



Christmas Spirit Soars At Broadway Palm

by Di Saggau

Talk about Christmas Spirit, it's in the air and everywhere at Broadway Palm Dinner Theatre with the holiday show *Holly Jolly Christmas*. This song and dance extravaganza has gorgeous costumes to fit every scene, and a cast of talented actors and dancers who provide great entertainment throughout the entire show.

Hosts for the celebration are Mr. and Mrs. Claus, portrayed splendidly by Victor Legarreta and Bonner Church. They start the show with *Come Fly With Me*, a warm welcome to all to travel the wide world of holiday cheer. 'Tis the season for them to shine and that they do time and time again. They also throw in a lot of jokes, some corny, but always funny and well delivered.

The first musical number is Christmas in Italy with *Buon Natale*, meaning "A Merry Christmas to You." This sprightly number is followed with Christmas greetings from Hawaii, Mexico and Ireland, followed with a beautiful song,



Cast members of *Holly Jolly Christmas*

photo provided

It's Christmas All Over The World Tonight, sung by Ashia Collins and the ensemble. Jayar Garcia and the junior performers delivered a wonderful rendition of *Feliz Navidad*. It was great to see Jayar on stage again. I remember fondly his portrayal of Ritchie Valens in *La Bomba* many years ago. He's still got those great moves. The youth roles alternate between Mia Henley, Lauren Cruz, River Reed and

magical. *Blue Christmas*, Elvis-style with Andrew Scoggin in the role, along with young Eli van Zanten as a mini-Elvis, and Legarreta as an aging Elvis, was another crowd-pleaser.

My absolute favorite was the Nativity Tale, which included a number of beautiful songs, with all the wise men, shepherds and angels singing along. Young Lauren Cruz, in angel attire, sang a beautiful *Silent Night* joined by Elizabeth Flanagan and company. This segment focused on the true meaning of Christmas and received great audience applause.

What stands out in this show is the amazing choreography by Director Amy Marie McCleary. There was boogie-woogie, rock 'n' roll, Irish step-dancing and great tap numbers, including dancing reindeer. This is a show that doesn't stop moving, and every move is enjoyable. The cast does an incredible job, often portraying different characters as they bring you the traditional holiday favorites you know and love.

Holly Jolly Christmas is a family show that celebrates this wonderful time of the year in fantastic fashion. It runs through December 25 at Broadway Palm Dinner Theatre. For tickets, call 278-4422, visit www.broadwaypalm.com or stop by the box office at 1380 Colonial Boulevard in Fort Myers.✧

Eli van Zanten.

There are many highlights in this show. I'll mention just a few. Loren Stone did a stand-out number singing *Pure Imagination* from *Willy Wonka and the Chocolate Factory*. He had a rich voice and also included some slight-of-hand tricks in the segment that was dedicated to Christmas through the eyes of a child. His performance was



Santa and Mrs. Claus listen to the Christmas wishes of Jacob Chandler photo provided

Carol Sing To Help Feed The Hungry

Celebrate the holidays and help feed the hungry by singing at the 30th annual Christmas Carol Sing at First Presbyterian Church on Tuesday, December 7. Because of the overwhelming popularity of the event, two sing-alongs are planned, at 1 and 7 p.m. The doors will open 30 minutes prior

to showtime.

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

Christmas Carol Sing was founded by the late Sam Galloway, Jr., who made

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Holiday Shopping At The Alliance



Support local artists at the Arts and Ends Holiday Sale

photo provided

The Alliance for the Arts annual Arts and Ends Holiday Sale will be held outdoors in the ArtsPark and GreenMarket grounds on Saturday, December 4 from 9 a.m. to 1 p.m. Artist tables will be set up along the walkways.

The sale will feature locally made, unique gifts, all while supporting local artists. More than a dozen local artists will display their hand-crafted items in a variety of mediums and styles.

The Alliance for the Arts gift shop currently features works from over 75

local and regional artists.

Exhibiting artists include Cat Flo Creations, Amber Burrridge, Jayne Baker, Tiani Rosado, Gloria Steier, Emilia Bruno, Wendy Drummond, Pat Hart, Sandra Coyle, Karen Freysinger, Anne Schroeder, Whitney Stransky, Rose Jung, LaDonna Christian, Shannon and Cheryl Vickers, Jenn Ortiz, Giselle Koehler, Jill Adams and Terry Lynn Spry.

The holiday sale takes place during the Not on My Walls Pop-Up Exhibit, which

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Historic Downtown Fort Myers, Then And Now:

Conversion Of Larchmont



by Gerri Reaves, PhD

This 1956 photo shows one of the homes that once made up the Larchmont subdivision, which was built during the early 1920s. This two-story frame house with carport and garage was owned by Harold C. Lundstrom, a long-time downtown Fort Myers jeweler, and his wife Nell.

The subdivision on Larchmont Avenue, a one-block street between McGregor Boulevard and Euclid Avenue, looked like a success story from the start. Running along the east side of the Edison and Ford Winter Estates, it had a prime location for starters.

In November 1923, Gilmer M. Heitman was cleaning up the street to have it opened and paved. He was doing so on behalf of his brother's estate. Harvie E. Heitman had died the previous year.

Later that month, Larchmont was purchased by developer Thomas Henley "Tom" Phillips, known for Henley Place, Lofton's Island, and the salvage and demolition of the grand Royal Palm Hotel, among many other deals.

He immediately began the public relations about his boom-time subdivision of 50- and 100-foot lots.

Advertisements in the *Fort Myers Press* touted the modern amenities, chief among them a "White Way" underground-wired lighting system, a reference to electric streetlights, which were not ubiquitous at the time. New York City's Broadway famously earned the moniker the Great White Way for its abundance of electric lights.

Lots cost \$500 and up, and the fact that they adjoined the Edison estate and were "one short block from Caloosahatchee bay" made them appealing, as did being a short walk from downtown.

Also compelling was the fact that for one year, owners would enjoy "free" taxes,



Today, the former Lundstrom site is part of a parking lot for a South Florida Water Management District service center, which faces McGregor streetlighting and water supplied "perpetually from Larchmont Well."

Phillips quickly installed sewer systems, sidewalks and curbs. Permanent paving (as opposed to oyster shell) and shade and fruit trees were also part of the project.

The alluring ads worked. Only one day after a mid-December half-page ad appeared in the *Press*, Phillips reported having sold 14 lots already. By December 26, there were only eight lots left.

By the following February, only four remained for sale between \$750 and \$1,000.

In June 1924, the first model home was opened and offered under the Francis Plan, a savings and loan association that made possible buying on the installment plan.

In 1971, a savings and loan association purchased the site of the Lundstrom house, one of several parcels for a new office building facing McGregor between Larchmont and Virginia Avenue.

The former Lundstrom property became part of a parking lot for the building that is now a South Florida Water Management District service center.

In the early 1990s, the City of Fort Myers acquired many of the properties on the street. The former subdivision is now part of the Edison and Ford Winter Estates, and no private homes remain on the avenue.

The three remaining boom-time houses have been repurposed by the Estates, and most of the west side of the street is a parking lot.

Take a trip to Larchmont Avenue and imagine the little subdivision that took off running. Then visit the following research centers to learn more about a charming development with a relatively short lifespan.

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.✧



The Lundstrom house, pictured in 1956, was part of Tom Phillips' Larchmont subdivision photo courtesy SWFL Historical Society



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A group photo of past commodores of the Caloosahatchee Marching & Chowder Society

photo provided

Sailing Club Celebrates 50th Anniversary

The Caloosahatchee Marching & Chowder Society (CMCS) Sailing Club, which adopted its unusual name in an effort to make it obvious that it was not a “yacht club” but rather a group of offshore sailors who wanted to race, cruise and have fun onboard and on land, celebrated 50 years with a dinner for members and past commodores.

Celebratory activities were originally scheduled for 2020 but had to be postponed several times due to COVID-19.

“The event was in the planning stages for three years” said Carol Pim, 50th committee chairperson and club historian. “So many of the past commodores were looking forward to this event that we didn’t have the heart to cancel it even if it was a year late.” Pim also stated that she is proud to share her husband and son both served as commodores of CMCS over the years.

Thirty-one years of commodores were represented at the event, most in person,

some with family celebrating their leadership posthumously. Certificates of appreciation were awarded, and each person was asked to give a short anecdote about their time in the club.

Closing thoughts were presented by founding member, past commodore and author Robert N. Macomber, who has been a member since the club officially started in 1970. He pointed out that the club’s origins trace back to a happy hour in the Cape Coral Yacht Club ballroom on Driftwood Parkway.

Photos and perpetual trophies on display reportedly brought back memories of past regattas, cruises and

“liberty ashore” events and, as always, camaraderie prevailed, said Pim.

For more information about CMCS, visit www.cmcs-sail.org.*

Call To Athletes For Senior Games

Lee County Parks & Recreation is inviting senior athletes to participate in the 2022 Lee County Senior Games titled Fitness Matters. Registration is open for the games, which feature social, recreational and competitive activities.

The games will be held January 28 through March 19 with action in nine sports in various locations throughout the county. The qualifier events include table tennis bag toss, archery, bowling, pickleball, billiards, swimming, tennis and 5K run.

Participants must be age 50 or older by December 31, 2022. Top finishers will be eligible to compete at the state level in the 2022 Florida Senior Games. Participants will receive one T-shirt that will be distributed at the event site. Medals will be presented to the first-, second- and third-place finishers of each event.

Registration is \$15 per event with an online registration, and \$20 per event with mail-in registration.

To register, visit www.leeparks.org. For event schedule and more information about Lee County Senior Games, visit www.leeparks.org.*



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Fort Myers Art:

Fort Myers Ushers In Ambitious Art Hub Plan

by Tom Hall



The City of Fort Myers took a major step toward implementing its plan to create art hubs throughout the city. It relocated sculptures created by Columbian artist Edgardo Carmona

to Billy Bowlegs and Roberto Clemente Parks in Ward 1, the Urban Community Farm in Ward 2, the STARS Complex and IMAG History and Science Center in Ward 3, and the Collaboratory in Ward 4. The city's nine-member public art committee had previously identified each of these sites as locations that already are or which are expected to become cultural, business or residential gathering spots.

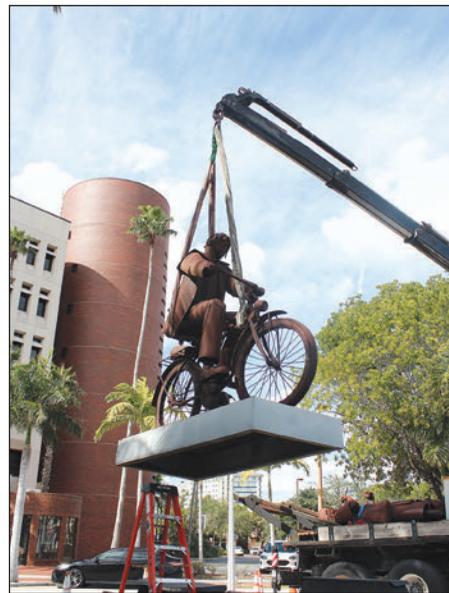
The art hub is being embraced by numerous municipalities and government agencies across the country. For example, the City of Gainesville has partnered with University of Florida to improve and enhance the social, physical and economic aspects of that city's neighborhoods through



Cadencia (bongo drummer) has been moved to Clemente Park photos provided

the use of art hubs. The City of Tampa calls its program Art on the Block. Established by Mayor Jane Castor to bring art and artists into neighborhoods, Tampa's program is designed to not only make art accessible to all, but transform ho-hum places into visually engaging spaces, thereby incentivizing residents and business owners to improve the curb appeal of their properties.

Efforts like these not only inspire residents, they engender closer ties to the communities in which they live and



Trialogo can now be seen at the STARS Complex

work. This was the conclusion reached by the Knight Foundation and Gallup in 2011 based on a survey they conducted of 43,000 people in 26 cities about what they wanted most from their communities. To the surveyors' surprise, respondents stated that "the aesthetics of a place – its art, parks and green spaces" ranked higher than education, safety and the local economy as "drivers of attachment."

The use of art hubs as a strategy for creative placemaking is premised on three principles: clustering, layering and branding.

Clustering occurs when artworks are placed in close proximity to each other and a variety of recreational, cultural and business assets, thereby drawing in new people and prompting heightened levels of interaction.

Layering involves creating clusters of art in tandem with recreational, cultural and business assets in city-designated neighborhood and business redevelopment districts. Making the arts visible in these locations fosters long-term cultural embeddedness, giving rise over time to increased creative and economic activity.

And, by making the arts visible within residential neighborhoods and business districts, individual artworks and clusters come to be identified with particular public spaces. In essence, public art

combines with historic sites, open public spaces and cultural events to create a "mindscape" or community branding.

In addition to McCollum Hall (Ward 2), whose corridor will also feature an iconic gateway artwork that will be installed to the south of the intersection of Dr. Martin Luther King Jr. and Veronica S. Shoemaker boulevards by next summer, additional art hubs will be established in the coming months at Florida Repertory Theater (Ward 4), Laboratory Theater of Florida (Ward 4), Edison & Ford Winter Estates (Ward 4), Alliance for the Arts (Ward 5) and a new park that is being constructed at the Forum (Ward 6). Ward 6 will also see the installation of a new public artwork at Fire Station 17, which is slated for completion in May to June 2022.

All of the hubs and sculptures will be unified through Otocast, a free mobile app where users can read information, view both historic and contemporary photographs, and hear background stories on audios recorded by the artists who created the artworks in the city's collection or other "people in the know." And speaking of ambitious (some might say audacious) goals, Otocast will be expanded over the coming months to include 40 or more historic sites, as well as the various murals and parks and other "points of interest" located throughout the city. Through Otocast, the public art committee hopes that the creation of art hubs in each of the city's six wards will encourage greater access to the city's public art collection and increased mobility between all six wards.

"When people love where they live, the level of pride is deeper and there is greater investment in growth, shared prosperity and economic vitality," stated City of Fort Myers Public Art Committee Chair Carolyn Gora.

To read the full story, visit www.artsfwl.com/public-art-2/fort-myers-river-district-public-art-2/art-hubs/fort-myers-launches-ambitious-art-hub-plan/

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

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Lee Drywall team at a previous charity softball tournament photo provided

Foundation To Hold Toy Drives

The Tommy Bohanon Foundation will hold two holiday toy drive events in early December for community children in need.

On Saturday, December 11, the Tommy Bohanon Foundation's Second Annual Charity Softball Tournament and Toy Drive will be held at the Northwest Cape Coral Softball Complex. Last year, the event raised \$15,000, and the foundation hopes to surpass that goal at this year's event in order to provide toys

for even more children at Christmas time.

Admission to the softball tournament is \$10 or an unwrapped toy. Attendees can expect fun for the entire family, from elite softball games, a 50/50 cash raffle, bounce houses, holiday crafts, food trucks and a visit from Santa Claus. Every dollar raised during this event will stay local, towards purchasing gifts for children.

"Not only are these events a ton of fun for the entire family, but every dollar raised is going to brighten the holidays for local kids in need," said former NFL player Tommy Bohanon, founder of the

foundation. "The holidays can be really tough for families who are struggling financially, so anything that we as a community can contribute helps. By donating a toy, you are adding a gift underneath someone's Christmas tree, and that opportunity is priceless. We can't wait to see everyone at the tournament and toy drives."

The foundation will also host a toy drive event on Sunday, December 12, in partnership with Little Stars 4D Ultrasound, located at 3108 Del Prado

Boulevard in Cape Coral. The event will include a bounce house, holiday crafts, photo opportunities with a pony provided by Nature's Organic CBD and food from Dave's Bangin' BBQ. Admission to the event is an unwrapped toy.

The Tommy Bohanon Foundation is a nonprofit organization working to ensure that every child can achieve their goals on and off of the field. To learn more, visit www.tommybohanonfoundation.org.

Applications Open For Student Scholarships

Applications are open for matched savings for education scholarships, thanks to Earn to Learn Florida (ETLF), a 501(c)3 nonprofit whose mission is to empower income-challenged students to complete college, announces that.

Florida high school juniors and seniors who income-qualify may be eligible to save up to \$500 in their Florida 529 Savings Plan each year and have their savings matched at least eight to one ratio by ETLF. This brings their total available funds for financial assistance to at least \$4,500 per academic year.

The partnership with Florida Prepaid

College Foundation provides one-year Florida university or one-year Florida college scholarship plans for tuition, local fees and tuition differential fees in Florida. In addition, the students' savings in their Florida 529 savings plan pays for additional expenses for education such as lodging, books, fees and other costs.

"Income-challenged students will be prepared for long and short-term success by combining student savings, personal finance training, near peer coaching and scholarships," said Brenda Tate, CEO of ETLF. "We are confident that an investment in these students' high school and postsecondary success will have long-lasting effects on their careers and the rest of their lives."

Students must complete the online pre-application form to begin the process. To apply, visit www.earntolearnflorida.org, then click on "Programs" and "Matched Savings."

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Student Wins Microsoft World Championship

Dunbar High School student Andrew Chuang Saladin is a Microsoft World Champion in PowerPoint 2019. The sophomore becomes Dunbar's third world champion.



Andrew Chuang Saladin

"It was simply overwhelming," he said of his win. "I could not have imagined representing my school at this level a year ago when I first learned about the program."

Saladin claimed the Florida State Championship in May with a perfect score and was then named national champion in June. As world champion, he wins a \$7,000 prize, a Microsoft Surface Pro, a trophy, a Medal of Achievement and an official World Championship certificate.

The Microsoft Office Specialist World Online Championship presented by Certiport, a business of NCS Pearson, Inc. is a global competition that tests students' skills on Microsoft Office Word, Excel and PowerPoint. Top students are invited to represent their respective countries at the world championship. This year's

competition was held virtually, with the students competing November 9 to 11 by completing a knowledge-based exam and project.

Dunbar High Senior Carson Mulvey finished second at the world championships in PowerPoint 2016. He wins a \$3,500 prize, an Xbox One, a Medal of Achievement and an official certificate. Carson also had a perfect score to win the Florida and National Championship for PowerPoint 2016.

"I was completely shocked," Carson says. "After seeing who I was competing against, I really wasn't expecting a win. But, I am grateful that I could make my family and school proud."

Andrew and Carson are the only students from the United States to win or place at the 2021 Microsoft Office Specialist World Online Championship. No other American finished in the top 10. The competition started with more than 200,000 contestants from 108 countries, and 160 finalists from 33 countries qualified for the championship's final round.

Dunbar High has two previous world champions: Kevin Dimaculangan was the 2018 Microsoft Office Specialist World Champion for Excel 2016; and Tyler Millis won the 2014 Microsoft World Championship for PowerPoint 2007. The school has also had six students place in the Top 4.

"I am extremely excited and proud," said Dunbar High School Principal Carl Burnside. "The standard of excellence by Dunbar High in technology on the

global scale is evidence of the exceptional teachers and students in our program. Our programs speak for themselves in terms of opportunities for students to certify. But to add the extra layer of winning national and world competitions a multiple of times, surely means we have a clear formula for success."

Christmas Concert Offered

The Southwest Florida Concert Band will perform A Florida Family Christmas Concert with vocalist Janna Braun at South Fort Myers High School on Sunday, December 5 at 2 p.m.

The 40-member community band will feature a free concert of seasonal music to give audience members an opportunity to join in a sing-a-long. Donations will be accepted.

The program will start with *An American Christmas* and *The Most Wonderful Time of Year*. One of the highlights of the show for the young and young at heart will be music from the films *Polar Express* and *How the Grinch Stole Christmas*. Braun will sing the playful *Santa Baby* and the songs of *Christmas on Broadway*. The band will also perform *Festive Sounds of Hanukah*, *'Twas The Night Before Christmas*, Leroy Anderson's *Sleigh Ride*. The Brass Monkeys brass quintet will join in on a couple of numbers.

To protect the health of supportive

The official press release announcing the world champion winners is available at http://certiport.pearsonvue.com/blog/2021/november/2021-microsoft-office-specialist-world-champions?utm_campaign=oktopost-moswc_2021&utm_content=oktopost-twitter&utm_medium=social&utm_source=twitter.

patrons, all audience members must wear masks during performances until further notice.

South Fort Myers High is located at 14020 Plantation Road in Fort Myers. For more information, visit www.southwestfloridaconcertband.org.

Local Initiated Into Honor Society

Liza Rackley, a native of Fort Myers, was recently initiated into the Florida Gulf Coast University Circle of Omicron Delta Kappa, a national leadership honor society. The society welcomed 350 new initiates from 17 universities during October 2021.

Students initiated into the society must be sophomores, juniors, seniors, or graduate/professional students in the top 35 percent of their class, demonstrate leadership experience in at least one of the five pillars and embrace the ODK ideals. Fewer than five percent of students on a campus in the country are invited to join each year.

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.crownoflifelutheran.com.

[crownoflifelutheran.com](http://www.crownoflifelutheran.com). 5820 Daniels Pkwy, 482-2315.

REDEEMER CHURCH

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

CYPRESS LAKE PRESBYTERIAN

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

CYPRESS LAKE UNITED METHODIST

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

FAITH UNITED METHODIST

Sunday 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.fpcforymiers.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.lambogodchurch.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.

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

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

SAINT NICHOLAS MONASTERY

Sunday 9:30 a.m., www.saintnicholasmonastery.org.

www.saintnicholasmonastery.org, 111 Evergreen Road, 997-2847.

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

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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.*



Starry rosinweed photos by Gerri Reaves

Blue mistflower

Tropical sage

Plant Smart Impatient With Impatiens

by Gerri Reaves

It's the time of year that homeowners rush to add "color" to the landscape. Too often, those attempts to jazz up the landscape result in planting non-native species that, although colorful and pretty for a few weeks, soon languish and have to be replaced.

Popular winter annuals usually are short-lived, high-maintenance and, in the end, more expensive than natives evolved to thrive in the region.

Impatiens, for example, needs plenty of water and ample shade in South Florida. Additionally, many of those favorite "disposable flowers" provide no benefit to wildlife.

This season, consider adding some color and pizzazz with native species that won't end up in the compost heap in short order.

The ones pictured here are just three of

the countless wildflowers to choose from, and they will even reseed and keep the colors coming.

Starry rosinweed (*Silphium asteriscus*) is a show-stopper of the aster family with daisy-like flowers that attract butterflies and other pollinators.

Deep roots make it hardy and drought tolerant and it spreads via rhizomes.

It readily self-seeds and prefers well-drained soil and full sun to partial shade.

Blue mistflower (*Conoclinium coelestinum*) is short-lived but reseeds so readily that it hardly matters. It also spreads via rhizomes.

The blue color alone makes it a bit unusual, for there are not many blue wildflowers. Ranging from blue to lavender or violet, they can make attractive color contrast in a flowerbed, so get creative with this flower.

It prefers moist soil and provides nectar for butterflies, skippers and other pollinators.

Tropical sage (*Salvia coccinea*) is not only beautiful but beautifully persistent.

Add it to the garden – even in a pot – and you'll find this self-seeder popping up all over for months.

A member of the mint family, it is usually bright red but there are also white and pale pink cultivars.

The tubular two-lipped flowers attract butterflies, hummingbirds, pollinators and several species of birds.

Once established, it does not require irrigation and has moderate drought tolerance.

If you're impatient with ripping out leggy spent impatiens and replanting, give some native wildflowers a try.

It can save you time and money and look just as pretty.

*Plant Smart explores the diverse flora of South Florida.**

Lee Parks And Recreation Offers Holiday Events

Lee County Parks & Recreation is planning holiday events throughout December. They include:

North Fort Myers Breakfast with Santa – Saturday, December 4, 9:30 to 11:30 a.m. North Fort Myers Recreation Center, 2000 North Recreation Park Way, North Fort Myers. For more information, call 533-7200.

Holiday Express Train – December 10 to 30, 10 a.m. to 2 p.m. and 6 to 9 p.m. during the week; 10 a.m. to 9 p.m. Saturday and Sunday. Lakes Park, 7330 Gladiolus Drive, Fort Myers. For more information, visit www.rmsf.org.

Holiday Hoopla – Friday, December 10, 5 p.m. Boca Grande Community Center, 131 First Street, Boca Grande. For more information, call 941-964-2564.

Winter Wonderland – Saturday, December 11, 10 a.m. to 1 p.m. Veterans Park, 55 Homestead Road South, Lehigh Acres. For more information, call 369-1521.

Santa Fest – Saturday, December 11, 3 to 9 p.m. Wa-Ke Hatchee Park, 16760 Bass Road, Fort Myers. For more information, call 432-2154.

Movie in the Park, *Elf* – Saturday, December 18, 6 to 9 p.m. Estero Park, 9200 Corkscrew Palms Boulevard, Estero. For more information, call 533-1470.

For more overall information, call 533-7275 or email leeparks@leegov.com.

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Pieces In The Puzzle



by Capt. Matt Mitchell

Just when you think you have a pattern figured out some days, you might as well just forget it. Our water temperature bottomed out with a low of a chilly 62

degrees while fishing early in the week during the coldest mornings. Taking the usual 100 live shrimp, my plan for the day was to find some redfish and maybe even a few sheepshead back in the mangrove creeks while ducking from the brisk north wind. I headed to the causeway to make a few throws of the cast net and hopefully add some shiners to the mix.

Even with a few hundred shiners, I was confident any action would still be on the shrimp in the live well. Shrimp are always my go-to bait when the water is any cooler than 65. During this coldest morning of the week, the last thing I would of thought of doing would be snook fishing. Snook are generally more effected by cold than any other species and often just do not eat.

While anchoring up deep in a narrow mangrove creek, I slung out a few live shiners. After taking my rods rigged for shrimp fishing down from the tower, I



Susannah and Jake both braved the cold and caught lots of snook with Capt. Matt Mitchell this week photo provided

was amazed to watch snook chasing and popping these baits. We then switched it up to the free-lined rigged rods and immediately starting catching snook. For the entire trip, we caught snook after snook while going from creek to creek. Although we did not catch any trophy snook, we had a banner day and caught over 30 fish ranging in size from 16 to

26 inches.

Catching so many snook during such a cold period is just not a normal occurrence. Days like this make you wonder if you really know anything at all. Seems the more time I spend on the water, the less I know about what is a forever changing puzzle. Be ready to adapt and change the day's game plan

to take advantage of what Mother Nature gives you.

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

Carol Sing

feeding the hungry part of his life's work. He was one of the founders of Community Cooperative.

"On this 30th anniversary of the carol sing that Sam founded, it seems only appropriate that we continue the tradition in his memory," said First Presbyterian Pastor Dr. Paul deJong.

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

Christmas Carol Sing is a festival of holiday music and family fun. This year's 90-minute performance will feature the First Presbyterian Church Choir, soloists and other special guests singing favorite holiday carols with audience sing-alongs.

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

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

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Use lights at night
Always be courteous

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Green Heron

by Bob Petcher



The green heron (*Butorides virescens*) is unlike many of its cousins in the Southwest Florida area, not tall and leggy like the great blue heron, grey heron and tri-colored heron. This

particular bird is smaller in stature, stocky in body with relatively short legs and a thick neck that is often tucked up against its chest.

While they don't have the size to wade in rivers, streams and creeks, green herons do have similarities to their larger relatives with dagger-like bills and a penchant for a motionless stance at the water's edge when they hunt for fish and amphibians.

Strangely, green herons will occasionally dive for deep-water prey and then swim back to shore with help from the webs between their middle and outer toes. They are also unique in being known as one of the world's only tool-using bird species, enticing small fish by creating "fishing lures" using items such as bread crusts, insects and feathers, and dropping them on the surface of the water.

While it can be viewed as a dark-colored bird, the green heron is so-called due to its appearance on a clear bright



Patient #21-5838 has seen improvement with its eye but still has mentation problems

photo by Haillie Mesics

day, when you can see its feathers shine with an almost iridescent green color. They are mostly native to North America and Central America, but some have been spotted as far away as England and France.

At CROW, an adult green heron was admitted after being found in a depressed state in Bonita Springs. Upon examination, veterinarians noticed that the bird had thickened hyperemic conjunctiva on its right eye.

("Hyperemic conjunctiva) means the membrane tissues that surround the eye

under the eyelids – conjunctiva – have inflammation," said Dr. Charlotte Cournoyer, CROW veterinary intern. "Hyperemic means increased redness, which is associated with infection/inflammation."

Allergy and injury are two causes of hyperemic conjunctiva. Medication treatment involves two different types of eye drops.

"In this case, we suspect injury to be the most likely cause. Another cause could be bacterial infection," noted Dr. Cournoyer. "We treated with antibiotic eye

drops and anti-inflammatory eye drops." At intake, the patient's condition was paired with a systemic disease suspected to be red tide toxicity. The two appear to be unconnected, and the treatment seems to be working.

"In this case, the hyperemic conjunctiva is responding well to treatment and seems to be unrelated to his systemic disease," said Dr. Cournoyer. "The eye is showing great improvement, and we suspect we will be able to stop the eye medications in the next few days. The next steps will be to continue to treat his systemic disease with oral antibiotics and nutritional support."

While all signs point to a positive recovery, Dr. Cournoyer pointed out that there are still hang-ups regarding his mental activity.

"The patient's prognosis is still guarded," she said. "While his eye is expected to make a full recovery, his mentation is still quiet and he has not yet started to eat on his own, and is still requiring force feeds. He will need to be outside to condition for flight prior to release, but we do not have a timeline for that yet as he is still requiring intensive care."

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

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Doug Meurer's *Roseate Spoonbill & Reddish Egret* took first place honors
photo by Doug Meurer



Tri-colored Heron with its Reflection by Kathleen Calligan won second place
photo by Kathleen Calligan

entries were shot at the JN "Ding" Darling National Wildlife Refuge complex.

"As this year comes to an end, we start to reflect on what we are thankful for. For us here at 'Ding,' nature always seems to be at the top of that list," said Sierra Hoisington, DDWS development officer and contest coordinator. "This photo contest is a reminder to all of us as to how gentle, constant and gracious our wildlife and wild spaces are. We acknowledge that the peace and solitude we feel at the refuge is shared by many and has the power to bring us all together."

First place went to Doug Meurer of Fort Myers for his portrait titled *Roseate Spoonbill & Reddish Egret*. Kevin Godsea, contest judge and refuge manager, said, "I love the colorful and playful nature of this photograph, as well as the variety of subject matter and the action it portrays."

In second place was Kathleen Calligan from Bokeelia, with her photograph titled *Tri-colored Heron with its Reflection*. "I particularly am drawn to the dark and light contrast in this photo, the composition, the framing of the mangrove branches and the reflections on the water," said Karen Watson, contest judge, part-time Sanibel resident and interior designer.

Donald Howe from Savannah, Georgia took third place with a photo of a snowy egret drinking water, titled *Blowin' Bubbles*. "I like the contrast between the dark water and the white feathers of the snowy egret as well as the photograph's composition," said judge Susan Beittel, a refuge volunteer who subbed for local photojournalist Kin fay Moroti when he had to cancel that day

for medical reasons.

"We always choose three judges for the contest," said Terry Baldwin, a DDWS emeritus board member who coordinates the contest along with Hoisington. "They include a refuge staff member, a professional photographer and a member of the Sanibel community."

The three winners received cash awards from DDWS - \$300 for first place, \$225 for second and \$175 for third. Each honorable mention winner received a \$25 award, which reflects a refund of the contest entry fee. Due to three ties, only eight honorable mentions were chosen after eliminating second entries by the same photographer to break the ties.

The winning photographs and honorable mention award entries will be on display in the "Ding" Darling National Wildlife Refuge Visitor & Education Center throughout the year, once it reopens.

To view the other top-ranking entries, visit www.dingdarlingsociety.org/articles/photo-contests. That page also contains information for entering the photo contest in 2022. The deadline for submissions will be September 15, 2022.

Honorable Mentions (in alphabetical order):

Frank Brinker, Oberägeri, Switzerland - *Formation Flight*

Rebecca Clemens, Sanibel - *A Simple Touch*

William (Bill) Fischer, Sanibel - *Mangrove Cuckoo*

Stephen Hilger, Sanibel - *Great Blue*

Scott Joffe, Highland Beach, Florida - *I Better Tell Her*

Gail Markham, Fort Myers - *Roseate Spoonbill*

Barry Nagle, South Barrington, Illinois - *White Morph Joins the Fun*

Frank Wickstrom, Bonita Springs - *Eye to Eye*.*

Amateur Photo Contest Winners

On November 16, "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) announced the winners of its 29th annual "Ding" Darling Day Amateur Nature Photography Contest with a presentation on its Facebook page and emails sent to participants, along with a video showcasing the winners.

On November 8, judges had selected three winners and eight honorable mentions out of 118 entries from 18 states and two countries. All photograph

Fandom Fest At The Library

The Lee County Library System's annual Fandom Fest, a free, all-ages celebration of geek and pop culture, returns to the Fort Myers Regional Library outdoor plaza on Saturday, December 11 from noon to 4 p.m. Festivalgoers are encouraged to attend in costume.

Fandom Fest will be divided into fandom-themed areas offering a mixture of activities, games and do-it-yourself makerspaces for a variety of ages and interests including Space; Sword and Sorcery; Superheroes and Villains; and Asian Culture.

Festivalgoers can spend the afternoon making crafts, winning prizes, climbing the rock wall and creating cosplay accessories, among other free activities.

There will be live entertainment at the outdoor Cornog Plaza Amphitheater featuring electronic music and remixes by DJ Jo. Tampa Taiko will kick off the festival with Japanese drumming. New this year, the festival will offer K-Pop dance tutorials with Residence.

A virtual reality tech hub and gaming will be provided by Rolling Games Fort Myers. Fans of *Star Wars*, *Disney*, *Minions* and *Marvel* will have a chance

to meet and take photos with their favorite characters. There will be a designated preschool area with games and activities for that age group.

Food will be available for purchase and local gaming and comic book shops will sell merchandise and offer role-playing game tutorials and card trading.

A cosplay costume contest will be held at 3 p.m. to cap off the event. Participants can register for free at the judges booth from noon to 2 p.m. Winners will be selected in the following categories: Birth to Preschool; Children (age 5 to 11); Teens (age 12 to 17); and Adults (age 18 and older). Winners will be awarded family four pack theme park tickets to Busch Gardens Tampa Bay (pre-k and kids) or Universal Studios (teens and adults).

In addition to the on site festivities, there will be opportunities to win prizes through virtual activities and reading challenges using the READSquared app platform. Participants can log reading and play Fandom Bingo and other educational activities during the two weeks leading up to the big event. Participants can earn chances to win grand prizes including season passes to Busch Gardens.

To ensure everyone's safety and enjoyment of Fandom Fest, attendees must observe the following rules on festival day:

No real or realistic-looking weapons are allowed;

Lack of clothing is not a costume; shirt, shoes and bottoms must be worn at all times;

Attendees will abide by the Lee County Library System's Patron Code of Conduct;

Fandom Fest representatives, library staff members or security personnel reserve the right to inspect costumes and/or accessories; and

Attendees who do not comply with the rules and regulations will be asked to leave the premises.

Fort Myers Regional Library is located at 2450 First Street in downtown Fort Myers. For more information or to sign up for the Fandom Fest e-newsletter, visit www.leelibrary.net/fandomfest.*

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Conductor Vladimir Kulenovic

photos provided

Symphony To Perform Masterworks

The Southwest Florida Symphony will begin its signature Masterworks Series with visiting conductor Vladimir Kulenovic at the Barbara B. Mann Performing Arts Hall on Saturday, December 11 at 7:30 p.m. The pre-concert lecture begins at 6:30 p.m. Kulenovic is the “Chicagoan of the Year in Classical Music,” according to *Chicago Tribune*.

The full orchestra reunites onstage for a performance of classical literature for the first time since May, continuing six decades of delivering music locally. Pianist Dr. Alexandra Carlson, will join the orchestra.

Tickets are between \$15 to \$109. The Masterworks series is sponsored by Uhler & Vertich Financial Planners, and Masterworks 1 is sponsored by The Southwest Florida Symphony Society.

The orchestra will perform pieces including Joseph Bologne, Chevalier de St. Georges *Symphony No. 1* in G



Alexandra Carlson

major, Op. 11, Ravel’s *Piano Concerto in G* and *Firebird Suite* by Stravinsky.

The Barbara B. Mann Performing Arts Hall is located at 13350 FSW Parkway in Fort Myers. For more information, visit www.swflso.org, call 418-1500, or drop by the box office.*

New Record For Tourist Dollars In Lee County

Tourism hit a new record in Lee County in 2021, raking in more than \$53.3 million in bed taxes for the fiscal year, according to the latest figures released by the Lee County Clerk of Court.

The five percent tourist tax, which is applied to all hotel stays and rentals of six months or less, surpassed the previous record of \$42.6 million in fiscal year 2019.

“Tourism is a huge driver of our economy, funding one out of every five jobs in Lee County,” said Linda Doggett, clerk of the court and comptroller. “The best part of the bed tax is that all Lee County residents benefit from it, but it

doesn’t cost us a penny.”

The tourist tax is collected and distributed by the clerk of court and helps fund destination marketing, local sports facilities and maintenance of 50 miles of beach and shoreline. The monies also go toward funding local nonprofit organizations at more than 40 local attractions.

During fiscal year 2020 in the peak of the pandemic, \$39.6 million was collected in bed taxes, closely matching the total from fiscal year 2015. The county’s fiscal year runs from October 1 to September 30.

“We’re hopeful that as we continue to recover from the pandemic, our tourism tax collections will continue to grow,” said Doggett. “During October 2021, we collected \$2.4 million, a 29 percent increase from October 2020 and a 65 percent increase from October 2019, which only brought in \$1.46 million.”*



BAILEY-MATTHEWS

NATIONAL SHELL MUSEUM

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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 ShellMuseum.org

Book Review

Apples Never Fall

by Di Saggau



Apples Never Fall by Liane Moriarty is a novel that looks at marriage, siblings and how the people we love the most can hurt us the most. The prologue will immediately grab your attention

and have you turning the pages quickly to see what will happen next. The book combines domestic realism and mystery in a story surrounding a 69-year-old Sydney woman's disappearance.

The Delaneys are well known in their community. Parents Stan and Joy are the envy of many. They are famous on the tennis court and, after 50 years of marriage, they have sold their famed tennis academy and are ready to enter the golden years of their lives. So why are they so miserable?

Their children, Bohemian Amy, passive Logan, flashy Troy and migraine-suffering Brooke, were tennis stars in their own right and now they are all successful grown-ups. Shortly after a stranger named Savannah knocks on their door seeking help, Joy disappears, leaving a text that is hard to decipher. Everyone except Stan suspects there is a problem. As details come to light, the police become involved. Moriarty sets up a mystery and then jumps

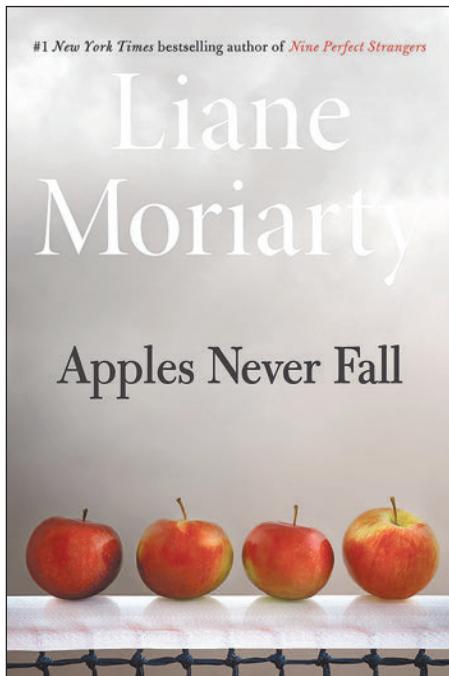


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months into the past to unravel it.

Moriarty is well known for *Big Little Lies* and *Nine Perfect Strangers*. This is her ninth novel and it's my favorite due to not only her wonderful writing and the story line, but also the fascinating characters who make up this family. The irritable and quarrelsome siblings, along with their parents, are at times funny, sad, occasionally creepy and always compelling. A snarl of allegiances, grievances, and lingering wounds are at the heart of this new mystery. If you

haven't already read it, I suggest you do. It's another on my book club's list. ✨

School Smart



by Shelley M. Greggs, NCSP

Dear Readers,

As we approach our holiday season, family schedules can change quickly, and these changes may alter the routines of your children.

While it's important to be flexible, it's also important to stick to some of the more critical routines more carefully. Bedtime and appropriate sleep hygiene routines are very important to maintain. Quality sleep is crucial for everyone's well-being and especially for children.

Research tells us that sleep pattern changes dramatically in early childhood. Establishing a healthy sleep pattern in early life is very important for child development. Sleep plays a critical role in learning and memory, emotional regulation and related brain structure development. Pre-school children need about 11 to 13 hours of sleep daily, elementary students need approximately nine to 12 hours of sleep and adolescents/teens need about eight to 10 hours of sleep nightly.

Sleep matters because it recharges children's bodies and brains so they can learn. Good sleep helps them feel calm and refreshed, make good choices, pay attention in school, maintain a healthy weight, remember what they have learned, avoid getting hurt and overall feel better.

Children can usually compensate for one night of poor sleep but, more than that, may cause problems. Poor sleep affects the brain's ability to retain factual information and procedural memories, which inhibits the learning of both academic subjects and nonacademic skill. This can impact our declarative memory and our procedural memory. Children who are short on sleep may often make poor choices, have more meltdowns, forget what they've learned, lose focus on class and have more trouble in social or sport settings.

In more serious cases when children

are sleep-deprived, they are more prone to making risky choices. And, for teens, there is increased use of cigarettes and other illicit substances. Children who are sleep-deprived have more difficulty maintaining a healthy weight, and they experience more feelings of anxiousness, sadness and hopelessness. They are mentally and physically exhausted.

Healthy sleep routines should look like this. Children should be able to fall asleep within 15 to 30 minutes of going to bed, they will be alert in the morning, not need constant reminders to get up and will not need excessive naps.

Sleep and nightly routines can be complex, but there are some basic principles that will help create a better sleep environment. Make sure your child does not consume caffeine after midday. Screen time should end about an hour prior to bedtime, and children should avoid vigorous exercise close to bedtime as well. Also, make sure to have a simple nightly bedtime routine for everyone with consistent bedtimes and wake-up times.

The benefits of good sleep are numerous and include better concentration and performance in school as well as in sports, increased alertness and better mood and affect.

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. ✨

Foundation Grant For University

Hodges University accepted a \$25,000 grant from Moorings Park Foundation. The grant will benefit the university's health science programs, which include nursing, physical therapy, EMS and dental.

"We greatly appreciate the continued support of The Moorings Park Foundation," said Dr. John Meyer, president of Hodges University. "This grant will help support our health science programs so our students can continue to train using cutting-edge equipment and supplies." ✨

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Funds Raised For Pace Center



Donation from the MAACO Car Show Fundraiser

photo provided

Maaco Fort Myers donated \$2,500 to the Pace Center for Girls, thanks to overwhelming community support from a community car show event in honor of the 43rd anniversary of the business. All proceeds from the \$10 registration went to Pace Center for Girls.

“Our business wouldn’t have reached this milestone without the support of the community, so we were proud to mark this occasion with an event that helps give back to the people we serve,” said Justin DePasquale, co-owner of Maaco Fort Myers. “It was a beautiful day with lots of people in attendance, and we were grateful to celebrate the day with various leaders from our community.”

Mayor Kevin Anderson was in attendance for a ribbon-cutting ceremony. Lee Health Blood Center was also on site doing a blood drive.

Food and beverages were available for purchase from Lightning Strikes Bowl. Pink Heals, an organization that creates a pathway for charitable giving through its pink fire trucks – a truck that Maaco Fort Myers proudly painted for the team, was also in attendance.

“We raised \$1,500 from the day thanks to the incredible support of the community, and our team pitched in \$1,000 as well to help bring our total Pace Center for Girls donation to \$2,500,” added DePasquale.

Pace Center for Girls is a local organization that provides free year-round middle school and high school academics, case management, counseling, and life skills development in a trauma-informed and gender-responsive environment. For more information, visit www.pacecenter.org.

Scientist Society To Meet

The Scientists’ Society of Southwest Florida will hold a dinner meeting at The Landings Yacht, Golf and Tennis Club on Thursday, December 9. Social hour begins at 5:15 p.m. with dinner and meeting to follow at 6 p.m.

Dr. Joanna Salapska-Gelleri, associate professor of cognitive psychology at Florida Gulf Coast University, will discuss current state and future directions of artificial intelligence, one of the most remarkable scientific undertakings of current time. She will trace the advances in artificial intelligence from its early roots of computer algorithms in the 18th century through the breakthroughs of Alan Turing to the modern sprint toward the first fully conscious, autonomous and generally intelligent agent.

The public is invited. Dinner reservations are required and are \$32 per person. For reservations, call 839-6663.

Membership in the Scientists’ Society is open to everyone interested

in science and encouraging students in the local Lee County school community to pursue STEM education. Degrees in sciences are not required. As a 501(c)3, not-for-profit charitable organization, contributions are tax deductible.

The Landings Yacht, Golf and Tennis Club is located at 4425 South Landings Drive, Suite 100, in Fort Myers. For more information, visit www.science-swfl.org.

Gift Tree At Animal Services

Lee County Domestic Animal Services (LCDAS) will celebrate the holiday season with a gift giving tree in the adoption lobby. The tree is decorated with ornaments with a wish list of gifts for the shelter pets. Visitors may pick one up and return gifts to LCDAS by December 22 to help make the animals’ holiday a little brighter. The ornament is yours to keep for your tree.

LCDAS is located at 5600 Banner Drive in Fort Myers. Visit www.leelostpets.com for more information and to see pets available for adoption.

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Information On The Internet



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

I can imagine that when patients enter a physician's office and make demands for specific medications after being influenced by an advertisement, it is perpetually frustrating for those physicians.

And don't you just love the disclaimers? Overlaying the happy scenes of grandparents skipping along the beach with grandchildren, a serious narrative voice quickly says something like, "This medication may cause frequent vomiting, urination and even death! Stop taking the medication if you notice vision loss or blood trickles out of your ears..."

What this points to is a loss of context. Patients who ask for medications viewed on television typically don't have a medical degree; they've not practiced medicine, and what little they know about whatever ails them they may have learned on the Internet, or by watching television. And, in today's age of misinformation, who knows what can happen! That's enough knowledge (even if false) to make them a danger to themselves.

I sometimes encounter this in my law practice. Suppose that a client is interested in forming a charitable remainder trust, so he researches it on the Internet. Which is fine. Learn all you can. I just hope that he realizes the information he's pulled up may be dated, it may be taken out of context and it may be so broad in scope as to be useless to the particulars of his situation. That's what you hire a professional for.

Once in a while, a client will engage in debate over an aspect of estate planning law with me. They may have read something on the Internet, believing it to be relevant to his or her situation. Most of the time, the information is relevant but lacks context. Without context, the information or advice in the column may be way off base. That includes the columns that I write here.

What's frustrating at times is trying to calm someone down from misinformation, or misapplied information. It's difficult to convey all the knowledge that I've accumulated, including accounting degrees, a CPA license, a law degree,

board certification and nearly 30 years of experience, in a few client meetings lasting a couple of hours or more.

And I suppose that's today's thought.

There's a lot of information out there on the Internet. More so than at any other time in human history; you can Google just about any topic and find a plethora of information. Be aware of this, however, that information is usually not specific to your individual situation and could be entirely false. It is mere information; it is not knowledge. Knowledge is accumulated over years of study and practice in any given field. Some practitioners are certainly better than others, and I recognize that it's sometimes hard for the layman to know what level of expertise his professional has.

Is my physician the cream of the crop? Does he keep up with all of the new developments? Is my CPA up to date with all of the ever-changing tax laws? Is my attorney aware of the recent legal developments and does he have the skill to apply his knowledge to a variety of complex situations?

Often, states have board certification programs that separate those who are exemplary in their field from those that are not. In Florida, for example, to become board certified by the Bar you must first be found to have high ethics and an outstanding reputation among your peers. Then you must pass a thorough examination in your specific field (such as wills, trusts and estates) and complete a serious amount of continuing education in high level course work every reporting period. Once certified, you must become recertified every five years. And only seven percent of Florida attorneys even qualify!

Knowledge isn't the only criteria one should judge their professional on. A true professional has the wisdom to know when, how and why to apply the knowledge. Wisdom is something that's gained over the years, certainly. I have also found, however, that those individuals I consider wise haven't achieved that level without first having an inherent quality that seems to be factory installed. They've always had the capacity for wisdom and only needed life experience to shape it into something valuable for those they interact with.

And you don't find that in areas outside of your area of education and experience by watching television advertisements or searching on Google for a few hours. Go ahead and do your research on your topic, as well as on the professional that you hire. Assuming you are comfortable with that professional, ask questions and listen to the answers. If the answers appear reasonable, relax and trust his judgment. If not, find a professional that you can trust.

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Rist Family Foundation Receives Award

The Rist Family Foundation recently captured the Outstanding Philanthropists of the Year Award presented by the Association of Fundraising Professionals Collier/Lee Chapter.

Founders Brian and Kim Rist were nominated for the philanthropist of the year by the Harry Chapin Food Bank for generously supporting programs such as WINK feeds families hunger walk, March to a Million meals and Harry Chapin's food distribution programs.

Brian Rist is the former executive chairman/owner of The Smart Companies whose largest subsidiary is Storm Smart. Since selling the majority share of the business, he is now focusing his time on his philanthropic efforts and building The Rist Family Foundation along with his wife, Kim.

The Rist Family Foundation's mission is to give back to its community, especially in critical areas like education, veterans, economic and social impact. That generosity led to the award that was given on National Philanthropy Day during the Change the World with a Giving Heart Gala held at The Club at the Strand in Naples. The award honors an individual with a proven record of exceptional generosity who, through direct financial support, demonstrates outstanding civic and charitable responsibility and



Kim and Brian Rist photo provided

whose actions encourages others to take philanthropic leadership roles on a community level.

"We are looking to leave this earth a better place than when we got here. Kim and I are fortunate to be in a position where we can give back," Brian said. "I am just happy we can play a part in that process."

Established in 2018, the family foundation was formed to ensure that it can continue to enrich the Southwest Florida philanthropic community during the founders' lifetime and beyond. Building on their philanthropic pillars of interest, they intend to work with schools in the community to develop scholarship programs to help children who are underserved succeed.✪

Republican Women To Meet

Congressman Byron Donalds will be the re-scheduled speaker at the luncheon meeting of the Fort Myers Republican Women's Club at the Helm Club in The Landings on Tuesday, December 14. A social hour begins at 11:15 a.m. The noon lunch will be followed by the business meeting and program. The public is welcome to attend the luncheon.

Donalds represents Florida's 19th Congressional District. He was scheduled for the October luncheon but was called back to Washington. He will discuss the latest congressional activity, his voting and upcoming bills. A question-and-answer session will follow his formal presentation.

Donalds will install the 2022 Fort Myers Republican Women's Club officers. The members to be installed are Kathy Smith, president, Erin Casey, first vice president; Sally Jackson, second vice president; Nancy Epple Campbell, treasurer; Tina Laurie, assistant treasurer; Diane Kinser, recording secretary; and Claudia

Zambor, corresponding secretary.

Cost is \$20 per person. Reservations are required by Thursday, December 9, and may be made by contacting Kinser at social.lady79@gmail.com or Laurie at 489-4701.

The Landings are located at 4425 South Landings Drive in Fort Myers.✪

New Airline Service Begins

Avelo Airlines is now offering flights at Southwest Florida International Airport (RSW). Avelo inaugurated its first nonstop flights between New Haven, Connecticut (HVN) and RSW on November 11. These flights will operate twice a week on Thursdays and Sundays utilizing a 737-700 aircraft.

Avelo Airlines is one of the newest airlines in the U.S. and announced the RSW-HVN service in August 2021. To book a flight or find out more information, visit www.aveloair.com.

For more information about Southwest Florida International Airport, visit www.flylcpa.com or www.facebook.com/flyrsw.✪

From page 1

Holiday Shopping

will be on display from Thursday, December 2 through Saturday, December 4. All artwork is for sale.

On Thursday, there will be a tacky holiday reception judged and hosted by Marc Collins and Stephanie Davis from

5 to 7 p.m. The judges will award one piece with the Crowning Jewel award along with a free membership to the Alliance for the Arts. Tickets are \$10.

All money generated from sales will benefit Alliance for the Arts, located at 10091 McGregor Boulevard in Fort Myers. For more information, visit www.artinlee.org.✪

CRA Approves Tax Increment Rebate

The Fort Myers Community Redevelopment Agency (CRA) recently approved a tax increment rebate and development agreement for The Irving at 2401 Bay Street in downtown Fort Myers.

The rebate is in the not-to-exceed amount of \$4 million disbursed at 85 percent of increment revenue generated each year until the \$4 million rebate award is satisfied, or until the community redevelopment area sunsets in 2044.

"The Irving community will provide housing with parking in the immediate downtown area and further contributes to the revitalization of the downtown area and the momentum in the city," Fort Myers CRA Executive Director Michele Hylton-Terry said. "The Irving will bring more 'feet on the street' and customers to downtown businesses. Residents do not have to drive to enjoy the many restaurants, shops, entertainment venues, and many residents will be able to simply walk to work."

The Irving is a nine-floor apartment building atop a three-level parking structure. The building will feature 55 to 66 apartments (both one and two bedrooms), with an average of 875 square feet per apartment, and will include a resident swimming pool and



The Irving

approximately 1,400 square feet of amenity space.

The Irving development team includes real estate developers Rebekah Macfarlane Barney and Imran Shah, award-winning interior designer Dwayne Bergmann, and DeAngelis Diamond, Southwest Florida-based construction experts.

The private investment project is a \$25.4 million project that will add \$19.1 million in taxable value to the City of Fort Myers' tax base.

Currently a parking lot, upon completion the project will be a market rate residential midrise aimed

photo provided

at professionals working in or near Downtown Fort Myers, as well as retirees, singles, couples and small families.

The developer has committed to pay five percent of the annual tax increment rebate payment to the SWFL Affordable Housing Foundation to create affordable housing, and 15 percent of the construction hard cost is set aside for Minority Business Enterprises (MBE).

"The developer has volunteered to work with the City of Fort Myers to improve the existing memorial at Palm Park, as a tribute to the memories of those who have gone before to protect

the American ideals we hold so dear," Hylton-Terry said.

Plans call for construction to begin by 2022 and completion of the project in totality by 2023.✪

Real Estate Group To Meet

The Real Estate Investment Society will hold a luncheon meeting in the Osprey Room at Pelican Preserve's Clubhouse on Tuesday, December 14 at 11:30 a.m.

Jeff Mielke, executive director of Lee County Sports Development, will speak on the impact of sporting events and facilities on business growth in Southwest Florida. The sports development department was created in 2003 to recruit major sporting events and promote sports tourism with the goal of growing the local economy. Mielke will report on the program's services, recent accomplishments and strategy for the future. After his presentation, he will respond to questions from the attending real estate development and investment professionals.

Admission is \$30 for members and \$40 for guests, which includes lunch. The meeting is sponsored by Morris-Depew Associates.

Pelican Preserve's Clubhouse is located at 9802 Pelican Preserve Boulevard in Fort Myers. For reservations, visit www.reis-swfl.org.✪

Bank Holding Holiday Toy Drive

Sanibel Captiva Community Bank is hosting a toy drive for the Dr. Piper Center for Social Services at all eight bank branches. Each branch has a collection box in the lobby for participants to drop off donations through Friday, December 10.

The toys collected will be distributed at the 106th annual Dr. Piper Center Christmas Day Celebration. On Christmas morning, the center will open its doors to more than 400 children from the Dunbar community and all over Lee County to "shop" for gifts in its version of Santa's Workshop.

The center is accepting toys for

children of all ages but is in particular need of items for pre-teens and teenagers, such as sports equipment, art supplies, board games, journals, gift cards, jewelry, purses, makeup, backpacks, hats and bikes. Items must be new and unwrapped.

The Dr. Piper Center, which has been carrying on the ideals of community service exemplified by Dr. Ella Piper, has been making a positive impact in the lives of frail elderly and children with special needs in the Fort Myers area for 46 years with the assistance of senior volunteers from the community.

To find a bank branch near you, visit www.sancapbank.com. For more information about the Dr. Piper Center, visit www.drpipecenter.org or call 332-5346.✪

Snook Harvest Closes In Gulf

The recreational harvest season for snook closed Wednesday, December 1 in gulf state and federal waters, including Monroe County and Everglades National Park, and will remain closed through February 28, reopening to harvest March 1. Regular season closures are designed to help conserve the species during vulnerable periods, such as during cold weather. Anglers may continue to catch and release snook during the closed season.

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 the gulf that runs May 1 through August 31.

Atlantic state and federal waters, including Lake Okeechobee and the Kissimmee River, will be closed December 15 through January 31, reopening to harvest February 1.

Visit www.myfwc.com/marine and click on "Recreational Regulations" and "Snook" for more information on snook or download the Fish Rules App at www.instagram.com/fishrulesapp or www.facebook.com/fishrulesapp.✪

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Frankly Speaking

by Howard Prager



I hope everyone enjoyed the long Thanksgiving weekend. I was delighted to see Michigan finally win the big one (now three more wins to go) and sad to see how close Auburn came to upsetting

Alabama and turning college football playoffs on its head. Auburn should be proud how well their limping QB played.

Let's hear from Patrick, the son of a friend. He is 7 years old and knows football unlike most adults. You'd be amazed at his knowledge and memory. He and I watched the Michigan-Ohio State game together, and here are some of his comments.

"I liked that Michigan finally beat OSU and it's been 10 years." When asked why they won, he said "Because Haskins kept scoring TDs (five total). It wasn't even a close game at the end, 15 points, that's pretty decisive in this series. Especially because OSU kept beating them so much in the past 10 years."

What was the most exciting play of the game? "When Haskins hurdled an OSU defender and kept on running to score, that was the most exciting play. I think Michigan will keep winning. They have good players. They are really good at

offense and good at defense. They didn't make many mistakes and had only one turnover. There are really good teams in football this year. Georgia, Alabama and Cincinnati are good too."

Why do you like Michigan? "I like sunny teams and Michigan's uniforms look sunny. One of my favorite teams is the Miami Dolphins. In the NFL, the Arizona Cardinals are really good this year. 9-2 record."

What do you like about football? "I like that it has lots of running. Lots of good long throws along with great catches. I like offense because I like to see teams score points. I get excited if I like the team. I like sunny teams – the Dolphins, Titans and 49ers. I think Tom Brady is going to retire soon – he's not doing as well this year. He threw two interceptions in the first quarter against the Saints. The Saints have his number. Last year, the Saints beat them 38-3 and this year 36-27." How do you remember all of this? "I have a good brain, that's why I remember this, and I pay attention to football."

I asked him what he wants to be when he grows up, thinking either an athlete or sportswriter. "I want to be a baker. I like making foods. I can even try my own yummy food that I make. I like making cookies now. Double chocolate are my favorite ones I make."

That's one pretty amazing kid, and he's been this way for at least two years. So let me add my take. With OSU's talent over the past decade, Michigan needed to play a near flawless game to win. They did. As far as the Iron Bowl, I was afraid Bama

would come back. They did. The question is do they get downgraded because they had to work so hard through four OTs to beat a very mediocre Auburn team whose quarterback was visibly limping? In the first poll Sunday, they agreed with how I would rank them: Georgia, Michigan, Cincinnati, Alabama, Oklahoma State, Notre Dame, OSU. We'll see what happens in the conference championships where Michigan faces Iowa and Alabama faces unbeaten Georgia. This is what makes college football exciting.

The good news story of the week comes from the Good News Network. "In track and field, athletes compete with one another and against themselves, striving to achieve a new personal best. For one Nebraska teen running in what would likely be his final cross country outing, his personal best turned out not to be about marking the fastest time but displaying the biggest heart.

Although a long shot, Bellevue East senior Brandon Schutt knew if his time was good enough that day, he still had the potential to qualify for the state meet. A mile into the 3.1-mile race, however, Schutt realized he wasn't going to be able to keep up the necessary momentum. Rather than risk injury, he slowed to a pace that would allow him to simply enjoy the moment and the day.

Meanwhile, Omaha Burke High School sophomore Blake Cerveny was aiming to beat his own personal record and, after a fast start, he continued to push himself hard. With less than 400 meters to go, Cerveny's legs cramped up and failed him. Determined to finish, Cerveny rose and continued on, only to fall again after another 150 meters... and again, he got up and started running. This time he'd made it only 25 meters more before going down. Concerned, his dad and his coach asked Cerveny if he wanted to stop. He didn't. With Herculean effort, the young runner pulled himself up and with an unsteady gait, moved forward for one final push. It wasn't enough. A scant 100 meters from the finish line, he lay curled on the ground. His legs had simply given out.

Another runner – Brandon Schutt – was at his side to offer a helping hand. After struggling at first, with a second tug, Cerveny was on his feet. At a measured jog, Cerveny held onto Schutt for support and Schutt helped Cerveny maintain balance. The two completed the final 75 meters of the course crossing the

finish line together, although Cerveny was automatically disqualified for having received help.

"This is the first time I've ever seen an athlete stop his race and work so hard to help his fellow competitor across the finish line," Jay Slagle, the citizen journalist who first broke the story on his blog. He added. "Perhaps more impressively, Brandon had virtually no time to think about whether he should help or not; he reacted so quickly that he did it instinctively."

Ironically, though the pair had competed in five separate races over the course of the season, they were still strangers. At the end of the day, neither Cerveny nor Schutt knew each other's names. Thanks to a whirlwind of social media, however, Schutt's uncredited act of kindness was quickly anything but anonymous. The local news outlet that picked up the story arranged an on-camera reunion and chance to meet.

In today's competitive world in which the emphasis in athletics is so often put on breaking records, it was inspiring to see that for an athlete like Brandon Schutt, the value of true sportsmanship still had legs."

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@islandnews.com.

Season Reopens For Flounder

The recreational harvest of flounder in all state and federal waters reopened on December 1. The minimum size limit is 14 inches total length and the daily recreational bag limit is five fish per person.

The annual season closure and other management measures were approved by the Florida Fish and Wildlife Conservation Commission late last year because a stock status update suggested statewide, the flounder fishery has been in a declining trend and it is likely overfished and undergoing overfishing on the Atlantic coast of Florida.

Learn more about flounder regulations at www.myfwc.com/marine or download the Fish Rules App at www.instagram.com/fishrulesapp or www.facebook.com/fishrulesapp.

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SPORTS QUIZ

1. Which Ismail brother had more NFL career receiving yards: Raghib "The Rocket" or Qadry "The Missile"?
2. In what U.S. city would you find the historic Blue Horizon boxing venue?
3. Georgia Bulldogs Heisman Trophy winner Herschel Walker played for what USFL team from 1983-85?
4. *Bad As I Wanna Be* is a 1996 autobiography by what five-time NBA champion?
5. The Daphne Akhurst Memorial Cup is presented to the women's singles champion of what tennis tournament?
6. Name the standout wide receiver for the University of Richmond Spiders and 1986 NFL draft pick by the Detroit Lions who flew two missions onboard Space Shuttle Atlantis?

ANSWERS

1. Raghib with 5,295 yards (Qadry had 5,137).
2. Philadelphia.
3. The New Jersey Generals.
4. Dennis Rodman.
5. The Australian Open.
6. Leland D. Melvin.

Doctor and Dietician

Health Benefits
Of Fresh Herbsby Ross Hauser, MD
and Marion Hauser, MS, RD

We love our herb garden that maintains healthy growth even through the hottest summer months in Southwest Florida. Adding fresh herbs to food and drinks makes them much more delicious. Dried herbs give flavor, but fresh takes the taste to a whole new level. In addition to adding great flavor, herbs also provide health benefits that you may not realize. Let's talk about some of our favorite herbs that we grow year-round in our herb garden.

Basil – Considered one of the healthiest herbs, fresh basil provides a sweet and earthy scent that we all love in Italian dishes, on fresh mozzarella and tomatoes and in pesto. Basil is an excellent source of flavonoids and beta carotenes that can help protect against oxidation/free radical damage, thus lowering risk of cardiovascular disease and cancer. It also contains iron, calcium, vitamin C, potassium and magnesium. The oils show promise in providing antimicrobial activity.

Chives – Chives are easy to grow, thriving in sunlight and/or partial sun, and are hardy and drought-tolerant. They provide an onion-like taste with a little taste of garlic. They are considered healing herbs and contain vitamins A, C and K to provide antioxidants to stave off free radicals, as well as flavonoids like carotenes and other phytonutrients that provide anti-inflammatory and antimicrobial properties,

even inhibiting salmonella in certain foods. Add chives to eggs, dips and garnish for fish, salads and soups.

Oregano – A staple for Italian cuisine, oregano is used to enhance the flavor of tomato-based dishes or any other dish it is used in. It is similar to marjoram but has a stronger taste and smell. It is a low-maintenance plant and easily grows in our climate. Most Mediterranean dishes include oregano to enhance complexity and flavor of the food. It is commonly used in tomato, eggplant, zucchini, beef, or lamb dishes. Oregano has been used to aid in respiratory and gastrointestinal (GI) conditions. It is high in folate, vitamin A, magnesium and potassium. It has one of the highest antioxidant activity ratings, neutralizing free radicals. The oil has been used for anti-inflammatory, immune-enhancing and anti-cancer properties, as well as anti-fungal properties.

Parsley – We often look at parsley as a garnish that is pushed to the side and not eaten. However, there is a lot more to parsley than its pretty leaves. Curley or flat, parsley has been used for many ailments including GI, inflammation, menstrual irregularities, urinary conditions and skin problems. In combination with thyme and bay leaves, it is often used in soups and stews, and can be added to sauces, dips and fillings to add extra freshness. When feeling a little GI upset, eating some parsley can help aid digestion, as well as fight bad breath. It contains vitamin A, copper and manganese, plus vitamin C. Tea made with parsley can help kidney stones and increase urine output. Sprinkle it on your next casserole, add it to a smoothie, or into soups or stews.

Think green. Try growing fresh herbs in some pots inside or outside. There are many places to get started – Sanibel Ace Hardware, Farmers Market, Lowe's or RS Walsh, to name a few. If you prefer online shopping, we like www.burpee.com for herbs and plants. Give it a try.

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 and Hauser Neck Center are located in Fort Myers. Email info@caringmedical.com.✱

dearRPharmacist

Seven Ways
To Treat Cold,
Flu And Feverby Suzy
Cohen, RPh

Dear Readers: At this time of year, we need to protect ourselves from all the bugs out there, and this advice is aimed particularly to older people or

those with compromised immune systems.

The symptoms are similar from bug to bug, however, the severity differs from person to person. As you know, you may experience any or all of the following: sore throat; cough; fever and chills; runny nose; stuffy nose; body aches; fatigue; headache; sinus pressure or pain; and loss of taste or smell

Today's article is to help bring understanding to some important remedies that ease general and mild discomfort. Please seek proper medical attention if your symptoms are severe.

Here are the most helpful items to consider in case you feel under the weather. I have more at www.suzycohen.com (my website) if you'd like to read the longer version of this article:

Astragalus – This is an herbal remedy that can strengthen the immune system and, just like echinacea, I'd say this one is somewhat better at preventing problems than it is treating them.

Acetaminophen – This is a medication you can buy over-the-counter (OTC) and it reduces fever. Fever is your body's attempt to cook the bugs that have infected you, so do not rush to treat it. Fevers should, however, be treated when they reach 102 degrees Fahrenheit or 39 degrees Celsius. Herbal choices include elderflower (which is not the same as elderberry), catnip or white willow bark.

Probiotics – These can be taken

throughout the year to support digestion and immunity. High-quality probiotics will improve the flora fingerprint in yourself and protect your body head to toe.

Eucalyptus Essential Oil – If you were to rummage in my purse on any given day in the winter, you'd find my little bottle of eucalyptus essential oil. Eucalyptus opens up breathing passageways and acts like a natural decongestant.

Epsom Salts or Magnesium – Epsom salts are relaxing to muscles and can relieve tension and body aches through the transdermal absorption. Soak in a nice, warm bath for 15 minutes and then dry off.

Lemon Water – Drinking pure, filtered water helps move lymph and it rehydrates your cells. If you're feverish, or you have a sore throat, maybe an ice water with a spritz of freshly squeezed lemon juice in it sounds refreshing.

Garlic – It's probably the last thing you're craving when you feel miserable and your laid up in bed. But garlic has strong antiviral, antibiotic properties so if you can bring yourself to eat it in your chicken soup, or eggs or anything, please do.

In closing, there are many natural options to help yourself get through a few days of feeling sick. It is obviously better not to catch anything in the first place, so when you're out practice good hygiene. For example, try not to touch your nose or mouth if you're out shopping, and wash your hands frequently. Cover your mouth when you sneeze, and don't blow your nose then shake someone's hand. It's the little things you never think about, but they are very important in terms of reducing spread of illness.

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.✱

Donate Blood

Lee Health is seeking blood donations to help replenish supply levels. For more information, visit www.leehealth.org/our-services/blood-centers.

Superior Interiors

Avoid Bedroom
Design Mistakes

by Trinette Nelson

Does your bedroom feel dull lately? Could it use a total revamp? Home redesign projects are always a good idea in our book, but the moment a room makes you feel uncomfortable the

second you walk in, there's no doubt that the time to make improvements is now.

Before you can commit to the new adjustments, it's important that you understand the dos and don'ts of bedroom redecorating. Placement and choice of color, furniture and accessories can make a big impact on the way you feel when you

enter the room, so you want to get it right the first time around.

Here are some of the most common bedroom design mistakes, and how to avoid them:

Your area rug is too small. Adding an area rug to the bedroom is one of the easiest ways to bring the room together and add additional style and comfort to the floor space. But size matters, and this can make a major difference in the look and feel of your bedroom. If you have an area carpet in a bedroom, it needs to cover much of the room. People often skimp on this because they feel it's wasted under the bed, but your bedroom should feel super cozy. The solution: If you're placing the area rug underneath the bed (which is what we highly recommend in the bedroom) then just make sure it extends out one to two feet on each side.

Your walls are too bright. Choosing a bold color for your bedroom walls definitely creates that "wow" factor, but it can be detrimental to the vibe you want to achieve in the room. This is supposed to be a

relaxation station, not a place to party.

The solution: Instead of using a bold wall color, save the bright hues for accents. Vivid shades can be used in bedding, window coverings, accessories and pieces of art. The best part about shifting bright colors to the accents instead of the walls is the ease of mixing it up. Wall color is more concrete; changing your accents every few years can be much easier than painting your walls on a regular basis.

It's cluttered with décor. When it comes to bedroom redesign, it's always important to reevaluate the sole purpose of the bedroom. It's supposed to be a space for unwinding and relaxing. Unnecessary items and clutter can keep you from feeling this way, and this is something to be said about decor as well. The solution: When it comes to bedroom decorations, keep things simple. A few staple accessories placed on surfaces can bring character to the room and hanging decor can dress up the walls. Keep this in mind as you reconsider your design choices.

When you don't have a lot of

experience in design and decor, you might find it more difficult to get started or bring those dreamy bedroom visions to life. Taking on a task as big as bedroom redesign, especially on your own, can result in a frustrating project that doesn't turn out as you planned in the first place. Many of the prior common mistakes occur because of inexperience, and all of them can be avoided with professional assistance. The solution: Consult a design professional. He or she will provide you with stylistic preferences and suggestions based on design and decor expertise. Typically during this consultation, you are encouraged to share your thoughts, style and personal wants and needs for your bedroom, but the designer will take the lead to help you avoid all common bedroom design mistakes. This will make for a happy and satisfactory experience and ensure the style longevity of your new living space.

Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at trinette@coindcedden.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@islandnews.com

PUZZLES

Answers on page 23



"Do I think money grows on trees?
 Is this a _____?"

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 _____

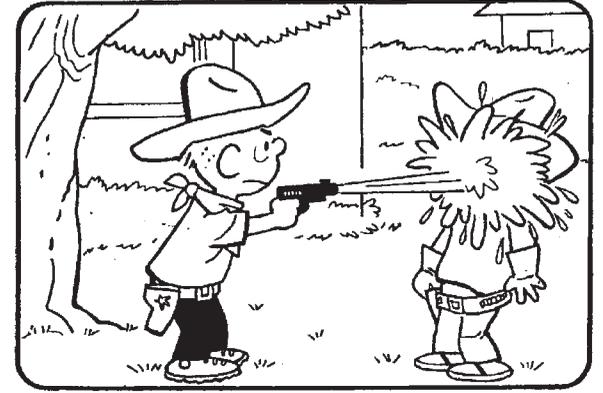
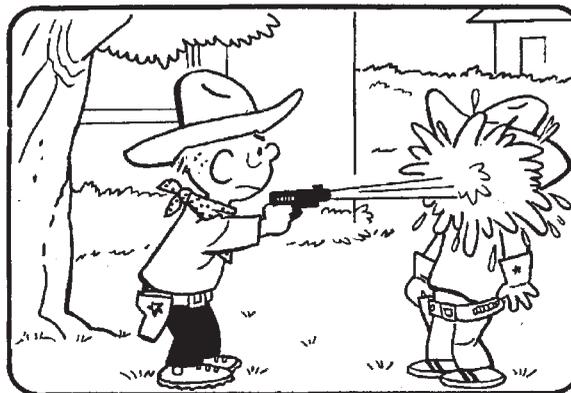
Unkind
DINES _____

Sniff
HEALIN _____

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Bandanna is different. 2. Star on glove is missing. 3. Leaves are added. 4. Sleeve is shorter. 5. Sneakers are different. 6. Hedge is taller.

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

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

OVERTHINKING THINGS

- ACROSS**
- 1 Curved like a pothook
 - 8 Some Algonquians
 - 14 Gushes lava
 - 20 Cartoon cel material
 - 21 Bassett of Hollywood
 - 22 Witch's elixir
 - 23 Start of a riddle
 - 25 Shoe-collecting
 - 26 State whose cap. is Boise
 - 27 Company that retails outdoor gear
 - 28 FDR follower
 - 30 Gather, as a harvest
 - 31 Pooch's yap
 - 32 Riddle, part 2
 - 39 Free of charge, as legal services
 - 41 Make knotted
 - 42 Large simian
 - 43 Stroke gently
 - 44 Riddle, part 3
 - 48 Right wrongs
 - 49 Genesis game system maker
 - 50 Egg, formally
 - 54 "Cool beans!"
 - 57 Lenin's land: Abbr.
 - 60 Tubular pasta
 - 64 Part of REO
 - 65 Riddle, part 4
 - 70 — kwon do
 - 71 "Toyboat" singer Yoko
 - 72 Caravan layover
 - 73 See 112-Across
 - 74 Gift for music
 - 75 Riddle, part 5
 - 79 Ho-hum
 - 80 Like gear that quells mobs
 - 81 English law
 - 82 Chair fixer of a sort
 - 83 Bug spray ingredient
 - 84 Auction, e.g.
 - 88 Oscar winner Mercedes
 - 91 Riddle, part 6
 - 100 Toby drink
 - 103 Zodiac lion
 - 104 Hocus-pocus
 - 105 Big retail stores
 - 106 End of the riddle
 - 110 Nibble on
 - 111 Be furious
 - 112 With 73-Across, fluorescent paint brand
 - 113 Pampering, in brief
 - 114 Pal, to Yves
 - 115 Demonstrate clearly
 - 117 Riddle's answer
 - 125 Bleep bad words from
 - 126 Warning on an airplane wing
 - 127 Earhart or Lindbergh
 - 128 Tramps (on)
 - 129 Sub-locating devices
 - 130 Greek
 - 12 Land in la mer
 - 13 Voice a quick greeting
 - 14 Inscription on a tombstone
 - 15 — -com (film genre)
 - 16 In — (gestating)
 - 17 Make a heap
 - 18 Up till now
 - 19 Talk testily to
 - 24 Hi-tech address
 - 29 Salty expanses
 - 31 Many an iDevice game
 - 32 The Lone Ranger's chum
 - 33 Gung-ho for
 - 34 Hamlet
 - 35 Operates, as a booth
 - 36 Northwestern French department
 - 37 Many a YouTube journal
 - 38 Pollen transporter
 - 40 Triumphs over
 - 45 Lifesaver, perhaps
 - 46 Football field unit
 - 47 Kind of IRA
 - 51 Determine by ballot
 - 52 Nervousness
 - 53 It shows reflections
 - 54 Passable
 - 55 Comedian Boosler
 - 56 "— Fideles" (Yule carol)
 - 58 Atop
 - 59 Doe's partner
 - 61 "Othello" role
 - 62 Wide divide
 - 63 Earlier
 - 65 Italian for "years"
 - 66 "Dumb" bird
 - 67 Suffix with 45-Down
 - 68 Stringed instrument of yore
 - 69 Canadian gas station
 - 71 Atop, to poets
 - 76 Essential part
 - 77 Potential reply to "Who's there?"
 - 78 Shredded
 - 79 Round of gunfire
 - 82 Lay's snacks
 - 85 Oscar's kin
 - 86 Hop
 - 87 Corporate ID
 - 89 Takes unfair advantage of
 - 90 Girl in a J.D. Salinger story
 - 92 Part of REO
 - 93 Hands down, as a verdict
 - 94 Cato's robe
 - 95 More wee
 - 96 Lugs around
 - 97 Recluse under a religious vow
 - 98 Person acting as a link
 - 99 China's Sun — -sen
 - 100 Influence
 - 101 Shutter slat
 - 102 Ferret cousin
 - 107 High-IQ group
 - 108 Sacred songs
 - 109 Outer: Prefix
 - 114 Central Asia's — Sea
 - 116 Flaky fish
 - 118 Winning row in tic-tac-toe
 - 119 Rival of AOL or Yahoo!
 - 120 NYC rail and bus org.
 - 121 "That'll show ya!"
 - 122 Adam's woman
 - 123 Petroleum
 - 124 Three, in Italy

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								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									105					
106				107										109				110	
111					112							113					114		
115				116				117	118	119	120			121	122	123			124
125								126							127				
128								129						130					

King Crossword

- ACROSS**
- 1 Paid (up)
 - 6 Tennis star Graf
 - 12 False
 - 13 Sounded content
 - 14 Warm, as left-overs
 - 15 Not certain
 - 16 Cruise stop
 - 17 Farm unit
 - 19 Garden of Food Network
 - 20 Austen novel
 - 22 Perched
 - 24 Recede
 - 27 Force
 - 29 Pleasing
 - 32 Symbolic first step toward getting hired
 - 35 Cab
 - 36 British noble
 - 37 Eggy quaff
 - 38 Existed
 - 40 Squabble
 - 42 Past
 - 44 Furnace fuel
 - 46 Volcanic flow
 - 50 Cheered (for)
 - 52 Ogléd
 - 54 Topical anti-septic
 - 55 Builds
 - 56 Strong points
 - 57 "Midnight Cowboy" role
 - 12 Greek consonant
 - 18 Bach's "Coffee —"
 - 21 1501, in Roman numerals
 - 23 Moreover
 - 24 Newt
 - 25 Large snake
 - 26 Ornamental garden trees
 - 28 Best-selling Michael Jackson album
 - 30 Bill's partner
 - 31 Work unit
 - 33 Spanish aunt
 - 34 Sprite
 - 39 Potpourri output
 - 41 Swift
 - 42 Met melody
 - 43 Sticky substances
 - 45 Praiseful pieces
 - 47 Curved lines
 - 48 Presidential power
 - 49 TV spots
 - 51 Dead heat
 - 53 Epoch

	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				

- DOWN**
- 1 Grieg's "— Death"
 - 2 Actress Patricia
 - 3 Private pupil
 - 4 Sch. URL ender
 - 5 "Feel-good" brain chemical
 - 6 Incite
 - 7 Jukebox picks
 - 8 Hosp. areas
 - 9 Fulfillment
 - 10 Office plant
 - 11 Notion
 - 12 Greek consonant
 - 18 Bach's "Coffee —"
 - 21 1501, in Roman numerals
 - 23 Moreover
 - 24 Newt
 - 25 Large snake
 - 26 Ornamental garden trees
 - 28 Best-selling Michael Jackson album
 - 30 Bill's partner
 - 31 Work unit
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 - 34 Sprite
 - 39 Potpourri output
 - 41 Swift
 - 42 Met melody
 - 43 Sticky substances
 - 45 Praiseful pieces
 - 47 Curved lines
 - 48 Presidential power
 - 49 TV spots
 - 51 Dead heat
 - 53 Epoch

MAGIC MAZE ● FOUND IN A CAN

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: CHICKEN NOODLE —

- Beans
- Gasoline
- Pringles
- Trash
- Beer
- Oil
- Sardines
- Tuna
- Coffee
- Paint
- Soda pop
- Water
- Corn
- Peas
- Tennis balls



Citrus Barbecue Cauliflower

photo courtesy Fresh From Florida



Citrus Barbecue Cauliflower

- 1 cauliflower
- 1 orange, zested and juiced
- 2 tablespoons finely chopped parsley, for garnish
- ½ cup barbecue sauce (your favorite)
- 1 teaspoon all-purpose seasoning (your favorite)
- 1 tablespoon oil, for cooking

Sea salt and fresh ground pepper, to taste

Preheat oven to 375 degrees. Slice cauliflower into ½-inch thick steaks and place on parchment-lined sheet pan. Brush oil onto cauliflower, season with all-purpose seasoning, salt and pepper. Place in oven for 20 minutes. Zest and juice orange. Combine barbecue sauce, orange juice, and half of the orange zest and set aside. Remove cauliflower from oven and turn oven on to broil. Brush a generous amount of sauce onto each steak and sprinkle remaining zest evenly. Place directly under broiler until sauce is caramelized, about three to five minutes. Remove from oven and garnish with chopped parsley.*

PETS OF THE WEEK



Koka ID# A883007

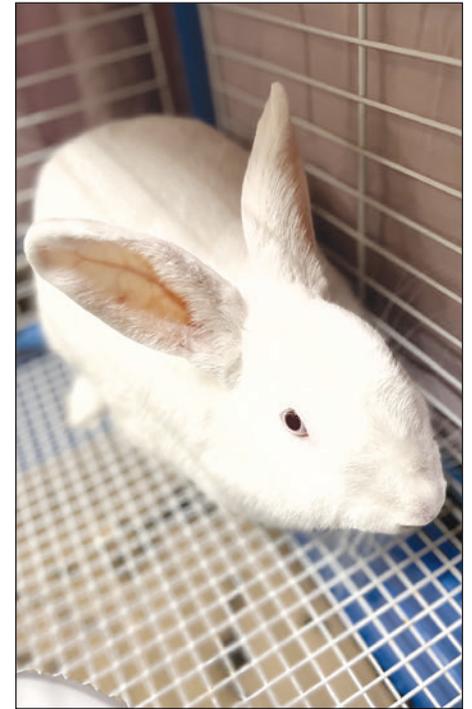
photos provided

Lee County Domestic Animal Services

Koka And Flops

Hello, my name is Koka. I'm a white 2-year-old female Catahoula mix. I'm beautifully coated with ears that will point in the direction of whatever peaks my interest. I love to play with my canine friends through the fence in Animal Services' playyards, but would do best in a home with no small animals. My adoption fee is \$75.

Hi, my name is Flops. I'm a white 2-year-old shorthair rabbit. I would



Flops ID# A896966

like to come and hop around your Christmas tree this holiday season. The best part about being a pocket-sized cutie is I can't climb the tree or disrupt the ornaments. My adoption fee is \$5.

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 NOVEMBER 29, 2021

Aries (March 21 to April 19) Keep those sharp Sheep eyes focused on a hazy situation. As things begin to clear up, you'll find a sharper picture emerging, showing something you'll need to know.

Taurus (April 20 to May 20) Watch your expenses through the end of the month. Later, you'll be glad to have extra money to pay for something that will make an acquisitive Bovine's heart beat faster.

Gemini (May 21 to June 20) You're now ready to make that oft-deferred commitment, if you still believe it's what you want. Don't be afraid to change your mind if you feel you should go in another direction.

Cancer (June 21 to July 22) Now that you are moving on with your life after that recent disappointment, how about reactivating your travel plans and taking someone special along with you.

Leo (July 23 to August 22) Many new friends come into your personal

life, which suits all of you social Lions just fine. However, one new friend might make demands that you could find difficult to deal with.

Virgo (August 23 to September 22) Communication doesn't exist unless it's two-way. So, if you're getting no replies to the signals you're sending, it could be time to look for someone more receptive.

Libra (September 23 to October 22) A workplace complication that you thought was ironed out develops new wrinkles that need attention. Meanwhile, expect continuing improvement in your home life.

Scorpio (October 23 to November 21) A tense personal problem needs to be talked out before someone decides to walk out. Resist making decisions until full explanations are offered from both sides.

Sagittarius (November 22 to December 21) A technological glitch that caused problems recently will soon be repaired, and life can return to normal. A colleague has a surprising message to deliver.

Capricorn (December 22 to

January 19) Your partner might feel that you haven't been as open with him or her as you should be. Deal with this now, before it turns into something more difficult to handle.

Aquarius (January 20 to February 18) Good news: Many of the stumbling blocks that affected the progress of some of your career projects are fading away. Things also start to look up on the home front.

Pisces (February 19 to March 20) You'll need that strong Piscean pluck to get through waters that will be turbulent for a while. A more positive aspect soon emerges, along with some welcome news.

Born This Week: You are zealous in the pursuit of truth. You would make an excellent research scientist.

MOMENTS IN TIME

- On December 11, 1872, already appearing as a well-known figure of the Wild West in popular dime novels, Buffalo Bill Cody makes his first stage appearance in a Chicago-based production of *The Scouts of the*

Prairie.

- On December 12, 1901, Italian physicist and radio pioneer Guglielmo Marconi succeeds in sending the first radio transmission across the Atlantic Ocean, disproving detractors who said the curvature of the earth would limit transmission to 200 miles or less.

- On December 6, 1917, a devastating blast occurs when the Mont Blanc, a French munitions ship, explodes after colliding with another vessel in Halifax harbor in Nova Scotia. The Mont Blanc was packed with 2,300 tons of picric acid, 200 tons of TNT and 35 tons of high-octane gasoline.

- On December 7, 1941, a swarm of 360 Japanese warplanes descends on the U.S. naval base at Pearl Harbor in Hawaii in a ferocious early morning assault. The surprise attack devastated the U.S. Pacific fleet and drew the United States into World War II.

- On December 9, 1950, Harry Gold, who confessed to serving as a courier of top-secret information on the atomic bomb, is sentenced to 30 years

continued on page 22

 FRIDAY Sunny High: 74 Low: 61	 SATURDAY Mostly Cloudy High: 76 Low: 65	 SUNDAY Sunny High: 79 Low: 66	 MONDAY Sunny High: 80 Low: 69	 TUESDAY Sunny High: 78 Low: 65	 WEDNESDAY Partly Cloudy High: 79 Low: 67	 THURSDAY Sunny High: 78 Low: 66
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	1:35 pm	6:06 am	11:15 pm	4:51 pm
Sat	2:44 pm	6:56 am	11:53 pm	5:12 pm
Sun	None	7:48 am	None	None
Mon	12:36 am	8:42 am	None	None
Tue	1:24 am	9:38 am	None	None
Wed	2:17 am	10:35 am	None	None
Thu	3:19 am	11:30 am	7:51 pm	10:18 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	12:40 pm	6:08 am	10:20 pm	4:53 pm
Sat	1:49 pm	6:58 am	10:58 pm	5:14 pm
Sun	11:41 pm	7:50 am	None	None
Mon	None	8:44 am	None	None
Tue	12:29 am	9:40 am	None	None
Wed	1:22 am	10:37 am	None	None
Thu	2:24 am	11:32 am	6:56 pm	10:20 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	12:44 pm	6:11 am	11:19 pm	5:46 pm
Sat	1:32 pm	7:01 am	11:55 pm	6:27 pm
Sun	2:26 pm	7:51 am	None	7:11 pm
Mon	12:33 am	8:42 am	3:24 pm	8:01 pm
Tue	1:15 am	9:32 am	4:19 pm	8:56 pm
Wed	2:11 am	10:20 am	5:13 pm	9:55 pm
Thu	3:41 am	11:13 am	6:09 pm	11:12 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	12:51 am	9:22 am	3:45 pm	8:07 pm
Sat	1:25 am	10:12 am	4:54 pm	8:28 pm
Sun	2:03 am	11:04 am	None	None
Mon	2:46 am	11:58 am	None	None
Tue	3:34 am	12:54 pm	None	None
Wed	4:27 am	1:51 pm	None	None
Thu	5:29 am	2:46 pm	10:01 pm	None

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From page 20

Moments In Time

in prison. Gold implicated his brother-in-law and sister, Julius and Ethel Rosenberg, who were later executed for espionage.

- On December 10, 1967, soul legend Otis Redding dies in a plane crash in Wisconsin. (*Sittin' on The Dock of the Bay* would be released in its "unfinished" form several weeks later. The whistled verse was a placeholder for additional lyrics that Redding had yet to write.

- On December 8, 1982, *Sophie's Choice*, starring Meryl Streep as a Holocaust survivor, opens in theaters. The "choice" refers to a terrible decision Streep's character is forced to make about which of her two children will live or die while in a concentration camp.

NOW HERE'S A TIP

- Cookie sheets make great temporary mud and moisture trays for dirty shoes. Stash one at the entry to your home, and you will have less dirt tracked across your floors.

- "To make your drains fresh-smelling, shake a half-cup of baking soda into the drain. Then pour 2 cups of vinegar that you have warmed on the stove. It will froth and bubble. When it's done, run the hot water and give it a little scrub." – RC in Idaho

- Blood pressure can be affected by many things, and seeing the doctor is one of them. Instead, request that your blood pressure be taken by a nurse or physician's assistant. Having a full bladder also can make your pressure reading higher, as can positioning your arm below heart level.

- "Keep knitting yarn in check with empty tissue boxes. Set your yarn ball inside the box, and let the string lead out of the top. When not in use, tape the string to the side of the box. Boxes can be stacked and stored for future projects." – CW in Indiana

- "Try this baking tip from my mother: When you have a recipe that calls for dry spices (cinnamon, ginger, ground clove, etc.), cream them with the butter instead of sifting them with the dry ingredients. I do feel like they become infused in the recipe better." – A. in Illinois

- Visit the dollar store for low-cost toys to use on car or airplane trips. You can get several busy toys and dole them out one at a time. Most parents will attest to what a lifesaver this can be.

STRANGE BUT TRUE

- After the battle of Waterloo in 1815, scavengers removed the teeth from tens of thousands of dead soldiers for use in dentures. The so-called Waterloo teeth were in such demand because they came from relatively healthy young men.

- In 2003, there were 86 days of below-freezing weather in Hell, Michigan.

- The U.S. Navy sustainably manages over 50,000 acres of forest in Indiana with white oak trees more than a century old, to replace like for like on the 220-year-old wooden frigate USS Constitution.

- Heavy metal band Black Sabbath's original name was The Polka Tulk Blues Band, after the brand name of a talcum powder used by Ozzy Osbourne's mother.

- Jellyfish are considered biologically immortal. They don't age and will never die unless they are killed.

- The party game of Twister was originally called Pretzel, but Milton Bradley changed the name in 1965 due to trademark issues.

- Hippopotomonstrosesquippie daliophobia is the fear of long words and is thought to develop from the fear of pronouncing long words incorrectly. (Hey, we get it – we tried.)

- The opposite sides of dice always add up to seven.

- "Deaf flights" were prescribed by doctors to cure hearing loss in the 1920s and '30s. Stunt pilots would take unsuspecting passengers up in planes and terrify them with loops, barrel rolls and dives.

- JRR Tolkien was nominated by fellow author CS Lewis for the 1961 Nobel Prize in Literature, but was overlooked because the jury said the

quality of his storytelling wasn't good.

- Philadelphia cream cheese was actually created in New York.

THOUGHT FOR THE DAY

"Yearning for the seemingly impossible is the path to human progress." – Bryant H. McGill

TRIVIA TEST

1. **Literature:** Which author coined the phrase "green-eyed monster"?
2. **Geography:** How many countries have nations within their borders?
3. **Acronyms:** What does RPM stand for?
4. **Psychology:** What is the fear represented in the condition called "nomophobia"?
5. **Television:** What is the address of the home on *The Munsters* (1964-66)?
6. **Math:** How many combinations of U.S. coins would add up to \$1?
7. **Music:** What was the woman's name in the Lynyrd Skynyrd song *Gimme Three Steps*?
8. **Measurements:** How many ounces are in 3/4 of a cup?
9. **Movies:** Which 1959 movie had the subtitle *A Tale of the Christ*?
10. **Ad Slogans:** Which company had the advertising slogan, "Let's go places"?

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11/26 * 12/3

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11/19 * TFN

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12/3 * 1/7

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10/22 * TFN

CYCLING SAFETY NOTES

- Ride to the Right
- Warn to Pass
- Wear a Helmet
- Use Lights at Night
- Always be Courteous

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.

TRIVIA ANSWERS

1. William Shakespeare 2. Two countries: The Vatican in Italy, San Marino also in Italy and Lesotho in South Africa 3. Revolutions per minute 4. A fear of being without your mobile phone 5. 1313 Mockingbird Lane 6. 293 7. Linda Lu 8. Six 9. Ben-Hur 10. Toyota

SCRAMBLERS ANSWER

- 1. Tender 2. Neary;
- 3. Snide; 4. Inhale

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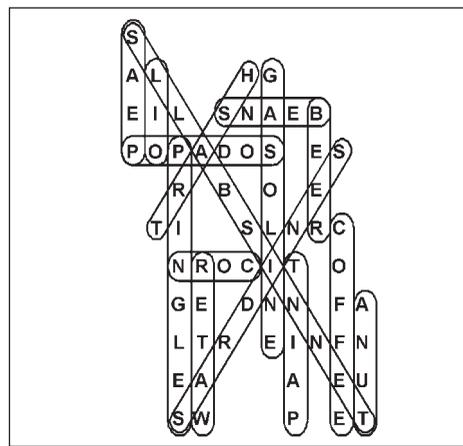
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4	8	5	6	2	7	3	9	1
6	7	3	5	9	1	2	4	8
1	3	8	9	4	2	6	7	5
2	9	6	1	7	5	4	8	3
7	5	4	3	6	8	1	2	9
3	2	1	7	5	9	8	6	4
8	4	9	2	1	6	5	3	7
5	6	7	8	3	4	9	1	2

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Castelli	Miromar Lakes	2009	9,121	\$5,995,000	\$5,995,000	18
Marina Isle	Bonita Springs	2002	4,265	\$2,150,000	\$2,100,000	47
Laguna Shores	Fort Myers Beach	1969	1,822	\$1,790,000	\$1,645,000	20
Bayview Acres	St. James City	1993	2,950	\$1,400,000	\$1,400,000	85
Cape Coral	Cape Coral	2001	2,138	\$1,349,000	\$1,375,000	2
Safety Harbor Club	Upper Captiva	1999	1,684	\$1,195,000	\$1,140,000	198
Cape Coral	Cape Coral	2010	3,053	\$1,145,000	\$1,110,000	7
Island Harbors	Matlacha	1973	1,759	\$1,200,000	\$1,100,000	25
Sanibel Bayous	Sanibel	1997	2,377	\$995,000	\$985,000	1
Cape Coral	Cape Coral	2016	2,541	\$970,000	\$970,000	31

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