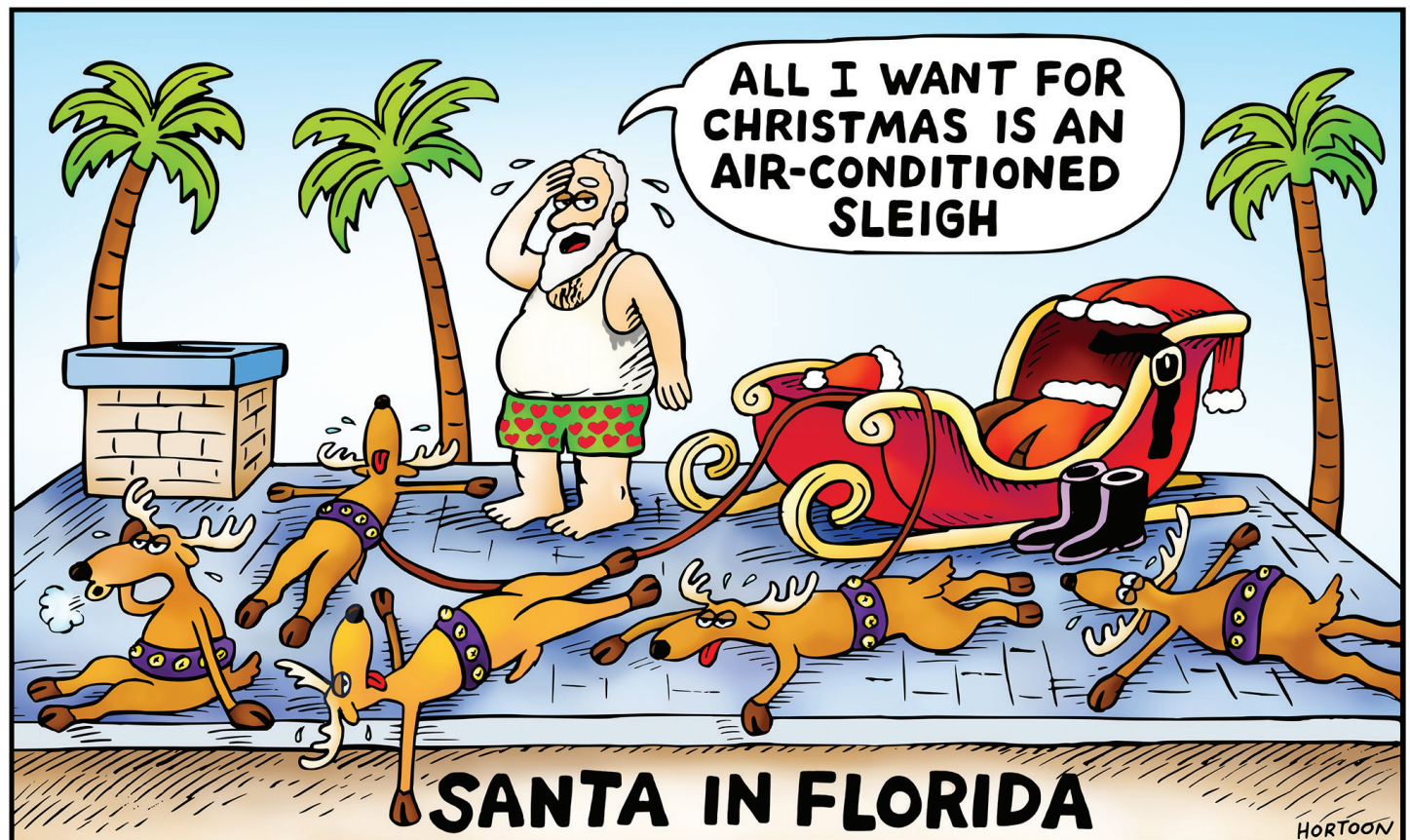
SCRAMBLERS ANSWER

1. Battle; 2. Method;
3. Robust; 4. Design

Today's Word

HUSBANDS

HORTOONS



PUZZLE ANSWERS

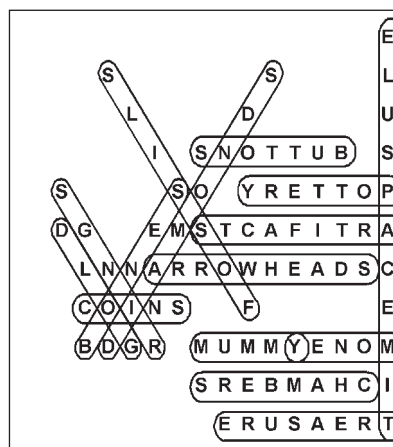
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Captiva	1969	4,900	\$4,889,000	\$4,750,000	168
Imperial Shores	Bonita Springs	2006	3,839	\$2,850,000	\$2,700,000	276
Spring Ridge	Bonita Springs	1997	4,008	\$2,500,000	\$2,450,000	0
Shell Harbor	Sanibel	1986	3,792	\$2,269,000	\$2,300,000	267
Island Shores	Fort Myers Beach	2020	3,995	\$1,995,000	\$1,975,000	55
Hermitage	Cape Coral	1997	4,243	\$1,985,000	\$1,800,000	226
Riverbrooke	Estero	2003	4,101	\$1,775,000	\$1,730,000	102
Barefoot Bay	Bonita Springs	2004	4,840	\$1,789,000	\$1,700,000	233
Harbour Preserve	Cape Coral	2012	3,119	\$1,648,000	\$1,648,000	9
Not Applicable	Sanibel	1971	3,011	\$1,695,000	\$1,600,000	22

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