



Realm of the Four Parts by Cesar Aguilera

images provided

Traveling Mural Exhibit To Open

Murals on Tour returns to venues in Cape Coral and Fort Myers from Monday, December 20 through Saturday, March 12. The exhibition is

presented by Love Your Rebellion and Artsemble Underground and sponsored by the Fort Myers Mural Society and the Beaches of Fort Myers and Sanibel.

Murals on Tour is a traveling art exhibition that showcases works about social inequity. The 12-week tour will display each piece at one of four



Woman Breathes Life by Samantha Taylor

participating venues – Ollie's Pub and Records, Cape Coral Art Center, Neenie's House and Alliance for the Arts – for 15 to 20 days. All four works will be exhibited together for the first time at Fort Myers Zine Fest 2022 at Neenie's House in late March.

The 2021-22 exhibition features new

works by Jade Griffin, Heather Daugherty, Samantha Taylor and Cesar Aguilera, after the four artists' concepts were selected among submissions. Each artist will bring their concept to life on a six-foot by four-foot vinyl canvas. Each canvas will showcase a different aspect of social

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Michele Buelow demonstrates the use of pastels

photo provided

Holiday Art Sale Begins Saturday

The Fort Myers Beach Art Association (FMBAA) will begin its Art Divine Holiday Sale on Saturday, December 11. The sale will feature all original local art, framed and unframed, under \$150.

The resident artists will also hold an Art Divine Holiday Sale reception at the gallery on Wednesday, December 15 from 4 to 6 p.m. The reception will include live artist demonstrations, refreshments and a

kids creation station.

The next series of watercolor classes offered by Cheryl Fausel begins on Monday, December 20. For more information, visit www.fortmyersbeachart.com/classes.php. FMBAA will also offer a Famous Artist Workshop by Joye Moon for those interested in watercolor painting from January 17 to 19. For more information, visit www.fortmyersbeachart.com/workshops%2021-22.php.

Kathleen Taylor is the FMBAA December Artist of the Month at

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New Year's Eve Celebration



The Swingin' Clique

photo provided

The Sidney and Berne Davis Art Center will host a New Year's Eve celebration on the rooftop featuring fireworks, Champagne, open bar, gourmet appetizers and live music at Sidney's Rooftop Sculpture Garden on Friday, December 31. Doors open at 8:30 p.m. and the party continues until 1 a.m.

Tickets are \$222 per person with a VIP table of two for \$600, VIP table of four for \$1,200 and VIP table of six

for \$1,800. Dress is cocktail attire and tickets include heavy hors d'oeuvres by Frisco's, an open bar and live music by The Swingin' Clique. VIP tickets include all of the above plus premium seating with a separate food station and a designated server. To secure a spot, visit www.sbdac.com/new-years-eve-rooftop.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers.✱

Historic Downtown Fort Myers, Then And Now:

Hendry Street Grows Up



by Gerri Reaves, PhD

This circa-1925 photo captures boom-time changes on the east side of Hendry Street, as the block literally reaches skyward out of a pioneer past. Pictured are two new four-story buildings, the Pythian Building (left) and the Robb & Stucky Building, built in 1924 and 1925, respectively, between Main and Second streets. Four stories isn't an impressive height today, but at that time, there were only a few three-story downtown structures. Only the eight-story Franklin Arms Hotel (rear section), built around the same time, stole their brief claim to mini-skyscraper status.

The Italianate-style Pythian Building bore the name of the organization that met there, the Knights of Pythias. It had the distinction of having the town's first elevators for public use. Robb & Stucky, a successful furniture store, was constructed in the neo-classical-revival style. Also visible in the photo (left of Richards) is the arched entrance to the diminutive Starnes Arcade, built by Charles L. "CL" Starnes in 1924. But perhaps the most intriguing detail in the photo is the foreground. The photographer who snapped this photo stood behind the wrought-iron fence surrounding the homestead of pioneer Robert Abner "RA" Henderson, Sr. Henderson had homesteaded there about 1890, building his two-story frame family home facing Hendry near the corner at Second. From early days, Henderson owned about two thirds of the block between Broadway (then Garrett Street) and Hendry and bounded by Main (then Oak Street) on the north and Second on the south.



This circa-1925 photo was taken on Hendry Street from RA Henderson, Sr.'s front yard. The two four-story buildings are the Pythian Building (left) and the Robb & Stucky Building photo courtesy Joanne Iwinski



The structures look much the same now, but this view is snapped from a parking lot, not a pioneer's homestead photo by Gerri Reaves

He ran a large successful store facing Hendry, at the Main corner. He had settled in Fort Myers in 1885 and began his career as a merchant in 1887, founding his first store at First and Jackson and moving to Hendry and Main about 1900. By the time this photo was taken, he had built a much larger store a block away. His Big Cash Store is legendary in downtown business history, but his other activities were significant too. They included county treasurer for 22 consecutive years, two terms as a representative to the Florida State Legislature, and investor in the citrus and cattle industries. In 1945, the Pythian Building was renamed the Richards Professional Building when RQ Richards bought it. The Robb & Stucky name has stuck (pardon the pun), even though the furniture company moved out in the late 1960s. Both buildings are still a vital part of the business district, occupied by a variety of retail establishments and professional offices. The Starnes Arcade, has borne several names over its near-century life. It was renamed the Reynolds Arcade in the 1950s and, later, the Courtyard Shops. It is now Peebles Court. Henderson family members continued to live in the home on Hendry until around 1960. Now, most of the former Henderson property is a parking lot. Take a tour of Hendry Street and envision the contrast of a pioneer homestead opposite boom-time mini-skyscrapers. The Southwest Florida Historical Society is an all-volunteer, nonprofit organization open Wednesday and Saturday between 9 a.m. and noon. 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. Call 332-8778 for the hours or visit www.leecountyblackhistorysociety.org. Visit the IMAG History & Science Center at 2000 Cranford Avenue or at www.theimag.org. Sources: Archives of the Southwest Florida Historical Society, the Fort Myers Press and The Story of Fort Myers by Karl H. Grismer.✪

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Child Artist Named For Wine And Food Fest

SWFL Children's Charities' 2022 Child Artist Ella Palinchak was born happy and healthy with her twin sister. At four months old, Ella was diagnosed with Alagille Syndrome, a complex multisystem rare genetic disease. Alagille Syndrome affects the liver, brain, heart, eyes, face and skeleton. With successful medical interventions, children with Alagille Syndrome can live a full life, but some do not survive.

Ella's parents, Kris and JoAnna, traveled out of the area to see many doctors including a neurologist and nephrologist. They became quick advocates and experts because most specialists had yet to hear of the disease.

Ella's failing liver was the first obstacle. The family needed more than just a liver transplant match, they also had to get approval from several specialists confirming that she was stable enough to receive this lifesaving organ donation. While Ella was in a Miami hospital and the Golisano's Children's Hospital for six months waiting for news, both parents took turns staying in the Miami hospital with Ella and staying home with Lacy, Ella's twin sister.

Ella was put on the liver transplant list just one day before her first birthday and a year and a half later, they received that important phone call that the Miami hospital had found a match. Ella had a successful liver transplant at age 2 and is expected to live a full life thanks to medicine and regular appointments with the cardiologist, ophthalmologist and transplants specialists.

"She continues to amaze us with her unwavering, great spirit," said Joanna.

The Palinchak's have much hope for Ella and others suffering with Alagille Syndrome. One day they hope to connect with Ella's donor family.

"We are forever grateful of their selfless act during their time of pain," added JoAnna.



Ella Palinchak painting the official artwork for the 2022 SWFL Wine & Food Fest

photo by Reagan Rule Photography

As SWFL Children's Charities' 2022 Child Artist, Ella will create a one-of-a-kind piece of art with Rachel Pierce, former NBC-2 anchor and local artist mentor. The painting will be featured during the 2022 Southwest Florida Wine & Food Fest, where bidders can raise their paddles in support of Ella and her artwork. Bids for the artwork will start at \$5,000. Traditionally, the works are then donated back to the hospital, where they are displayed for patients, families, visitors and staff to enjoy.

The 2022 Southwest Florida Wine & Food Fest signature event will take place on Friday, January 21 when dinner hosts invite guests for exclusively themed dinners, prepared by the event's vintners and local chefs. The grand tasting, which is being held in the gardens at Florida SouthWestern State College, will take place on Saturday, January 22, where local chefs and vintners come together to showcase culinary creations and wines followed by a live auction featuring an array of wines, travel packages, exclusive event access and more. For more information, visit www.swflwinefest.org.

Junior Achievement Joins Movement

Junior Achievement of Southwest Florida has joined #GivingTuesday, a global day of giving that harnesses the collective power of individuals, communities and organizations to encourage philanthropy and to celebrate generosity worldwide.

Held annually on the Tuesday after Thanksgiving, this year's #GivingTuesday will fall on November 30, following the widely recognized shopping events Black Friday and Cyber Monday. #GivingTuesday is considered the day to officially launch the holiday giving season and inspire people

worldwide to make an impactful change in their communities by helping charities and organizations they support.

"Junior Achievement is dedicated to giving young people the knowledge and skills they need to own their economic success, plan for their future, and make smart academic and economic choices," said Angela Fisher, president and CEO of Junior Achievement of Southwest Florida. "We hope that our community will support JA's mission by visiting www.jaswfl.org and making a generous donation this upcoming Giving Tuesday on November 30. With the help and support of our community, our goal is to impact 25,000 students this 2021-22 school year."

For more information, visit www.jaswfl.org, call 225-2590, or email info@jaswfl.org.



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2022 Season New Exhibits and Programs



Photo by Andrew West/The News-Press

EXHIBITS

RED, BLUE, GREEN:
An Introduction to Water Quality in Southwest Florida

January 15-June 10

Produced in partnership with Sanibel-Captiva Conservation Foundation

BLACKWATER MOMENTS:
Nocturnal Photography of Open-Ocean Mollusks

December 10-May 30

LECTURES

Jan. 21: Environmental writer CYNTHIA BARNETT

Feb. 1: *The Soul of An Octopus* author SY MONTGOMERY (pictured)

This lecture is made possible by Fran Peters/Island Vacations

Feb. 16: Metropolitan Museum of Art curator BRADLEY STRAUCHEN-SCHERER

Mar. 15: Diver and photographer LINDA IANNIELLO

Apr. 6: News-Press visual journalist ANDREW WEST

Registration and details at ShellMuseum.org



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Fort Myers Art:

Holiday Plays To Get Into The Christmas Spirit



by Tom Hall

The following are four plays at local theaters highlighting the Christmas spirit.

Holiday Tale at Fort Myers Theatre

Fort Myers

Theatre will offer the Broadway version of *A Christmas Carol*, in which Broadway heavy hitters Alan Menken (Disney's *Beauty and the Beast*, Disney's *The Little Mermaid*, *Little Shop of Horrors*) and Lynn Ahrens (*Ragtime*, *Seussical*, *Once on This Island*) breathe fantastic new life into Charles Dickens' classic tale of Ebenezer Scrooge, a prosperous curmudgeon who believes that personal wealth is far more valuable than the happiness and comfort of others.

With an infuriated "Bah! Humbug," Scrooge summates his feelings of Christmas tidings and charitable giving, but he's forced to face his selfish ways when three ghosts lead him through his past, present and future one fateful Christmas Eve. Thanks to their



One of the Christmas shows playing in Fort Myers

image courtesy <https://ftmyerstheatre.com>

guidance, Scrooge recognizes his faults and greets Christmas morning with a cheerful "Happy Christmas" before spending the day reconnecting and sharing love with those that mean the most to him.

The show runs December 10 to 19.

Fort Myers Theatre is located at 16120 San Carlos Boulevard, Unit #5, in Fort Myers. For more information, visit www.ftmyerstheatre.com.

British Farce at Off Broadway Palm

The Off Broadway Palm Theatre is celebrating the holiday season with the British farce *No Claus for Alarm*, playing now through December 25. Written and directed by Southwest Florida resident and Broadway Palm favorite Victor Legarreta, the

production features Fitz-Lloyd Crowley and Abraham Bacrumby of the law office Abe Bacrumby and Fitz who are in a bit of a pickle when Abe unknowingly brings in the head of the Russian Mafia as a client. It's Christmas and they must try to keep two girlfriends, a bossy barrister and a clueless receptionist from finding out about each other or there will be more than chestnuts roasting on an open fire.

The cast features all Broadway Palm alumni including Rachael Endrizzi, Caitlin Moss, Megan Orlowski, Ken Quiricone, Christopher Russell, Rob Summers and Michael Weaver.

The Off Broadway Palm is located in the main lobby of Broadway Palm Dinner Theatre at 1380 Colonial Boulevard in Fort Myers. For more information, call 278-4422 or visit www.broadwaypalm.com.

Holiday Classic at Cultural Park Theater

It's a Wonderful Life: A Live Radio Play will be performed at Cultural Park Theater from December 9 to 19. The play recreates the classic holiday movie as a 1940s radio broadcast.

As you'll readily recall, main character George Bailey is a generous, well-meaning man who is facing an existential crisis prompted by the impending failure of his Bedford Falls savings and loan association. Downcast, at his wit's end and convinced that he is indeed worth more dead than alive, he contemplates ending his life one fateful Christmas Eve. It will take help from a lovable angel named Clarence to show George all the lives he positively influenced in an effort to induce him to have a change of heart in the true spirit of the holidays.

But Cultural Park Theater's retelling of the classic tale comes with a clever twist. The story is staged as a live

1940s radio broadcast with actors playing numerous characters and sound effects provided by Foley artists.

Cultural Park Theater is located at 528 Cultural Park Boulevard in Cape Cora. For more information, visit www.culturalparktheater.com.

Holiday Song And Dance Musical at Broadway Palm

Holly Jolly Christmas is on the main stage at Broadway Palm Dinner Theatre through Christmas Day. The show features Broadway-style dancing, costumes and traditional holiday favorites such as *Rockin' Around The Christmas Tree*, *Jingle Bells*, *Silent Night*, *Rudolph the Red-Nosed Reindeer* and, of course, *Holly Jolly Christmas*.

During the show's run, Broadway Palm is collecting new and gently-used books for BelieveNBooks. This Southwest Florida organization was founded by a local eighth grader whose mission is to provide underprivileged children throughout Southwest Florida with books to expand their horizons and enhance their understanding of the world. You can find more information at www.believenbooks.org.

Broadway Palm Dinner Theatre is located at 1380 Colonial Boulevard in Fort Myers. For more information, call 278-4422 or visit www.broadwaypalm.com.

*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.**

Fort Myers Blues And BBQ Festival

The inaugural Fort Myers Blues & Jazz Festival will be held in downtown Fort Myers on Friday, December 10 from 4 p.m. to 10 p.m.; Saturday, December 11 from 11 a.m. to 10 p.m.; and Sunday, December 12 from 11 a.m. to 6 p.m. Admission is free.

The three-day event will feature music by top jazz and blues musicians from throughout Florida, freshly cooked foods and a marketplace with arts, crafts and fine goods.

The outdoor concert will be held at 1400 Hendry Street in downtown Fort Myers. For more information and a full lineup of artists, visit www.paragonartevents.com.*



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Camps Offered At The Estates

School break and day camps at Edison and Ford Winter Estates offer a unique educational experience for children in first through sixth grades. Campers get to invent, design, build and learn in the same location where famous inventors Thomas Edison and Henry Ford invented some of the world's best-known innovations.

Support from private donors make it possible for the estates to offer one scholarship for each camp. A committee will determine scholarship eligibility based on financial need so that underprivileged children can experience camp. The deadline to apply for a scholarship is two weeks before the desired camp. Parents or guardians can apply at www.edisonfordwinterestates.org/education/camps.

Registration is open for the following camps:

Creative Chemistry, December 20 to 23 – Students will learn how to use everyday items to conduct chemical experiments during this four-day camp. Edison Ford members: \$160; non-members: \$185

Design & Innovation, December 27 to 30 – Campers will walk in the footsteps of Edison and Ford as they tackle a range of projects from light systems to marble roller coasters as they are guided along the path of innovation in this four-day camp. Edison Ford members: \$160; non-members: \$185

Animation Station, January 11 – Students will direct their own animated masterpieces during this popular day camp. Edison Ford members: \$45; non-members: \$50

Wizards of Electricity, March 18 – Campers will become an electrical innovator as they explore the history of electricity during this one-day camp. Edison Ford members: \$45; non-members: \$50

Eager Engineers, March 21 to 25 – Guided by the lessons of collaboration from Edison and Ford, campers will tackle a series of daily challenges as they become fluent in the engineering design process in this fun and fast-paced camp. Edison Ford members: \$200; non-members: \$230. All campers are required to wear a mask. Social distancing guidelines per the Centers for



Chemistry experiments at Edison and Ford Winter Estates photo provided

Disease Control will be followed.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. To register, visit www.edisonford.org.✱

Pancake Breakfast

Bayside Estates Men's Club will host a pancake breakfast in the recreational hall on Sunday, December 12 from 8 to 11 a.m.

The monthly breakfast, held every second Sunday through March, offers scrambled eggs, sausage, coffee, orange juice and all-you-can-eat pancakes. Cost is \$6. For \$1 more, get a made to order omelet.

Bayside Estates Men's Club is located at 17601 San Carlos Boulevard on Fort Myers Beach. Call 466-6322 for more information.✱

Craft And White Elephant Sale

Palmetto Palms RV Resort will host a craft and white elephant sale on Saturday, December 11 from 8 a.m. to noon. Coffee and doughnuts will be available.

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

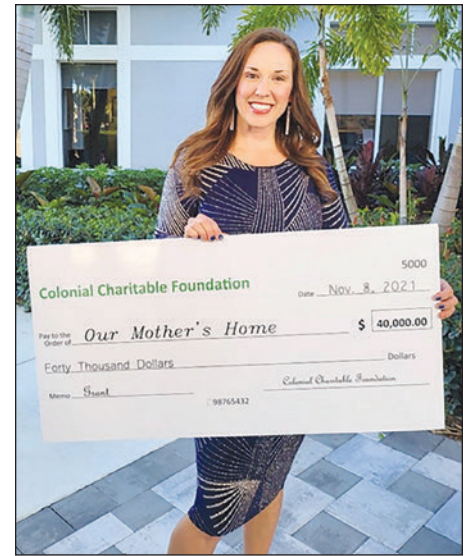
Nonprofit Gains Donation To Help Young Mothers

Our Mother's Home (OMH) will continue its mission to empower young mothers in the foster care and human trafficking systems to break the generational cycle for themselves and their children thanks to the Colonial Charitable Foundation's support with a recent \$40,000 donation. The agency is preparing to announce the plans for a new facility with transitional living space.

The foundation is funded through the support of the Colonial Country Club community and other local residents and businesses.

"Every dollar donated to our organization is put directly towards providing our young women and their babies with a stable, safe and supportive environment that will set them up for a successful future," said OMH Executive Director Alicia Miller.

Since OMH was dedicated in May 2000, more than 400 teen mothers and children have benefitted from the organization and its mission. The staff, donors and support of the Southwest



Alicia Miller with the donation from Colonial Charitable Foundation photo provided

Florida community have allowed the residents and their babies to stay together and learn valuable life skills that they need to obtain independence and a happy, healthy and successful future.

To learn more about Our Mother's Home or schedule a meeting with Miller, call 267-4663 or visit www.ourmothershome.org.✱



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OBITUARY

CAROL DANIELS

A force of nature, Carol Daniels got things done to make the world a better place for all of us. She died peacefully in her sleep on November 24, 2021.

Carol was born to Thomas and Frances Daniels of St. Paul, Minnesota on Christmas Eve 1935 and grew up there and on the north shore of Lake Superior. She graduated from Sarah Lawrence College in 1956 and went on to work as an elementary school teacher, meeting her future mother-in-law at the Windward School. She and Michael Toombs (1935-78) were married in August 1958, settled in Rye, New York and had three children, Amelia, John and Polly. In 1987, she married the love of her life, Richard Jacker.

Carol was preceded in death by her beloved husband, Richard E. Jacker (Dick), as well as her first husband, Michael Toombs, her parents and brothers, John Daniels, David Daniels and Forrest Daniels.

Her children, Amelia Mitchell, John Toombs and Polly Toombs, along with grandchildren, Forrest Hurley-Toombs, Emerson Hurley-Toombs and Sarah Spruill, live on with hearts full of memories.



Never satisfied with the status quo, Carol was influential in creating the Rye Preschool Playschool in the early 1960s. She was active in Rye, New York politics, the human rights commission, Christ's Church Rye and Episcopal Diocesan projects, and was elected to the Rye school board for two terms. During these years, she also earned her master of social work degree from University of Bridgeport and worked at New York Hospital.

In the early '90s, when readying for "retirement," Carol and Dick chose Captiva Island and the Fort Myers, Florida area. Carol, a devoted and unwavering philanthropist, became very involved in the community; personally spearheading the effort to bring a Planned Parenthood to the area. She was instrumental in building Brightest Horizons (now the Early Learning Program for the Heights Foundation) to its current reach and scope. She was also their unofficial Santa for many years, preparing catalogs so the kids could choose what they wanted instead of receiving a more generic gift. Beyond these two passions, Carol cared deeply for the work of Habitat for Humanity, leading many successful local building campaigns, especially through one of her two spiritual homes, Chapel by the Sea.

Carol's final years were spent as she had planned, sheltered in the excellent care of Shell Point Retirement Community, most especially from those at the Pavilion. She lived her life by her own terms and was a mentor and advisor to many, accomplished gardener, lover of history, roses, Wales and Cavalier King Charles spaniels.

Memorial services will be planned for Spring 2022 at St. Michael and All Angels Episcopal Church on Sanibel and Chapel by the Sea on Captiva.

In lieu of flowers, donations may be

OBITUARY

MERRELL CHRISTINE RUSHWORTH

Born on March 28, 1957 at Lee Memorial Hospital, Merrell Christine Rushworth was the first born daughter of Jack and Milbrey Rushworth.

Jack and Milbrey moved to Tobago with Merrell when she was a baby. They returned and resettled on Sanibel when Merrell was a toddler. Merrell grew up on Sanibel and spent her early adult years traveling extensively. She settled in Charlottesville, Virginia and worked as a travel agent for many years. Her love of travel then led her to a career in the airline industry in Tampa, Florida. After her time with the airline, she left the travel industry and began a career as an insurance agent.

Merrell returned home to Fort Myers, Florida in 2003 where she lived until her passing. She worked as an insurance agent on Sanibel, and served the Sanibel



made to Planned Parenthood of Fort Myers or to the Early Learning Program through the Heights Foundation in Fort Myers.✽

community through her involvement as a former board member for the St. Michael Episcopal Church Women, and as a board member at Island Inn.

A daughter, sister, niece, aunt, cousin and friend, Merrell adored get-togethers with friends, good times and laughter. She loved shelling out on the beach and liked trying to find the perfect shell. She was an avid crafter and enjoyed perusing thrift stores. She had a soft spot for dogs, her cats, and spending time with family and friends. All those who knew Merrell loved her smile and her silly, endearing sense of humor. She had a knack for telling funny stories and making everyone around her feel more joyous.

Merrell is survived by her sister Jennifer Ann Rushworth, her brother John L. Rushworth Jr., her sister-in-law Carol Rushworth, niece Lindsay Rushworth, and nephews Scott Rushworth and John (Jack) L. Rushworth III, along with many cousins and extended family. Merrell meant so much to so many people who knew and loved her. She will be missed greatly.

Merrell's wishes are for a small family gathering which will occur at a later date.

In lieu of flowers, donations can be made to the American Cancer Society, Bailey-Matthew National Shell Museum, or give blood donations to your local blood bank.✽

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

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

ALL SAINTS BYZANTINE RITE CATHOLIC

Sunday 10:30 a.m., 10291 Bayshore Road, 599-4023.

ANNUNCIATION GREEK ORTHODOX

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

BETH YESHUA MESSIANIC SYNAGOGUE

Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.

BIBLESHARE

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

CHABAD LUBAVITCH ORTHODOX

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

CHAPEL OF CYPRESS COVE

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

CHAVURAT SHALOM

Friday Shabbat services every week 7:30 p.m. Other programs on vacation. ChavuratShalom@gmail.com.

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.crownoflife.org

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 9 and 11 a.m., 15690 McGregor Boulevard, 482-2030.

FIRST CHURCH OF CHRIST, SCIENTIST

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

FIRST CHURCH OF THE NAZARENE

Sunday 10:30 a.m. and 6 p.m., 13545 American Colony Boulevard, 936-2511.

FORT MYERS CHRISTIAN CHURCH

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

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

Sunday 10 a.m., 8210 College Parkway, 482-3133.

FIRST PRESBYTERIAN CHURCH OF FORT MYERS

11 a.m. Sunday, www.fpcforymyers.org, 2438 Second Street, 239-334-2261

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

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

LAMB OF GOD

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

NEW HOPE PRESBYTERIAN

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

PEACE COMMUNITY

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

PEACE LUTHERAN

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

REDEEMER LUTHERAN

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

RIVER OF LIFE ASSEMBLY OF GOD

8, 9:45 and 11:30 a.m., 21580 River Ranch Road, 495-0400.

SAMUDRABADRA BUDDHIST CENTER

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SAINT COLUMBKILLE CATHOLIC

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SAINT JOHN THE APOSTLE METROPOLITAN

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

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY

Sunday 9:30 a.m., www.saintnicholasmonast

ery.org, 111 Evergreen Road, 997-2847.

ST. VINCENT DE PAUL CATHOLIC

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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.✽

Plant Smart

Field Copperleaf



Field copperleaf's tiny green "second" female flowers are visible on the far right at the tiptop of the spike

photo by Gerri Reaves

by Gerri Reaves

Field copperleaf (*Acalypha arvensis*) is a member of the spurge family whose native range is from Mexico to Tropical America.

This annual was introduced to Florida in the 1980s and is now naturalized. It frequently pops up in yards, along roadsides and in disturbed areas.

It is a relative of two other common non-native acalyphas, Wilkes' copperleaf (*A. wilkesiana*) and chenille plant (*A. hispida*).

Copperleaf species native to the state include bastard copperleaf (*A. chamaedrifolia*) and the three species with the intriguing prefix "three-seed mercuries" in their common names: slender (*A. gracilens*), pineland (*A. ostryifolia*) and diamond (*A. rhomboides*).

Copperleafs often have bronzy leaves or pinkish fuzzy catkin-like flowers, thus their use as ornamentals.

Field copperleaf has both of those characteristics, as well as hairy reddish stems. It can reach up to about three feet tall, but sometimes reclines or even has a vine-like habit.

The serrated leaves vary in shape but are generally oval, often with pointed tips.

The elaborate colorful flower spikes can be appreciated only if examined close up. The word *acalypha* is Greek for "nettle," and even though the spikes might look bristly, they are fuzzy and soft.

This species shares an interesting feature with some other *Acalypha* species: it has two, not one, types of female flowers and one male. Theories differ as to why those species have evolved in that way.

The "normal" female flowers are hidden amid the leafy overlapping bracts in the lower portion of the spike.

Above the bracts is the thin reddish area holding the male flowers that produce pollen.

Farther up at the tiptop of the spike on what looks like a tiny flagpole are the other type of female flowers, which are green and differ in appearance from the "normal" ones.

The ovoid capsule is smooth and contains pitted seeds.

If this species volunteers in your yard, you might decide to get rid of it, but treat

yourself to a close look at those spikes first.

Sources: <http://www.efloras.org> and <https://treasurecoastnatives.wordpress.com>.

Plant Smart explores the diverse flora of South Florida.✱

Reservoir Under Way

by Wendy McMullen

The new reservoir, C-44, that officially opened east of Lake Okeechobee last week, will solve some of the problems of polluted water flowing from Lake Okeechobee in the middle of the state to Florida's east coast.

With a great deal of hoopla, Florida Lt. Gov. Jeanette Nunez cut the ribbon and started the pumps, heralding the revitalization the newly opened reservoir will bring to the Indian River Lagoon near Port St. Lucie.

But there is another, much larger, reservoir under way; one that will be vital to our west coast environment. It is the Caloosahatchee River West Basin Storage Reservoir, known as C-43.

This reservoir, on 10,700 acres of former farmland west of Labelle in Hendry County, will hold approximately 170,000 acre-feet of water, with a maximum depth ranging from 15 feet to 25 feet (170,000 acre-feet represents an amount of one foot deep spread over 170,000 acres). When complete, the reservoir will provide storage for the

Caloosahatchee estuary by capturing and storing local basin runoff as well as releases from Lake Okeechobee.

This will benefit Sanibel in both the wet and dry seasons. During the wet season from June to October, it will capture and store stormwater from the C-43 basin and reduce excess water flowing to the coastal estuary surrounding Sanibel. During the dry season from November to May, water releases will provide essential flows, improving salinity, balance, the survival of young fish and shellfish, and ecological health generally.

Water flowing west along the Caloosahatchee will be directed down the Townsend Canal and into the reservoir. It is widely acknowledged that the amount of phosphorous and nitrogen in the water from Lake Okeechobee contributes to the algae blooms that ravaged Southwest Florida in 2018, so the water will be treated with an alum injection system, which, along with normal attenuation, will settle the pesky nutrients on the bottom of the reservoir. When the river and estuary need it, the cleaned and stored water will be discharged back through the Townsend Canal into the river and estuary.

The entire reservoir project is expected to be completed by 2023 at a cost of a little over \$1 billion. The initial 2008 design has been updated to meet current dam safety standards and all demolition work, and the construction of the S-476 pump and the main S-471 pump stations are now complete.

"We're excited to see the progress made on the C-43 because it's a project that's critical to our dry season flows,"

commented James Evans, environmental policy director for Sanibel-Captiva Conservation Foundation.

Randy Smith, South Florida Water Management District media relations supervisor, echoed the sentiment.

"The C-43 reservoir is a critical component, working with other projects, for overall Everglades restoration," Smith said. "The tangible and important benefit for the Caloosahatchee is the reservoir's ability to store water and release it when the estuary needs fresh water to maintain a good, healthy salinity level."

Both projects are part of the Comprehensive Everglades Restoration Plan, a Congressionally approved program to restore, protect and preserve the water resources of central and southern Florida.✱

Tours In German Offered At Estates

Edison and Ford Winter Estates is offering guided tours in German. Led by a trained site historian whose native language is German, the tours will be offered each Wednesday at 11 a.m.

German language can also be selected on the Edison Ford App.

Guided tours are \$30 per person and offered on a first-come basis. Free on-site parking is available.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information, visit www.edisonfordwinterestates.org.✱

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Negative Lows A Plus



by Capt. Matt Mitchell

All winter long we experience some of the lowest tides of the year. These negative tides, which can be a foot or more lower than a regular low, are my favorite. During these super extreme lows, the lack of water causes all of the fish to get much more concentrated. Imagine half as much water in the bay and just as many fish.

Deeper channels, both natural and man-made, are the places to be during these lows. Some of the best action will come both on the last hour of the outgoing tide and then again during the first hour of the incoming. As always, moving water is still the critical factor.

Many of the mangrove channels I fish all winter long offer the fish a place to hide up under the trees during regular tides. Reaching these fish with a bait can be tough if not impossible once the tide is high as the water can go back as far as 20 feet into the mangroves. During these negative low tides, these same fish have no choice but to fall out from the trees and sit on the channel edge.

A few of my favorite mangrove creeks require a shallow draft boat to access



Jim Robertson with a low tide redfish caught while fishing with Capt. Matt Mitchell this week photo provided

as there are very skinny areas in the entrances. Once across these areas and into the creeks, the channels are deep enough to maneuver. Look for the fish

to be set up in the deeper pools in the bends and even in the middle of these narrow channels. The most perfect setup is when you get trapped by the tide way

back in one of these mangrove creek systems. Some days, it gets low enough that another boat cannot enter until the tide comes back up a few inches and you have it all to yourself.

Negative low tides are also a great time to learn the lay of the land. Seeing how the natural channels weave through both the mangroves and even the open sound is priceless knowledge. When exploring on these minus low tides, I suggest going out during the first few hours of the incoming tide so, if you do get stuck, the tide is coming up and you won't get trapped or grounded for too long. There is no other time of the year when having a shallow draft boat is so important as the next few months.

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.✱

From page 1

Art Sale

Shucker's Galleria, located at 1250 Estero Boulevard on Fort Myers Beach. Her work will be on display until December 28. The show includes eight-inch by 10-inch watercolor paintings.

The FMBAA gallery is located at 3030 Shell Mound Boulevard on Fort Myers. For more information, visit www.fortmyersbeachart.com, email publicity@fortmyersbeachart.com, call 463-3909 or stop by the gallery.✱

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Sherman's Fox Squirrel



by Bob Petcher

The Sherman's fox squirrel (*Sciurus niger shermani*) is larger than most squirrels with a long, bushy tail and strong hind legs that allow it to leap freely from place to place.

If you are unable to determine the species of squirrel by size, you can distinguish a Sherman's fox squirrel by its head coloring of gray to black with lighter coloring around its nose and ears.

The Big Cypress fox squirrel is more common in this part of the state, while the Sherman's fox squirrel is often found in central to north Florida or Georgia. The latter is named after HB Sherman, a prominent ecologist who made many contributions to the study of native Florida mammals with his research.

At CROW, an infant female Sherman's fox squirrel was admitted from Naples after being found alone. Upon examination, veterinarians found her to be severely dehydrated and cold. Her eyes were closed, which is appropriate based on her age estimation of two to three weeks. The patient has been receiving



Patient #21-5937 napping in a temperature regulating incubator photo by Dr. Laura Kellow

six feeds a day and will continue to be monitored under supportive care while she grows.

"We use a specialized milk formula for wildlife that replicates nutrients they would receive from their mom," said CROW Rehabilitation Manager Breanna Frankel. "Besides regular feeds every few hours, we are keeping the squirrel warm and offering supplemental fluids as needed. As it grows and matures, we will slowly start introducing other types of food into its diet as well as enrichment."

Besides growth time at the clinic, the tiny patient will also need time to get

acclimated to the wild.

"The patient has stayed at the clinic since admit, it is currently in a temperature regulating incubator because it's too young to be able to stay warm on its own," said Frankel. "Over the next couple weeks, it will be moved into a bigger space with a heating pad, and eventually into a cage with no additional heat source."

Veterinarians first suspected the infant squirrel had either fallen from the nest or was abducted. After learning more, the former situation was verified.

"This squirrel fell out of the nest because its nest tree was cut down.

Unfortunately, after the tree came down, no parents were found in the area," said Frankel. "Based on the history provided with this patient, renesting was not an option due to the tree coming down. Following the tree being cut down, the mom did not return for the infant, so it was brought to the clinic to be raised with us."

During instances when a young animal is found, time is needed to ascertain if its parents are no longer around. Call CROW at 472-3644 or visit www.crowclinic.org/found-animal if there are any questions.

"Our 'If you care, leave it there' program is critical for the survival of many infant animals that fall from their nest," said Frankel. "Most tree nesting animals have infants that jump from the nest – or get knocked out by accident. This is a very natural part of their development in the wild and leaving them to be raised by their parents is the kindest thing we can do.

We are very good at what we do, but we are not as good as their wild parents. We are not their best option; we are their last option. Please call us when you find infant animals on the ground so we can assess the situation and determine if renesting is the right option for that animal."

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.

ARC

Animal Refuge Center

ARC is the largest no-kill shelter/sanctuary in Florida. They house both dogs and cats. Please visit their website for more information or schedule a visit.

This little guy is looking for a forever home. He is a nice little fellow who takes a little time to trust people. He needs eye drops daily for dry eyes. He would do well in a quiet home. Why not make an appointment today to meet him or call ARC for more information, 239-731-3535.

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Kim J. Belange received Best in Show-Lee Ackert Memorial Award for *Home on the Beach*
photos provided

Beach Art Group Show Winners

The Fort Myers Beach Art Association hosted a reception and award ceremony for its fall judged show titled *Endless Beginnings* on November 21. The reception was sponsored by Red Coconut RV Park.

Kim J. Belange captured Best in Show (Lee Ackert Memorial Award) for her artwork titled *Home on the Beach*. Susanne H. Brown seized first place honors for *Soft Glowing Roses*. Dana Enders received second place for *Red Sails*. Michele Barron Buelow gained third place for *Cloud*. The Maya Bryant-Plein Air Award went to Dorothy McDowell for *The Red Bridge*.

Merit awards her handed out to Tamara Culp for *Dappled*, Pam Flaherty for *Race* and JoAnn LaPadula for *One*

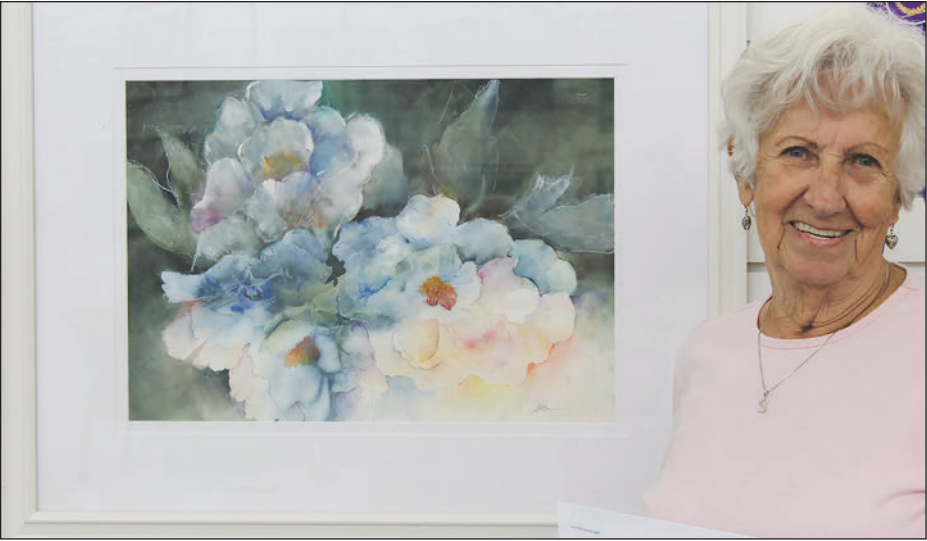
of the Boys. Honorable mentions went to Floyd Lawrence for *Waiting*, Kathleen C. Taylor for *Babe* and Julie Nusbaum for *Abandoned*.

Endless Beginnings was judged by Francesco Gillia. The ceremony was proceeded by an art demonstration by Shari Blaukopf, a watercolorist and author.

FMBAA continues to offer art education through Famous Artist Workshops. Joye Moon will lead the next workshop for watercolorists from January 17 to 19. Visit www.fortmyersbeachart.com/workshops for details.

The FMBAA gallery, located at 3030 Shell Mound Boulevard on Fort Myers Beach, is open to the public Monday through Saturday from 10 a.m. to 3 p.m.

Mini Masters, matted original artwork, continues to be for sale, priced at \$10 per piece. For more information, visit www.fortmyersbeachart.com, call 463-3909 or stop by the gallery.*



Susanne H. Brown received first place for her work titled *Soft Glowing Roses*



Second place went to Dana Enders for her work titled *Red Sails*



Third place went to Michele Barron Buelow for her work titled *Cloud*



JoAnn LaPadula received a merit award for *One of the Boys*



Julie Nusbaum received honorable mention for *Abandoned*



An honorable mention went to Floyd Lawrence for *Waiting*



Tamara Culp received a merit award for her work titled *Dappled*



Pam Flaherty received a merit award for her work titled *Race*



Kathleen C. Taylor received honorable mention for *Babe*

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Book Review

The Plot

by Di Saggau

The Plot by Jean Hanff Korelitz is one that will grab you from page one and never let go. It's actually a book within a book, which makes for an unusual format. The main character

is Jake Bonner, a struggling teacher of a mediocre writing workshop at a little-known college in Vermont. He had one novel published that was fairly successful, but his second one did not receive much praise and that has left him desperate to write another.

One of Jake's students, Evan Parker, stands out in the class. He is totally self-confident that he has already planned a novel that will be a sure hit. He shares several pages of his writing with Jake, who agrees it has promise.

Two years later, Jake does a google search to see if the book has been published and finds out that Evan has died. Taking what he learned from Evan, Jake writes the story and his book becomes a bestseller. Jake is enjoying his success until he starts receiving emails and online posts calling him a thief.

The author does a great job of making the reader think about what makes up

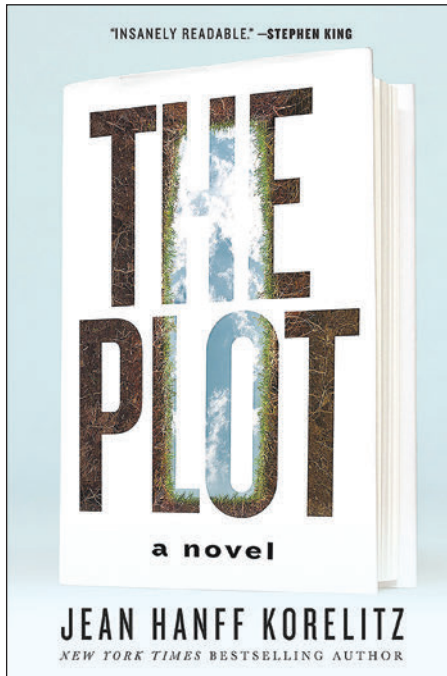


image provided

a small theft. Is it OK to borrow part of a plot, or is it plagiarism? Who actually owns a story, especially if that person is now dead?

As Jake starts to understand his antagonist and hides the truth from his readers, he learns more about Evan, and what he discovers both amazes and terrifies him.

The Plot is an excellent psychological thriller with well-developed and interesting characters.✱

School Smart



by Shelley M. Greggs, NCSP

Dear Readers,

Most of us are faced with both a happy and sometimes stressful task about this same time every year – what should I get for

my kids this holiday season. We are all bombarded by media ads exclaiming the latest, coolest item that every child must have. Should you purchase the latest thing for your children? Maybe if you think it's something they will use and enjoy for a while. However, here are some other ideas for educational, non-tech items that most children will appreciate:

You might purchase a series of classes for them. Music, dance, riding, drawing, acting – classes are a great way to encourage children to pursue their interests. Find out what's available and sign them up.

You might consider purchasing a family membership for a local nature center science museum, children's museum, zoo, YMCA membership, etc. These are particularly great family gifts and a great way to have family time.

Purchase a magazine subscription for something they are interested in. Kids enjoy getting things in snail mail and they also will be practicing their reading and learning specialized vocabulary.

Purchase tickets to special events that they are interested in. Movie tickets, or tickets to a play, concert or sports event are great. Having an event to look forward to is exciting for kids.

Kids love activities like miniature golf, bowling, skating and jumping on a trampoline. Take them to one of these activities as a special time together. Children love spending time with the adults in their lives plus these activities will provide for some exercise.

Games and puzzles are great activities for developing memory and cognitive skills like problem solving. Games teach a lot, too, and not just factual information but social skills as well.

Books are my all-time favorite gifts for kids both young and old, and the benefits from reading are endless. While a book from their favorite author is always welcome, you might want to try something new, like reading poetry, a play or a mystery out loud to one another.

Give a gift to a charity chosen by the child. Depending on the age of your child, you may need to introduce them to several charities. Include organizations that work in your area (such as a food bank), that do work that is important to your family (perhaps, planting trees in deforested areas), or that your child would find intriguing (say, provides school supplies to low income kids in your community). Let your child choose a charity and give a gift in your child's name to that organization. Deliver the gift in person, if appropriate. Alternatively, you could find a Christmas Giving Tree-type program in your area and gift your

child the same gifts you provide for the low-income child in need to serve as a reminder of how kids everywhere all just want to play and feel loved.

I hope that these suggestions are useful to you and result in happy gift giving and receiving.

Shelley Greggs is former faculty at Florida SouthWestern State College, where she taught psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. To contact her, email smgreggs@gmail.com or visit www.schoolconsultationservices.com.✱

Symphony Holiday Concerts



Heather Ivy

photo provided

The Southwest Florida Symphony and an internationally acclaimed classical crossover soprano will deliver three holiday performances.

Big-Band Christmas with Heather Ivy will include original arrangements of holiday favorites like *The Prayer*, *Jingle Bells*, *Ave Maria* and Disney's *Frozen* at the Gulf Theater in Punta Gorda on Sunday, December 12 at 4 p.m., the Village Church at Shell Point on Monday, December 13 at 7 p.m. and First Presbyterian Church in Bonita Springs on Tuesday, December 14 at 7 p.m.

Tickets are \$20 to \$35. For details, visit www.swflso.org or call 418-1500. These concerts are made possible through the support of Ellie Fox.✱

From page 1

Mural Exhibit

inequity that is important to the artist.

Murals on Tour aims to participate through the arts in an ongoing conversation about the challenges facing marginalized groups. Plus, the exhibition creates works of public art that are easily accessible due to their mobility. Each artist is provided with a \$100 supply stipend for the project and paid \$250 for their completed piece.

For more information and a complete tour schedule, visit www.loveyourrebellion.org/murals-on-tour.✱

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THOMAS P. HALL
 ROBIN C. TUTHILL, EDITOR

“More than a meticulously researched chronicle of the disasters that shaped Fort Myers, this book details the historical moment of each blaze, creating a rich portrait of a community forged and tempered by fire. A must-read for anyone interested in area history, with riches for newcomers and experts alike.” - Amy Bennett Williams



The starting line of the 2019 race

photo provided

Registration Open For Ride Against Cancer

Early registration for the 2022 Pan-Florida Challenge Cancer Ride is now open through Wednesday, December 15. The ride will take place on March 26 and 27, and riders who sign up before the December 15 deadline will have reduced registration fees and fundraising goals. The routes are designed for cyclists of all skill levels ranging from 10 to 200 miles.

Pan-Florida Challenge's mission is dedicated to cancer prevention, research and patient support. The organization provides nutritious meals to underprivileged and hungry children, in an effort to prevent cancer later in life as malnutrition has been shown to increase the risk of developing cancer. In addition,

Pan-Florida Challenge partners with organizations, such as Moffitt Cancer Center, to fund cancer research and support for cancer patients of all ages and their families. Every dollar raised by the riders directly supports Pan-Florida Challenge's mission.

"Every person who takes part in our ride is making a difference in the lives of those who are fighting cancer," said Jeri Goetz, executive director at Pan-Florida Challenge. "With their support and fundraising dollars, we are one step closer to preventing cancer, and we are able to provide a nutritious meal to a hungry child."

On Saturday, March 26, the 30-mile, 62-mile, 100-mile and 200-mile cyclists starting in Fort Myers will begin their rides. On Sunday, March 27, the 10-mile, 30-mile and 62-mile cyclists starting at USF Riverfront Park in Tampa will begin their ride.

For more information, visit www.panfloridachallenge.org/the-ride.✴

Trauma Center To Relocate

Lee Health will make history in the state of Florida when it relocates its regional trauma center from Lee Memorial Hospital to Gulf Coast Medical Center on January 12. It will be the first health system in the state to move a trauma program.

The move is being done as part of a major expansion to better serve the Southwest Florida community by expanding access to healthcare throughout the region. The trauma program has earned its recertification from the state.

"We look forward to the continued success of our trauma program as we move this vital service to Gulf Coast Medical Center," said Dr. Larry Antonucci, president and chief executive officer of Lee Health. "The relocation of our regional trauma center ensures that we have adequate treatment space to serve the trauma service needs of our growing population, and it offers a more

centralized location to provide these services."

To prepare for the trauma center relocation, Gulf Coast Medical Center underwent an extensive \$315 million expansion project, which added 268 inpatient beds, bringing the hospital's total bed count to 624 from 356. The project also includes an expanded emergency department and intensive care unit spaces.

The trauma center serves only the most complex and life-threatening cases. More than 90 percent of those cases are comprised of blunt trauma from falls, motor vehicle crashes and motorcycle crashes.

The emergency department at Lee Memorial Hospital will remain open and will continue to serve the community 24 hours per day. Any member of the community who needs emergency care should continue to visit their nearest hospital's emergency room.

Gulf Coast Medical Center is located at 13681 Doctors Way in Fort Myers. To learn more about Lee Health's trauma services, visit www.leehealth.org.✴

Chamber Names Award Recipient

Kathleen O. Berkey was named 2021 APEX Awards recipient at the 15th annual Greater Fort Myers Chamber of Commerce's Women in Business Committee APEX Awards at The Westin Resort at Marina Village on November 12.

The APEX Awards ceremony recognizes local women with outstanding reputations for professionalism, philanthropy and leadership.

Presented by Sanibel Captiva Community Bank, the awards luncheon honored three finalists and recognized all nominees before naming Berkey.

Kerri Goldsmith of HBKS Wealth Advisors and Alicia Miller of Our Mother's Home were the other 2021 APEX finalists.

Berkey is an attorney, shareholder and certified professional planner at Becker & Poliakoff, PA. Berkey also serves on the board of directors for Keep Lee County Beautiful, the Urban Land Institute (ULI) of Southwest Florida Management Committee, ULI's Women's Leadership Initiative steering committee and the MothersEsquire Breastfeeding Accommodations Committee.

Part of the Greater Fort Myers Chamber of Commerce, the Women in Business committee is dedicated to helping women achieve their fullest professional and personal potential. A variety of networking and educational programs are offered throughout the year, typically the first Wednesday of every month from 4 p.m. to 6 p.m.

For more information regarding membership opportunities or events, call 332-2930 or visit www.fortmyers.org.✴



Kathleen O. Berkey

photo provided

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Will Power

Clock Is Ticking To Save Income Taxes On Your Northern Residence



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

Did you move to Florida while maintaining your residence in another state, with plans to one day downsize that residence? If so, you might want to sell your northern residence sooner rather than later to get the Section 121 exclusion from income for the sale of your primary residence.

Many people retire to Florida to enjoy our great weather and outdoor activities, but most of all to avoid paying state income tax. Because children and grandchildren reside up north, those same individuals tend to maintain two residences; one here that becomes the primary residence for tax purposes, and the other

in their former home state.

The residence up north might be the one where they raised their family. It might be larger than necessary, so the intent is to downsize. But there's a massive income tax exclusion at risk. If a couple sells a residence that was their primary residence for two years of the past five-year period ending on the date of sale, they exclude \$500,000 of the gain from their income. An individual taxpayer excludes \$250,000. (See Internal Revenue Code Section 121.)

Assume, for example, that John and Jane Smith resided at a residence in

Needham, Massachusetts beginning in 1995, purchasing a home there for \$500,000. They bought a home in Florida in 2015 and filed for homestead on January 1, 2019 making Florida their primary residence. They sold the Needham residence for \$1.3 million on December 1, 2021. The Smiths qualify for the \$500,000 exclusion from income since the Needham residence was their primary for at least two years of the past five dating back to December 1, 2016.

If the Smiths wait until June 30, 2022, they wouldn't qualify for the exclusion, because going back five years takes them to June 2017 and they declared Florida their primary residence on January 1, 2019. Consequently, the Needham residence was the primary only for 18 months during that time.

As you can readily determine, the clock is ticking on this exclusion from the time that one declares Florida residency. What if you don't want to sell the home right away? Are there options? Yes, of course, there are!

You can establish an irrevocable trust with a separate tax identification number benefiting your children, and they can purchase the residence from you within the qualifying time period. You would want to record a note and mortgage, and for the time that you use the residence, you would want to pay fair market value rent (that can offset the trust's carrying costs of the residence). When the residence is ultimately sold to a third party, the note and mortgage would be satisfied at closing.

I'm leaving out details to the transaction that would be necessary to qualify for the exclusion, as that's not the point of this column and I don't have enough space to examine them all, but you get the picture.

Now is actually a good market for sellers. If you thought about pulling that trigger, keep in mind the Section 121 exclusion on the sale of primary residence.

©2021 Craig R. Hersch. Learn more at www.floridaestateplanning.com.✴

Appointee For Housing Advisory Committee

SWFL Inc. President and CEO Tiffany Esposito, MBA, CCE, IOM, APR, has been appointed to the Lee County Affordable Housing Advisory Committee by the Lee County Board of Commissioners.



Tiffany Esposito

The committee is an eight- to 11-member committee whose purpose is to identify relevant issues and problems relating to affordable housing in Lee County and provide recommendations to the Board of County Commissioners to increase the supply of such housing.

"It's an honor to serve the citizens of Lee County in this new role as I participate in the policy making process," said Esposito. "I'm excited to be a part of conversations that will improve the quality of life for businesses and their teams."

SWFL Inc.'s 2022 legislative agenda puts an emphasis on economic development as well as increasing the amount of available workforce housing. SWFL Inc. supports and advocates for policies that increase the number of available homes that are affordable for the workforce and the community.

To be continuously active in these important conversations in the Southwest Florida community, Esposito was recently reelected for the second year as the chair of the Hodges University Board of Trustees. She was also reelected to the ACCE Board of Directors for the District 2 seat for a two-year term beginning in July 2021.

In June, she was selected to serve on the Certified Chamber Executive (CCE) Commission through the Association

of Chamber of Commerce Executives (ACCE). In addition to this, Esposito was appointed to the CDBG-Mitigation Program's Citizen Advisory Committee in August of this year.✴

LCEC Officer Graduates From Program

Lee County Electric Cooperative (LCEC) Chief Financial Officer Sarah Bullock has completed an intensive program in electric utility management with the University of Wisconsin. This is the most exclusive management development program in the nation for electric cooperatives.

The Robert I. Kabat Management Internship Program (MIP) is a series of workshops offered by the National Rural Electric Cooperative Association in conjunction with the university. The program guides participants through all facets of the electric utility industry, including the many changes occurring around the nation.

MIP participants go through three 10-day sessions designed to challenge and educate in new, innovative management techniques. Participants leave with a better understanding of what customers want and how to ensure they get it. This program also covers the unique principles that govern the operations of electric cooperatives and how to enhance the core organization.

Only rural electric cooperative CEOs and top-level management can participate in the program. This allows for a greater emphasis of study on management and leadership challenges.✴



Sarah Bullock

Fundraiser Sets Record For Dementia Center

The 25th annual Brushstrokes from the Soul art auction and celebration held recently at Sidney & Berne Davis Art Center featured record-breaking proceeds to directly benefit local families living with dementia in need of the support, education and navigation provided by The Dubin Center. Numerous sponsors, supporters and volunteers – along with the energy of Honorary Chairs Lou and Steve Pontius of Waterman Broadcasting – are what contributed to the success of this year's event. Platinum sponsors were Cypress Cove and Cypress at Home.

This year's event exceeded previous fundraising records by raising more than \$65,000. Of this total, \$38,000 was brought in the day of the event itself through silent auction items, diamond earring raffle and live auction items including a week in a private Sanibel beachfront home. As a special surprise at the end of the event, Dr. Jo Stecher of the Shady Rest Foundation presented a check for \$25,000 to support The Dubin Center.

"There are roughly 25,000 individuals living in Lee County with dementia; it is our great pleasure to ensure there is a

local resource to provide this invaluable support," said Dr. Stecher.

The highlight of the event were the 55 pieces of art on display, each painted by individuals living with dementia. Each piece was donated and custom-framed and stirred the emotions of event attendees. "This is my daughters' favorite event every year, they love to pick out and bid on the beautiful pieces of artwork," said Dr. Mabel Lopez, who attended with her daughters Aurora and Rio.

"The Dubin Center is back on the map, it's wonderful to see so many people here giving to such an important and growing cause in our community," said Al O'Donnell, chairman of the board of trustees who has been involved in The Dubin Center for over 15 years. "I'm glad the event could be put on safely in-person after being held virtually in 2020. There's something powerful about community members coming together, fighting for such an important cause like supporting caregivers and individuals living with dementia."

The Dubin Center is a nonprofit agency aiding families of individuals suffering from dementia in Southwest Florida. To stay up-to-date on next year's event, follow along on Facebook at www.facebook.com/dubincenter. For more information and a full list of sponsors, visit www.dubincenter.com or call 437-3007.✴

Free Autism Screening For Children

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free autism spectrum disorder screening for toddlers 18 months to age 5 at the Pediatric Specialist Office on Friday,

December 17 from 9 a.m. to 2 p.m.

The screenings are conducted by the Golisano Children's Hospital of Southwest Florida and are administered by an advanced practice registered nurse, who has extensive training and experience in typical child development and developmental disorders. A physician referral is not required.

The Pediatric Specialist Office is located at 15901 Bass Road, Suite 102, in Fort Myers. To schedule a screening, call 343-6838.✴



Spiro & Associates team members

photo provided

Agency Wins Industry Awards

Spiro & Associates, a brand architecture boutique of Fort Myers, was honored with 21 Pinnacle Awards and 12 Summit Awards at the Lee Building Industry Association's 2021 Industry Awards. These awards ranged from multiple honors surrounding stand-alone campaigns for long-term and brand-new clients to individual achievements.

Ten team members represented the Southwest Florida-based firm and its clientele of construction industry professionals during the recent Havana Nights-themed banquet and awards presentation at the Sidney & Berne Davis Art Center.

Included in the honors are two Shining Star individual achievement awards for Spiro & Associates brand architects:

Kendall Carson and Gabe Miranda-Sousa. Agency Founder and Chief Creative Officer Christopher Spiro walked away with the Individual Achievement Award for Marketing Manager of the Year, the eighth time he has earned the prestigious award. The agency also notched its ninth Marketing Firm of the Year award.

Pinnacle Awards pay tribute to Building Industry Association (BIA) members who have obtained outstanding success and professionalism in residential design, new home sales and marketing. Summit Awards pay tribute to Building Industry Association (BIA) members who have obtained outstanding success and professionalism in commercial building, planning and design.

"It is a great honor for us to end the year with such incredible awards for recognition of our outstanding work, client's work and tireless efforts that led to 'not being normal' paying off in a big way," said Spiro.✱

Eye Clinic For Children Next Saturday

The Florida Lions Eye Clinic (FLEEC) will be holding its monthly children's eye clinic on Saturday, December 18 at its Bonita Springs location. Examinations are by appointment only.

The children's clinic in December is like no other. Every child scheduled for an appointment during the clinic will receive a wrapped holiday gift. The gift-giving idea was initiated by Felice Weiss, a volunteer at FLEEC as a "feel good community project." The gifts for the children were donated by local communities, businesses and individuals at the request of Weiss, who is in her second year in the optician program at Hillsborough Community College.

"The effort Ms. Weiss put forth to collect the presents for our patients is admirable. Not only is she putting a smile on the faces of the children, she is providing them with a positive, happy experience. Going to the doctor can

cause anxiety for some children. The positive experience the clinic is able to provide is something the child will remember and will put them at ease for future doctor appointments," said Robin Goldstone Garcia, FLEEC executive director.

The Florida Lions Eye Clinic offers free eye care to low-income Florida residents with no medical insurance. A pediatric ophthalmologist and an orthoptist will be available to perform examinations on the children scheduled that day. Experts say one in four school-aged children have undetected vision problems. If left untreated, some of these problems can cause permanent vision loss. With poor eyesight, children's academic performance is hindered, and childhood disorders may continue to affect health and well-being throughout their adult years. Children learn best and are positioned to succeed when they can see clearly and are fully engaged in class.

Florida Lions Eye Clinic is located at 10346 Pennsylvania Avenue in Bonita Springs. To schedule an appointment, call 498-3937 Monday through Friday from 8:30 a.m. to 4 p.m.✱

Grants Awarded For Affordable Housing

The Lee Board of County Commissioners voted to award 2021-22 State Housing Initiatives Partnership (SHIP) grant agreements totaling \$2.96 million to local partners for affordable housing.

The grants to nonprofit housing development organizations are for new construction and rehabilitation of rental housing units. The grants will provide assistances to 52 very low-income and 17 low-income households, including 52 households with special needs.

The nonprofits and grants include: \$764,580 – Habitat for Humanity of Lee and Hendry Counties, Inc. Construction of 18 single family houses for two very low and 16 low income households with at least five houses for households with special needs.

\$400,000 – Lee County Human and Veteran Services. Down payment/closing cost assistance for six very low-income households with priority for households with special needs.

\$365,000 – Lee County Housing Development Corp. Construction of six single-family houses for five very low-income and one low-income households with at least five households with special needs.

\$325,000 – Lee County Housing Development Corp. Rehabilitation of

five owner occupied houses for very low income households with at least two households with special needs.

\$65,000 – Lee County Housing Development Corp. Down payment/closing cost assistance with homeowner rehab for one very low-income household with special needs.

\$145,000 – Center for Independent Living Gulf Coast. Rehabilitation of five owner-occupied houses for very low-income households with special needs.

\$205,970 – LARC, Inc. Rental rehabilitation of a group home for six very low-income, developmentally disabled individuals.

\$345,556 – Goodwill Industries of Southwest Florida. Rental rehabilitation of 14 units at Country Cove for very low income, developmentally disabled households.

\$345,550 – Goodwill Industries of Southwest Florida. Rental rehabilitation of 14 units at The Pines for very low income, developmentally disabled households.

Grant funds must be spent by December 30, 2023.

Lee County has received funds from the SHIP program – funded by revenues collected by the state from a surcharge on documentary stamps and distributed to counties and local governments as grants – since 1999 for the provision of affordable housing. Distributions are made on a population-based formula through the Florida Housing Finance Corporation, a state agency created to assist in providing a range of affordable housing opportunities.✱

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Frankly Speaking



by Howard Prager

Today, we honor six truly great players who have been selected to join the Hall of Fame: Twins teammates Tony Oliva and Jim Kaat, the only two of the six still living; Negro League stars Buck O’Neill and “Minnie” Miñoso, the first black player for the White Sox; Gil Hodges of the Brooklyn Dodgers; and Bud Fowler, the first African-American in organized baseball. The announcement was originally scheduled to coincide with the big league winter meetings, which were nixed because of the MLB lockout. This column borrows heavily from Phil Miller of *Star Tribune*, Ben Walker of the Associated Press and Do-Hyoung Park from Major League Baseball.

Kaat spent 13 years with the Twins and is the winningest pitcher in team history. “I really didn’t think this day would ever come,” he said. “I’m grateful they recognized my accomplishments over a long period of time.” Only 16 other pitchers in baseball history started more games than Kaat, who remains the Twins’ all-time leader in wins (190), losses (152), innings (2,959) and starts (422). He also pitched for the White Sox, Phillies, Yankees and won a World Series with the Cardinals in 1982. Kaat didn’t hesitate when asked what logo he would prefer to be wearing on the plaque in Cooperstown. “The Twins, no question,” Kaat said. “I was in that organization (counting his years with the Senators) for 16 years... That’s the team I’d want to be identified with.”

“My goal was always to start 40 games and pitch 280 innings,” Kaat said. Kaat is arguably one of the greatest fielding pitchers having won 16 consecutive Gold Gloves. Only Brooks Robinson (16 at third base) and Greg Maddux (18 as a pitcher) equal or better. At 83, he still participates in a handful of Twins broadcasts every year.

Oliva, also 83, was a three-time batting champion and .304 career

hitter who spent his whole career with the Twins from 1962 to 1976. An eight-time all-star, he was the American League Rookie of the Year in 1964, led the American League in hits five times and was the first player in AL/NL history to win batting titles in his first two seasons. Oliva and Miñoso are also the fifth and sixth Cubans to be elected to the Hall of Fame.

“My mother, my father, my brothers, some sisters, they never saw me play,” Oliva said. “I wish they had this opportunity to be here today.” After his playing career, Oliva was a coach for the Twins, serving on the staffs of the 1987 and 1991 World Series championship teams. He remains an ambassador for the Twins.

O’Neil, who had a monumental, eight-decade career on and off the field, was a two-time all-star first baseman in the Negro Leagues where he helped the Kansas City Monarchs win championships as a player and manager. The first black coach in the major leagues, he became the ultimate ambassador for the sport until his death in 2006 at age 94. He was posthumously awarded the Presidential Medal of Freedom and already is honored with a life-sized statue inside the Hall of Fame. His numbers were hardly gaudy – a .258 career batting average, nine home runs – but what he meant to baseball can never be measured by numbers alone. The hall’s board of directors periodically present the Buck O’Neil Lifetime Achievement Award to a person “whose extraordinary efforts enhanced baseball’s positive impact on society... and whose character, integrity and dignity” mirror those shown by O’Neil.

Miñoso was a two-time all-star in the Negro Leagues before joining the Chicago White Sox in 1951. Born in Havana, he was a seven-time all-star with the White Sox and Indians. He hit over .300 eight times with Cleveland and Chicago, led the AL in stolen bases three times, reached double digits in home runs most every season and won three Gold Gloves in left field. Miñoso finished up, or so it seemed, in 1964. He came back at age 50 to the White Sox in 1976 – going one for eight – and batted twice in 1980, giving him five decades of playing pro ball. “Trailblazer

among Afro-Latinos and Cubans, five-tool dynamo on the baseball diamond, ‘Mr. White Sox’ ... any description of his career now ends with the words ‘Hall of Famer,’” Chicago chairman Jerry Reinsdorf said in a statement.

Hodges became the latest Brooklyn Dodgers star from the “Boys of Summer” to reach the hall, joining Jackie Robinson, Duke Snider, Roy Campanella and Pee Wee Reese. An eight-time all-star with 370 home runs and a three-time Gold Glover at first base, Hodges enhanced his legacy when he managed the 1969 “Miracle Mets” to the World Series championship, a startling five-game win over heavily favored Baltimore. Hodges was still the Mets’ manager when he suffered a heart attack during spring training in 1972 and died at 47. “My dad was a great manager and a great player but above all else he was a great dad,” said Hodges daughter, Irene, in a statement released by the Mets.

Fowler, born in 1858, is often regarded as the first professional baseball player. From Wikipedia, his father escaped from slavery and migrated to New York. In 1859, his family moved from Fort Plain, New York, to Cooperstown. He learned to play baseball during his youth in Cooperstown. Fowler first played for an all-white professional team based out of New Castle, Pennsylvania, in 1872, when he was 14 years old. On April 24, 1878, he pitched a game for the Picked Nine, who defeated the Boston Red Caps, champions of the National League in 1877. The pitcher and second baseman helped create the popular Page Fence Giants barnstorming team.

Our good news story of the week is last weekend’s NFL annual #MyCauseMyCleats weekend, the one week of the season where players can wear shoes that are not team-specific and within the NFL’s uniform rules. A few of the very important causes include: Patriots DB Cody Davis supporting AxeALS to help raise awareness and funding for ALS treatment; Jets QB Mike White supporting Special Olympics; Chiefs OT Orlando Brown paying homage to all of those who lost their lives through

diabetes, including his own dad; Buc TE Rob Gronkowski supports the USO; and Cardinals OLB Devon Kennard who said, “I truly believe in my heart that teaching kids financial literacy can change families, neighborhoods, cities, countries and the world.” Thanks to all the players who participated and the many causes they support.

*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 to press@islandsunnews.com.**

Food Bank Benefits From Clay Shoot

Midwest Food Bank (MFB) of Florida’s 2nd annual Clay Shoot fundraising event at the Bermont Shooting Club in Punta Gorda featured over 85 shooters and 25 volunteers, and event proceeds will be turned into \$680,000 worth of food. This food will then be distributed and donated to the 194 nonprofits the food bank supports.

MFB Florida, a volunteer-driven, faith-based organization dedicated to alleviating hunger, malnutrition and providing disaster relief locally, puts 99 percent of every dollar raised back into the nonprofit’s mission of food and disaster relief.

“We are grateful to our local sponsors, attendees, volunteers and vendors. Their enthusiastic participation and generous contribution made this food relief fundraiser a great success, impacting thousands of local hungry people in need,” said Kelly Apfel, marketing and development manager of MFB Florida.

MFB Florida’s annual Gala Dinner and Auction will take place at the Caloosa Sound Convention Center on February 18 from 5:30 to 8 p.m. For tickets, visit <https://events.idonate.com/mfbflgala2022>.

For more information about MFB Florida, visit www.midwestfoodbank.org/florida.*

Snook Harvest In Atlantic To Close

The recreational harvest season for snook closes Wednesday, December 15 in Atlantic state and federal waters, including Lake Okeechobee and the Kissimmee River. It will remain closed through January 31, reopening to harvest February 1. Anglers may continue to catch and release snook during the closed season.

In the gulf, all state and federal waters, including Monroe County and Everglades National Park, are currently closed to harvest. All gulf state waters northwest of State Road 64 in Manatee County and south of Gordon Pass in

Collier County will reopen to harvest March 1. Snook remains catch-and-release only in state waters from State Road 64 in Manatee County through Gordon Pass in Collier County through May 31, in response to the impacts of red tide. Snook also has a regular season closure in gulf waters that runs May 1 through August 31.

Regular season closures are designed to help conserve the species during vulnerable periods such as during cold weather.

For more information, visit www.myfwc.com/marine and click on “Recreational Regulations” and “Snook,” or download the Fish Rules App at www.instagram.com/fishrulesapp or www.facebook.com/fishrulesapp.*

SPORTS QUIZ

1. What member of the Polynesian Football Hall of Fame played 12 NFL seasons from 1987-98 as a defensive lineman for the Detroit Lions, Kansas City Chiefs and Seattle Seahawks?
2. A rooster named Footix was the official mascot for the 1998 FIFA World Cup soccer tournament hosted by what country?
3. Name the U.S. track and field Olympian who won gold medals in the men’s 400-meter hurdles at the 1976 Montreal and 1984 Los Angeles Summer Games.
4. What traveling football team, established in 1922 by dog breeder Walter Lingo, played two seasons in the NFL and had Jim Thorpe as a player and coach?
5. When British commentator Rob Walker says his catchphrase, “Let’s get the boys on the baize!,” what sport is he covering?
6. Ebonite, Brunswick, 900 Global and Motiv are manufacturers of equipment for what sport?
7. What long-running TV game show often includes a golf putting challenge called Hole in One (or Two)?

ANSWERS

1. Dan Saleaumua. 2. France. 3. Edwin Moses. 4. The Orang Indians. 5. Snooker. 6. Bowling. 7. The Price Is Right.

Doctor and Dietician

Have A Healthy Holiday



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

Many of us experienced a wonderful Thanksgiving weekend filled with family, friends and food. The extra piece of pumpkin pie, the third serving of those oh-so-delectable mashed potatoes and, of course, the delicious gravy smothered all over all of it is no wonder most Americans experience at least an eight-pound weight gain over the holiday season.

Days are filled with holiday parties, get-togethers, school functions, shopping, cooking, decorating, gift-wrapping, sweets at work, and tight schedules, combined with lack of sleep, lack of exercise and over-indulgence that can lead to weight gain and “holiday blues,” putting our bodies into a state of chronic inflammation.

We want to encourage you this holiday season to stick to your healthy eating plan and make adjustments when you do find yourself over-stressed and over-eating. We have control over what we eat, how we feel and what we do, but doing so may require making some changes to our traditions and expectations.

10 Tips for a Healthy Holiday:

1. First and foremost, learn to say “no” when you need to. It is impossible to attend every party or event that you may want to or bake 10 kinds of cookies, send out personalized Christmas cards, and choose the perfect gifts for every family member and friend. Prioritize, minimize,

and be okay with it.

2. Get enough sleep. Go to bed and get up at the same time. Use mindfulness techniques, shut off your devices before bed, make the room cool and dark, and meditate on something positive before bed. Try not to have too many nights under seven hours of sleep.

3. Plan a minimum of 30 to 45 minutes of exercise four to five days per week. Walking, running, yoga, exercise class, pickleball, bike riding, swimming, weights – the possibilities are endless. If you do not know where to start, consider working with a trainer or exercise coach. We love working with Back in Motion located in Fort Myers.

4. Stick to healthy, balanced food choices that focus on fresh vegetables and lean protein, along with plenty of daily water for most meals. When faced with richer foods at parties, eat smaller portions.

5. Keep sweets and alcohol moderate. When you do consume extra, increase your exercise the next day.

6. Take your immune-boosting supplements. Key in our arsenal are Vitamins C, D and A, along with Quercetin and a favorite immune-booster called Host Defense Comprehensive Immune Support. Use immune-enhancing essential oils such as doTerra's On Guard in the form of beadlets, lozenges, diffused, or on the skin.

7. Gargle with hydrogen peroxide and mouthwash a couple of times per day, especially when exposed to people with colds/flu.

8. Ward off body pain by movement. Joint pain and chronic inflammation are at its peak during the cooler months. People who suffer from arthritis feel it more during this time, thus many people come to Southwest Florida during the winter months. If you are moving less due to pain, see someone about it and get it taken care of. We specialize in this at Caring Medical; we would love to help.

9. Sign off social media, internet and TV and spend time outside strengthening relationships with real people.

10. Give! Use this as a time to give to others. Volunteer. Donate money or time. It does the body, mind and spirit good.

Here's to a happy and healthy holiday season!

This information is not intended to treat, cure or diagnose your condition. Ross Hauser, MD, and Marion Hauser, MS, RD, established Caring Medical in 1991. Caring Medical Florida and the Hauser Neck Center are located in Fort Myers. They can be reached at info@caringmedical.com.✱

dearRPharmacist

The Psychoactive Properties Of Nutmeg



by Suzy Cohen, RPh

Dear Readers:

Recently I made some homemade vanilla eggnog and used freshly grated whole nutmeg. It really does make a difference if you

grate a whole nutmeg versus regular powdered nutmeg spice. The flavor is incredibly richer with the former. The recipe is posted at my website, but the point is nutmeg is a super interesting spice with tons of health benefits.

But you may not realize nutmeg naturally contains a compound that can get you a tad bit high. It's called the nutmeg high. The psychoactive properties of nutmeg might explain why that one relative gets all weird after Thanksgiving dinner. A recipe contains nutmeg.

Nutmeg has compounds in it that impact the brain and, for sensitive individuals, it may be a little too much. The worst part is that children and teens are usually the ones getting into trouble with nutmeg because the nutmeg challenge trend started on a popular social media app called TikTok.

The results have been devastating and lead to some fatalities.

Before you go and trash the nutmeg in your home, I want to tell you that the myristicin is in your parsley, anise, cinnamon, clove, fennel, parsley, star

anise and basil. There's just not that much in those other spices. And, moreover, the kids trying to trip off the myristicin aren't going for those other herbs, they're looking in the cabinet for the nutmeg.

Nutmeg has medicinal properties that make it a delicious, health-giving spice. It is known to help with sleep, blood pressure, inflammation, stomach problems and pain. It's a strong anti-inflammatory and has anti-tumorigenic properties. I don't want to scare you away from nutmeg when it is a superfood. It even improves memory and, if used correctly in recipes, it will enhance the flavor of any dish.

Using it properly is key. Recipes call for small amounts, usually one-quarter or half of a teaspoon to the batter or soup you're making. It's a very tiny amount compared to the whole recipe. But kids and some adults are being dumb and taking a whole teaspoon, and sometimes up to a tablespoon or two. This can lead to fatal consequences depending on the individual.

The psychoactive compounds in nutmeg spice put the sympathetic nervous system into action, and this can cause fight or flight symptoms. In excess, one may experience dry mouth, blurred vision, dizziness, confusion and heart rhythm abnormalities. If there is a pre-existing heart condition, even a teaspoon or two can be fatal.

The difficulty is that the LSD-like effects don't occur right away, the spice is fully ingested and absorbed into the bloodstream before the dreadful situation presents itself symptomatically. Eventually one may experience toxic effects such as dizziness, vertigo, tachycardia, hallucinations, disorientation to time and space, depersonalization, dysphoria, nausea/vomiting and more.

Nutmeg is easily a superfood, with tremendous health benefits. When abused it can lead to intoxication. Please read your recipes carefully and keep an eye on what your kids or grandkids are watching on social media.

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.✱

Superior Interiors

New Homeowner Tips And Tricks For Styling House



by Jeanie Tinch

Purchasing a brand-new home is an exciting adventure, whether you're first-timers or moving from one house to another. A new living space offers an opportunity for new beginnings – a

chance to create long-lasting memories with your loved ones in a new space.

To build a comfortable living environment that makes it easy to unwind, have fun and enjoy the atmosphere in the midst of it all, decorating your home is a must. Without a solid design plan in place, however, interior design can be a bit overwhelming when you're dealing with an entire house.

Don't fret... if you're looking for design and decor advice, you've come to the right place. Here are some of our tried-and-true tips and tricks for styling your new home:

Start with the foundation – This is an easy style tip you can plan for before even moving into your house. When taking the tour of the new home, were you satisfied with the wall colors? How did you feel about the architectural accents? Does the flooring match your personal style? These are all adjustments that can be made in advance before moving into your home and can make it easier to decorate and

come up with furniture placement.

Roll in the furniture (new or old) – Once the foundation of your home is squared away, it's time to think about your current furniture and how it will look in your new living space. Do you have enough seating, tables and other furniture to fill the square footage? Could you benefit from a bigger sofa? Have your children outgrown their current bedding arrangements? Even if you plan on holding on to most of your old furniture, you can make a room pop with a new focal point in the form of a chair or other piece of furniture.

Bring rooms to life with accents – Filling your room with furniture is important but adding in accents and decorations will complete your living space. Think carefully about how you want to style your home based on your overall goals with the design and decor.

Do you have an open floor plan? If so, it may be more difficult to follow multiple themes. You might think about following one overarching design scheme while giving each room on the main floor its own unique decor. Then, you can let your children decorate their own bedrooms as they wish.

Bonus tip – Let your personal style shine. Whether you and your partner are tackling the home design and decor project together, or you have full reign on the new house, think of it as a blank canvas that's waiting for you to let your creativity and personality shine. Don't hold back. Have fun with the decorations and accents and create a living space that your friends and family can easily identify with your style preferences.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coinedcnden.com.✱



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

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

CLUBS & ORGANIZATIONS	
American Legion Post #38	239-332-1853
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	https://www.audubonswfl.org/
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
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 22 and 23



"Hey, Al, do we have something back
there called _____?"

SCRAMBLERS

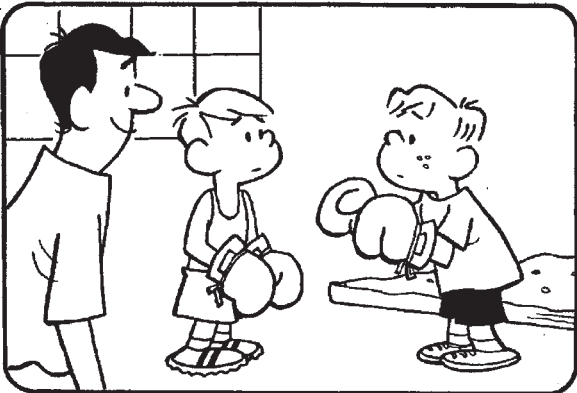
Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Dainty	RENTED							
Dream	RANEY							
Unkind	DINES							
Sniff	HEALIN							

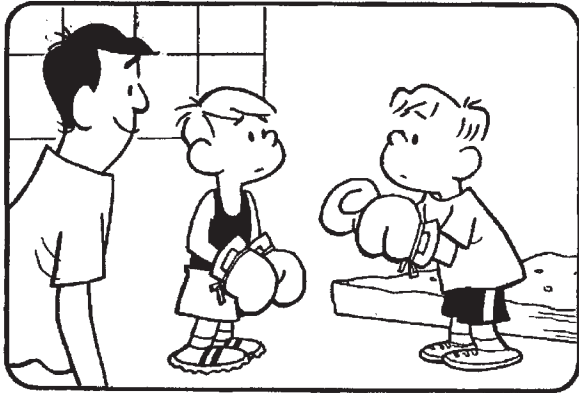
TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Shirt is different. 2. Sleeve is shorter. 3. Freckles are missing. 4. Mat is thicker. 5. Stripe is added. 6. Nose is smaller.

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

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.

PUZZLES

Answers on page 23

Super Crossword

BEGINNING AT THE TOP

- ACROSS**

1 Skipper's site

5 Las Vegas attractions

12 Part of WMD

16 Dol. fractions

19 Safe, at sea

20 Venezuela's main river

21 Brand of skin cream

22 "— Abner"

23 Limit for riding a roller coaster, often

26 Oath reply

27 In — by itself (unique)

28 '60s muscle car

29 Port-au-Prince locale

30 Profound

31 Spherical bacterium, for short

32 Payoff of athletic training

35 "Othello" foe

37 Grammy category

38 Rocker Patty of Scandal

39 Animal that hunts, but isn't hunted

45 Is remorseful

48 Life's work

49 Frazier foe

50 Mauna —

51 Peel, as fruit
- 52 Preteen

53 It has a "3D White" product line

58 Reproachful clicks

59 Fish in a garden pond

60 Writer Levin

61 Be fixated

62 Company that owns Log Cabin, Viasic and Mrs. Paul's

67 Decides to participate

71 Sallie —

72 Gp. backing arms

73 Auntie played by Lucille Ball

77 The Isle of Man, to Britain

82 Sealed up, as a package

83 Singer Basil

84 About half of all adults

85 Prevaricate

86 Lubing

87 Begins

90 NCAA conference of the Midwest

93 Barkin of film

94 Sinking ship's call

95 Hippie's "Got it"
- 96 Source of wacky products in Road Runner cartoons

102 Jab gently

106 Dress shirt ornament

107 Company shuffle, for short

108 PC undo key

109 Fetus' place

110 Grafton's "— for Alibi"

111 Onetime competitor of Magnavox

114 — polloi

115 Kitchen scraps

116 Discard from the memory

117 "Puppy Love" singer Paul

118 Kin of Ltd.

119 "To be," to Brutus

120 "My friends," in France

121 Vodka brand
- 5 Foldup beds

6 ETA part: Abbr.

7 Long attack

8 Photo-sharing app, for short

9 Totally unacceptable

10 Bar code-scanning gizmo: Abbr.

11 "That's how it was told to me"

12 Artistic theme

13 Supreme Court's Samuel

14 2015 and 2017 Best Actress nominee

15 Similar-meaning wd.

16 Set of regular customers

17 Tables with data on daily ebbs and flows

18 Steepness

24 Like the Greek letter eta

25 Type of fish that a

59-Across is
- 30 Places to get body wraps

32 "The Raven" writer

33 Positive aspect

34 Roman 2,050

36 Cur's threat

39 Bank stmt. ID

40 Oom- — (tuba sounds)

41 TV's Estrada

42 Singer Bobby

43 Bar order

44 "— a pity"

45 Egg — yung

46 Scarf down

47 Poor grades

50 Bread buy

53 33-Down's opposite

54 Like mosaics

55 Uno + due

56 "Today" co-host Kotb

57 "Nova" ailer

59 Variety

62 ATM code

63 "That's right!"

64 Spam holder

65 "— had a secret love ..."

66 Suffix with contradict

67 They precede Novs.

68 Shelter

69 Key-centered compositions

70 Eddied
- 73 Spanish dances like fandangos

74 Happy as — in mud

75 List of dishes

76 Verge

78 Aussie bird

79 Verve

80 Stately tree

81 Takeaway game of strategy

82 Link with

86 Ancient

88 Sleuth, slangily

89 Noisy nappers

90 Tropical cereal grass

91 D.C.'s home

92 Spam holder

94 Variety

96 Tokyo beer

97 Sublets, e.g.

98 Social grace

99 Narrates

100 "— bad moon rising"

101 Philosopher with a "razor"

103 Bar order

104 Slimy

105 Think piece

109 Footed vases

111 Actress Saldana

112 Detroit-to-Montreal dir.

113 Hexa- halved

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	79				80	81				82				
83						84					85				86					
87				88	89				90	91				92						
	93							94						95						
96						97	98				99	100	101			102		103	104	105
106						107					108				109					
110																				
114																				
118																				

King Crossword

- ACROSS**

1 Creche trio

5 The whole enchilada

8 Outlet letters

12 Teensy bit

13 Irish actor Stephen

14 Vivacity, in music

15 At the summit of

16 Her bed was too soft

18 Jungle trek

20 Make happy

21 Swindles

23 Workout site

24 Spaghetti topper

28 Whirled

31 Hosp. area

32 Small stream

34 "As I see it," to a texter

35 Lavish affection (on)

37 Lunar light

39 Family card game

41 Greek letters

42 Regard highly

45 Morals

49 Legume used in Asian cuisine

51 Acknowledge

52 Wax-coated cheese

53 Baton Rouge
- 9 Slapstick mis-

10 "Buenos —!"

11 Apple center

17 H.S. math

19 Eldest Stark child on "Game of Thrones"

22 Sailing vessel

24 Central

25 Green prefix

26 Fall-related

27 Relax

29 Actress

30 — de plume

33 Make a scarf
- 36 Puzzle

38 It's equivalent to C, in some scores

40 Sphere

42 Iowa city

43 Ranch visitor

44 Slithery

46 Currier's partner

47 Corn castoffs

48 Smack a baseball

50 "— was saying ..."
- DOWN**

1 "Serpico" author Peter

2 "— girl!"

3 Blunder

4 Influence

5 How lovers may stroll

6 Meadow

7 Genie's home

8 Monasteries

MAGIC MAZE ● AT FIRST

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

- Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: SPACE JUST BELOW THE ROOF
- | | | | |
|----------|-----------|---------|-----------|
| Athlete | Atlas | Atrium | Attended |
| Atlanta | Atoll | Atrophy | Attenuate |
| Atlantic | Atom | Attach | Attire |
| Atlantis | Atonement | Attend | |



Mule photo courtesy Fresh From Florida



Mule
2 ounces vodka (such as Banyan Reserve vodka)
½ ounce lime juice, squeezed fresh
1 ounce orange juice, squeezed fresh
1 sprig fresh mint
Ginger beer, chilled
1 strawberry for garnish
Fill a mule mug or highball glass with ice. Add vodka, lime juice and orange juice. Top with chilled ginger beer. Garnish with mint, half of a squeezed lime and strawberry. Drink responsibly.*

PETS OF THE WEEK



Wiggles ID# A878569 photos provided Lee County Domestic Animal Services

Wiggles And Joy

Hello, my name is Wiggles. I'm a blue 5-year-old female pit bull mix. I affectionately earned my name because my butt wiggles when I walk. I'm a short-stacked cutie who is a perfect fit for a family that is looking for a mid-sized pup with a big personality and adult-sized manners. I'm not only affectionate, but well-mannered and leash trained. My adoption fee is \$75.
Hi, my name is Joy. I'm a chocolate 4-year-old female pit bull. I'm just as my name would infer, an absolute joy



Joy ID# A898036
to be around. I'm a happy gal that loves to go outside with the fabulous team of volunteers and staff to run after whatever they toss. I would love a home with a yard or a family that is active and will take me on long walks to the dog park. My adoption fee is \$75.
*Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit www.leelostpets.com to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.**

My Stars ★★★★★
FOR WEEK OF DECEMBER 6, 2021

Aries (March 21 to April 19) Your curiosity might not be appreciated by everyone. Expect some resistance in getting answers to your questions. But stay with it. You need facts in order to make important decisions.
Taurus (April 20 to May 20) Some of the mystery surrounding your recent fiscal situation soon will be dispelled with a clear explanation. Use this new knowledge to help you chart a fresh financial course.
Gemini (May 21 to June 20) Start your holiday gift-buying now. This will help avoid problems caused by possible mid-December delays. A family member has important information.
Cancer (June 21 to July 22) Use a little more sense in how you plan to spend your end-of-the-year holiday dollars. Meanwhile, you continue to gain support for your stand on a workplace issue.
Leo (July 23 to August 22) Wearing that big, loving Lion's heart of yours on your sleeve leaves it unprotected. Let things develop a little more before you

allow your emotions to spill over.
Virgo (Aug. 23 to September 22) You might feel you're not ready to patch up an unraveled relationship. But the longer you wait, the more difficult it will be for all parties to take the first healing step.
Libra (September 23 to October 22) Your end-of-the-year holiday plans could be disrupted by something out of your control, but stay the course. Ultimately, things will settle back into a normal pace.
Scorpio (October 23 to November 21) Your honest approach to a workplace project earns you both respect and credit from those in charge. Meanwhile, that personal problem still needs to be dealt with.
Sagittarius (November 22 to December 21) Money could be a little tight this month. This means the usually bargain-oblivious Sagittarian should look for ways to save on end-of-the-year holidays.
Capricorn (December 22 to January 19) Examine the facts, and you might find that it's a wiser move to shift gears and redirect some of your goals before the end of the year. Someone close to you offers good advice.

Aquarius (January 20 to February 18) Be careful that your generosity is not abused. Find out more, both about the special favors you might be asked to grant and who is asking for them.
Pisces (February 19 to March 20) You've come through a recent rough time in great shape. Congratulations. Now go out and enjoy your well-earned rewards. More good news comes in mid-December.
Born This Week: You aim for truth, and you usually find it. Your honesty earns you the friendship and respect of others.

MOMENTS IN TIME

• On December 14, 1799, President George Washington dies. Two days earlier, he rode out into freezing sleet to survey business affairs on his estate. He returned home late for dinner and refused to change out of his wet clothes. The next day he developed a severe respiratory infection and died the following day.
• On December 16, 1811, the greatest series of earthquakes in U.S. history begins near New Madrid, Missouri, when an earthquake estimated

at 8.6 magnitude slams the region. The quake raised and lowered parts of the Mississippi Valley by as much as 15 feet and changed the course of the Mississippi River.
• On December 18, 1865, following its ratification by three-quarters of the states, the 13th Amendment is formally adopted into the U.S. Constitution, ensuring that "neither slavery nor involuntary servitude... shall exist within the United States, or any place subject to their jurisdiction."
• On December 13, 1916, a powerful avalanche kills hundreds of Austrian soldiers in a barracks near Italy's Mount Marmolada. Over several days, avalanches killed an estimated 10,000 Austrian and Italian soldiers.
• On December 17, 1961, a fire at a circus in Brazil kills more than 300 people and severely burns 500 more. The fire may have been caused by sparks from a train passing nearby. There were 2,500 people in attendance, and many were trampled.
• On December 15, 1988, singer James Brown, the "Godfather of Soul," begins serving a six-year prison sentence in South Carolina. Already on
continued on page 22

	FRIDAY Mostly Sunny High: 76 Low: 68		SATURDAY Sunny High: 79 Low: 73		SUNDAY Mostly Sunny High: 76 Low: 68		MONDAY Sunny High: 77 Low: 70		TUESDAY Mostly Cloudy High: 72 Low: 64		WEDNESDAY Sunny High: 75 Low: 69		THURSDAY Partly Cloudy High: 74 Low: 67
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Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	4:38 am	12:23 pm	8:09 pm	None	Fri	3:43 am	12:25 pm	7:14 pm	None	Fri	5:10 am	12:16 pm	7:03 pm	None	Fri	6:48 am	1:34 am	10:19 pm	3:39 pm
Sat	6:23 am	12:34 am	8:31 pm	1:10 pm	Sat	5:28 am	12:36 am	7:36 pm	1:12 pm	Sat	6:35 am	12:58 am	7:50 pm	1:20 pm	Sat	8:33 am	3:50 am	10:41 pm	4:26 pm
Sun	8:13 am	2:13 am	8:54 pm	1:53 pm	Sun	7:18 am	2:15 am	7:59 pm	1:55 pm	Sun	7:51 am	2:14 am	8:33 pm	2:12 pm	Sun	10:23 am	5:29 am	11:04 pm	5:09 pm
Mon	9:47 am	3:21 am	9:18 pm	2:32 pm	Mon	8:52 am	3:23 am	8:23 pm	2:34 pm	Mon	9:06 am	3:10 am	9:15 pm	2:59 pm	Mon	11:57 am	6:37 am	11:28 pm	5:48 pm
Tue	11:04 am	4:13 am	9:42 pm	3:07 pm	Tue	10:09 am	4:15 am	8:47 pm	3:09 pm	Tue	10:29 am	4:01 am	9:55 pm	3:44 pm	Tue	1:14 pm	7:29 am	11:52 pm	6:23 pm
Wed	12:11 pm	4:56 am	10:05 pm	3:37 pm	Wed	11:16 am	4:58 am	9:10 pm	3:39 pm	Wed	11:23 am	4:47 am	10:32 pm	4:28 pm	Wed	2:21 pm	8:12 am	None	6:53 pm
Thu	1:09 pm	5:35 am	10:30 pm	4:04 pm	Thu	12:14 pm	5:37 am	9:35 pm	4:06 pm	Thu	11:57 am	5:28 am	11:03 pm	5:09 pm	Thu	12:15 am	8:51 am	3:19 pm	7:20 pm

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From page 20

Moments In Time

probation, Brown’s reckless spree on September 24 resulted in numerous criminal charges, including assault and battery with intent to kill.

- On December 19, 1998, the House of Representatives approves two articles of impeachment against President Bill Clinton, charging him with lying under oath to a federal grand jury and obstructing justice. Later, after being acquitted, Clinton said he was “sorry.”

NOW HERE’S A TIP

- Got plastic packaging that’s a pain to get open? Use your can opener. Run it around the sides to break into your packages. It works!
- For every side dish that requires extra preparation time, plan for one or two that don’t. For instance, if you are preparing a casserole with many ingredients and complicated instructions, serve a package of vegetables that require nothing more than steaming.
- Wine buyers tip: Experts say to multiply the number of adult guests by a half bottle to determine how many bottles of wine to buy for your holiday gathering. Add an additional glass of wine per guest for every hour after dinner you expect guests to linger.
- How to peel potatoes: Boil whole potatoes with skin on for 20 to 30 minutes (depending on the size of your potatoes). You should be able to stick a knife all the way through without resistance.

Then remove them to an ice bath for 10 seconds each. The skin will slip right off.

- “Have kids make their own whipped cream with a jam jar! Fill a screw-top jar (glass, chilled, works really well) halfway with heavy cream, a little sugar and any flavoring extracts you like, then seal and shake. Kids also can make butter with cream in a jar. You may add a pinch of salt instead of sugar, and shake longer.” – AA in Florida
- Researchers tell us that the best time to interview is late morning on a Tuesday. You will avoid the interviewer’s likely Monday/Friday crunch, and have his or her full attention. Do your homework on the company, and get ready to shine.

STRANGE BUT TRUE

- During the first Gulf War in 1991, every U.S. soldier was sent a frozen Snickers bar as a Thanksgiving treat.
- Mario Puzo, author of *The Godfather* books who also helped adapt them to film, had no formal training and had never written a screenplay before. After winning two Oscars for the first two movies, he bought a book to help himself learn how to be a screenwriter.
- Delaware and Colorado allow a marriage to be annulled if it was performed as a dare.
- At the center of every snowflake is a pollen or dust particle on which an extremely cold water droplet has frozen to form an ice crystal.
- “Passion purpura” is the medical term for a hickey.
- Saccharin, the first artificial sweetener,

was discovered by accident when chemist Dr. Constantine Fahlberg forgot to wash his hands after work and tasted something “unspeakably sweet” during dinner. He interrupted the meal to sample every beaker in his lab, which fortunately contained nothing poisonous.

- The distress signal SOS does not actually stand for anything.
- “Buffalo buffalo Buffalo buffalo buffalo buffalo Buffalo buffalo” is a grammatically correct sentence using buffalo as a proper noun, verb and noun. To put it more simply: “Buffalo bison that other Buffalo bison bully also bully Buffalo bison.”
- Donald Trump was the first president in 168 years not to have a pet in the White House.
- It took Frank Lloyd Wright 15 years, 700 sketches and six sets of working drawings to create the Guggenheim Museum in New York.

THOUGHT FOR THE DAY

“The more clearly we can focus our attention on the wonders and realities of the universe, the less taste we shall have for destruction.” – Rachel Carson

TRIVIA TEST

1. **Geography:** What percent of the world’s population lives in the Northern Hemisphere?
2. **Movies:** Which 1987 film contains the catchy line, “May the Schwartz be with you”?
3. **Literature:** Author John Steinbeck contends that his dog ate the first draft

- of which of his novels?
4. **Animal Kingdom:** What is a group of parrots called?
 5. **Music:** Who is considered the “Father of the Blues”?
 6. **U.S. Presidents:** Who was the first sitting president to throw out the first pitch on baseball’s opening day?
 7. **Food & Drink:** Which fruit also is sometimes called a “love apple”?
 8. **Television:** Where do the vampires live in *What We Do in the Shadows*?
 9. **History:** In what year did East Germany start to build the Berlin Wall?
 10. **Inventions:** Which scientist invented the color wheel?

TRIVIA ANSWERS

1. 90 percent 2. Spaceballs 3. Of Mice and Men 4. A pandemonium 5. WC Handy 6. William Howard Taft (1910) 7. Tomato 8. Staten Island, New York 9. 1961 10. Sir Isaac Newton

SCRAMBLERS ANSWER

1. Field 2. Flange;
3. Invest; 4. Detain

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12/3 ★ 1/7

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10/22 ★ TFN

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AL-ATEEN HELP LINE
Are you concerned with a friend or family member's drinking? Call the 24-hour help line of South Florida Al-Anon at 941-564-5098 or visit www.southfloridaal-anon.org.
4/24 ★ TFN

Shore Fishing:

Don't Harm The Fish
by Capt. Matt Mitchell

Landing a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you’re going to release it is not an option as it usually damages or kills the fish. Hold the fish in the water while you unhook it if you’re going to release it. The less you can touch a fish before release the better for the fish. If you want a picture with the fish, support it as you lift it out of the water – and do it quickly. Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it’s ready to swim off. Florida residents as well as out of state visitors need a fishing license to fish from shore.

Money Tip For Students

College students looking to stretch their dollars can do so by cooking meals for themselves instead of dining out, according to Kentucky Higher Education Assistance Authority (KHEAA).

Eating right is a necessity, but it doesn't have to be an expensive one. Students who don't take advantage of campus food plans can cut their food costs by smart shopping and making their own meals.

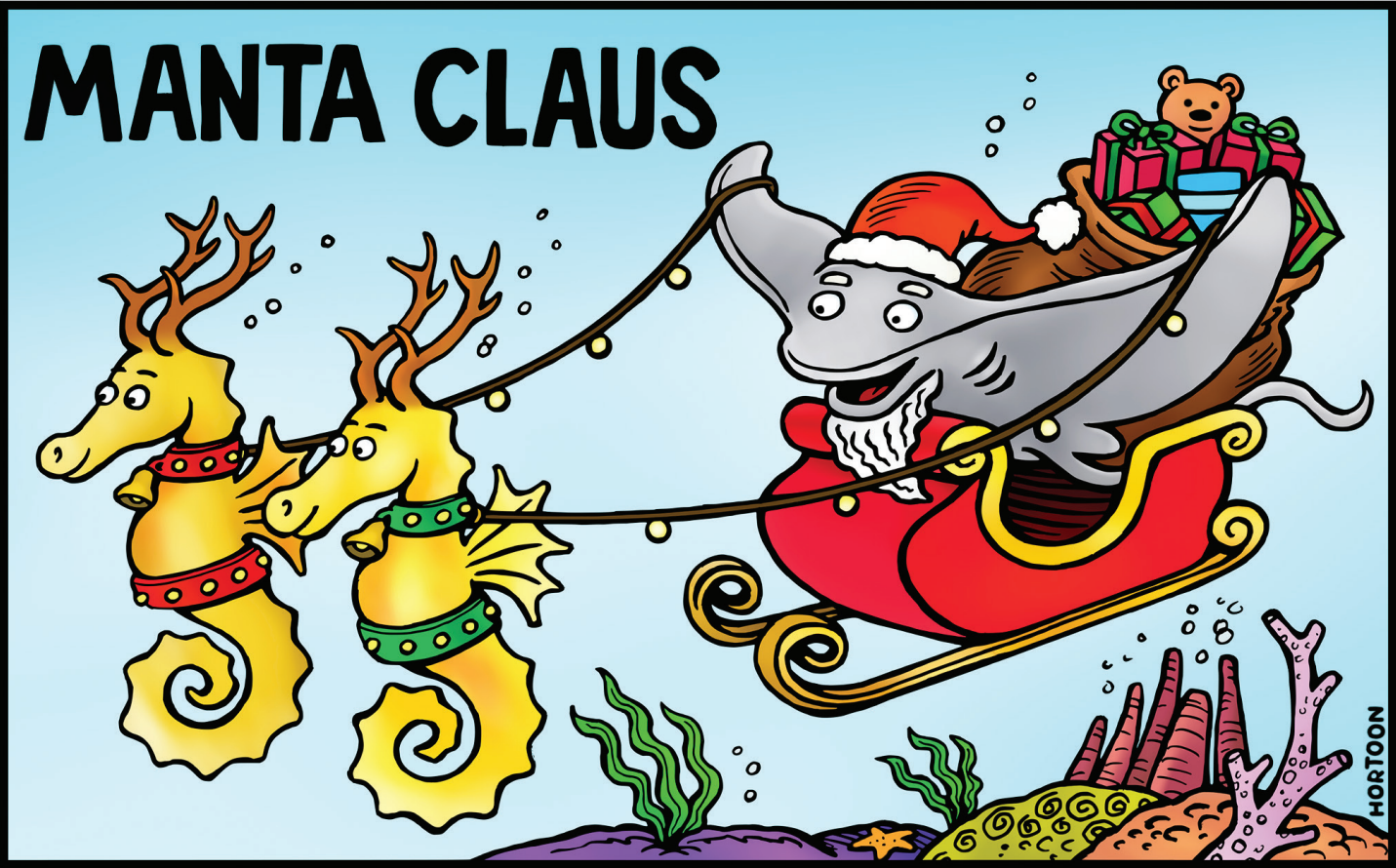
Instead of buying meals at restaurants, students can save quite a bit of money by fixing most of their meals at home. According to www.moneyunder30.com, the average price for a restaurant meal is about \$13, more than three times the cost for the average meal prepared at home. A web search for "recipes for college students" will bring up a list of many sites to help students make healthy, inexpensive meals on their own.

Someone who dines out four times a week can save nearly \$1,000 a year by cutting back to two restaurant meals. That money can be deposited into a savings or investment account, which allows it to earn interest.

For more information, visit www.advantageeducationloan.com.✱

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PUZZLE ANSWERS

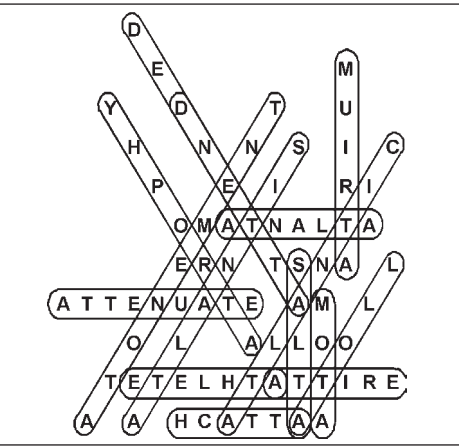
SUPER CROSSWORD

HELM	CASINOS	MASS	CTS
ALLEE	ORINOCO	OLAY	LIL
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STAPH	PEAK	PERFORM	ANCE
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APEX	PREDATOR	FEELS	BAD
CAREER	ALI	LOA	PARE
CHILD	CREST	TOOTH	PASTE
TSKS	KOI	IRA	OBSSES
	PINNACLE	FOODS	
OPTS	IN	MAE	NRA
CROWN	DEPENDENCY	TAPED	
TONI	MEN	LIE	OILING
STARTS	SUP	SUMMIT	LEAGUE
ELLEN	SOS	IDIG	
ACME	CORPORATION	NUDGE	
STUD	REORG	ESC	UTERUS
AIS	ZENITH	ELECTRONICS	
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INC	ESSE	MESAMIS	SKYY

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ICU	BROOK	IMO
DOTE	MOON	BEAM
	UNO	PSIS
ADMIRE	ETHICS	
MUNG	BEAN	AVOW
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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Grand Ole Man	Fort Myers Beach	2018	5,820	\$5,795,000	\$5,800,000	9
Lanes F A Bayview Subdivision	Captiva	1946	2,809	\$5,795,000	\$5,675,000	157
Tarpon Bay At Captiva	Captiva	2002	4,385	\$4,799,000	\$4,375,000	203
Salerno	Miromar Lakes	2018	3,948	\$3,575,000	\$3,575,000	13
Isola Bella	Miromar Lakes	2004	5,259	\$3,595,000	\$3,367,500	177
Mcphe Park	Fort Myers Beach	1935	1,020	\$3,200,000	\$3,000,000	2
Magnolia Pointe	Fort Myers	2001	4,738	\$2,499,900	\$2,500,000	95
Water Shadows Unrecorded Subdivison	Sanibel	1987	2,200	\$2,250,000	\$2,220,000	6
Island Shores	Fort Myers Beach	2021	3,055	\$2,199,000	\$2,199,000	155
Punta Robalo Unrecorded Subdivision	Upper Captiva	1989	2,156	\$2,149,000	\$2,027,000	117

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