



THE RIVER WEEKLY NEWS

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Vol. 20, No. 2

From the Beaches to the River District downtown Fort Myers

JANUARY 8, 2021

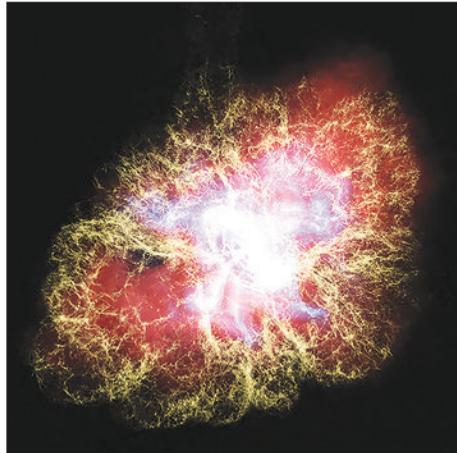


Learn about life in space photos provided

Out Of This World Experience At Science Center

The IMAG History & Science Center is featuring Inspiration Takes Flight, celebrating the history and science of flight while honoring the achievements of aviators, astronauts and aerospace engineers as well the successes of pioneers, pilots and people inspired to take flight and soar to new heights.

Inspiration Takes Flight is an appreciation for the art and science, engineering and technology of aeronautics;



Explore stars and nebulas

it is about the creativity and excitement of air travel and spaceflight reimagined at the IMAG.

The IMAG is planning several Inspiration Takes Flight programs, exhibits and events, displays and hands-on activities for guests, families and members as well as homeschool students and scouts that feature Science on a Sphere shows, IMAG LIVE science shows, IMAG Science Saturdays, workshops and mini-workshops and a special Member Night. As part of Inspiration Takes Flight, the IMAG is also presenting a series of "spacious murals" from the Hubble Space Telescope along with a history and science display of the famous telescope in the gallery. Some



Hubble Space Telescope over planet Earth

additional planned specials also include the introduction of the IMAG Junior Astronaut Training Program and the IMAG Frequent Flyer Plan. Visit www.theimag.org for more details and launch dates.

Visitors can explore stars and nebulas, exoplanets and galaxies, and other cosmic wonders. Learn about rockets and robots, planets and planes. Explore the physics of flight, Newton's Laws of Motion and the laws governing orbits and spaceflight. Learn about the different types of combustion and thrust used to power rockets, see how

robots move and what they can do, and find out about life support in outer space.

Guests can try out their skills for liftoff, flying and landing a space craft on the moon, Mars or Jupiter in astronaut training simulators. Also, test your talents to maneuver a rover on the rocky crater surface of a planet.

The IMAG History & Science Center is located at 2000 Cranford Avenue in Fort Myers. For more information, reservations or a list of programs, visit www.theimag.org or call 243-0043.*

String Quartet At Davis Art Center



The Dover String Quartet

photo provided

The Dover String Quartet will be the second of four concerts featuring world-class symphonic talent during the Chamber Music Series at Sydney & Berne Davis Art Center (SBDAC) on Thursday, January 21. Cocktail

hour will begin at 6:30 p.m. and the performance will begin at 7:30 p.m.

The Dover Quartet catapulted to international stardom in 2013, following a stunning sweep of all prizes at the Banff

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Swinging Bridge bluegrass band

photo provided

Bluegrass Concert On The Lawn

The Venice-based bluegrass band Swinging Bridge will perform at the Alliance for the Arts, on the GreenMarket lawn, this Sunday, January 10 from 3 to 4 p.m.

One of Florida's most popular bluegrass bands will play one show only in the intimate, open-air venue. Seating is limited and attendees will purchase a

pass for a six-by-six-foot square space on the lawn. In order to maintain social distancing, all lawn spaces will be six feet apart. Guests are required to bring their own lawn chairs and blankets. A pass for a square space is \$12.50 for one person, \$25 for two people or \$50 for a group of four people. The average per person price is \$12.50 plus fees.

Swinging Bridge has combined the influences of a myriad of musical styles and has thrilled audiences around the state and up and down the east coast as well as

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Historic Downtown Fort Myers, Then And Now:

Floating Dining Room

by Gerri Reaves, PhD



In September 1926, Frank Pellegrin established something out-of-the-ordinary for downtown Fort Myers – a floating restaurant.

The Gondola Inn, whose name evoked visions of romantic nighttime cruises along Venetian canals, was located at the foot of Carson Street off West First Street near the Collier steamboat terminal.

The owner had previously run the unromantically named Mullet Lunch Room on the City Dock at the foot of Jackson Street.

Shortly before opening, he had solicited ideas for the new restaurant's name, but it's unknown who came up with it or whether the owner ended up naming it himself. In any case, it distinguished the place with hints of far-away Italy.

In a photo taken around the time it opened, Pellegrin stands in front of the relatively small floating restaurant on the Caloosahatchee.

On the right side of the photo, the 1927 Moorish Pleasure Pier – another touch of the exotic along the river – is visible in the distance, extending near the foot of Heitman Street.

The inn advertised dinners that were only one dollar and specialized in seafood such as broiled pompano. Another selling point was that the restaurant made its pastries on the premises.

It was known for offering free Italian spaghetti dinners to the public to celebrate various occasions, for example, in October 1929 to show off the newly decorated inn.

The floating restaurant was a popular venue for special events and parties. Even Mina (Mrs. Thomas A.) Edison gave a special dinner there in 1930 for her visiting niece. Many clubs and organizations held regular meetings there, too, and it was the go-to place for decades.

In November 1930, Pellegrin told the *Fort Myers Press* that another free spaghetti



The former site of the Gondola Inn has been an over-the-river restaurant for decades and is now a seafood restaurant photo by Gerri Reaves

dinner was coming up soon, this time to celebrate big changes.

The restaurant had been moved slightly west on the river, was expanded to triple capacity and had been remodeled inside and out.

The project created both indoor and outdoor dining and a promenade deck surrounded the structure.

In addition, Pellegrin was hiring a chef with whom he had worked previously in New York City.

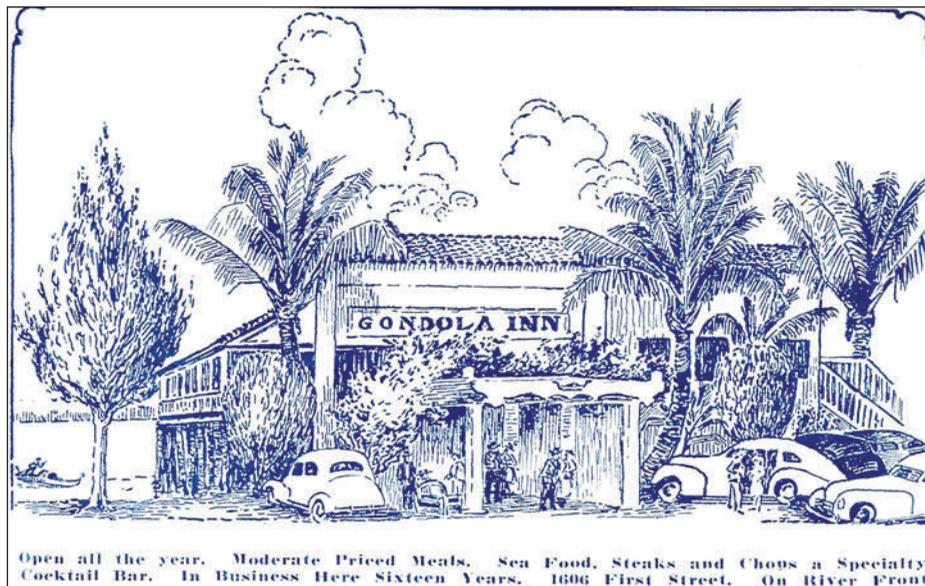
The biggest change, however, was the absence of the pitch and sway of a floating dining room.

The restaurant had been anchored by solid pilings encased in concrete, as shown in

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Frank Pellegrin established his floating Gondola Inn on the Caloosahatchee at the end of Carson Street in 1926 photo courtesy SWFL Historical Society



In 1930, the restaurant moved slightly west, placed on pilings, expanded, and remodeled, as seen in this postcard sketch of about a dozen years later photo courtesy SWFL Historical Society

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Home & Garden Show Downtown This Weekend

The 2021 Semi-Annual Home & Garden Show will take place at the new Caloosa Sound Convention Center this Saturday and Sunday, January 9 and 10.

Now in its 25th year, the semi-annual Home & Garden Show features more than 100 local and regional companies that display and present products and services to homeowners. The event takes place from 10 a.m. to 4 p.m. on Saturday and Sunday.

In 1991, Bill Anderson's Home & Garden Show was the first event to be held at the then-new Harborside Event Center in downtown Fort Myers.

"We had a great show in September as the first event at Caloosa Sound, and we are looking forward to returning to this beautiful new facility," said Anderson, president of Expo Management that produces the Home & Garden Show. "January is a beautiful month to welcome attendees to the heart of Fort Myers Downtown River District."

Attendees can experience the newest in-home improvement products and services inside and out from furnishings, accessories, decorating and remodeling ideas to landscaping and more.

"The real estate market has been going gangbusters in Southwest Florida in recent months, and this is the perfect event for current and future homeowners to gain information and learn about products and services for their residences," Anderson said.

Expo Management Inc. was established in Fort Myers in 1987. The company has successfully produced



Participants at the September 2020 show
photo courtesy Southwest Florida's Home and Garden Show

545 events over the past 33 years. In 2021, they will operate 19 events in Florida, Georgia, South Carolina and Tennessee.

The Caloosa Sound Convention Center renovations include major updates to the interior and exterior of the building, including a new roof, windows and exterior walls, and will feature 39,000 square feet of function space, including a riverfront terrace.

CDC guidelines will be observed during the show, and face masks will be required. Attendees without face coverings will be provided a complimentary mask.

For more information about the Home & Garden Show, contact Bill Anderson of Expo Management at 1-855-321-2111, ext. 20, email bill@expomanagementinc.com or visit expomanagementinc.com.✪

Behavioral Health Community Issues And Partnerships

The League of Women Voters of Lee County (LWV) will hold a virtual educational program on behavioral health community issues and partnerships, and the 20th Judicial Circuit Behavioral Courts. The LWV supports policies for problem-solving or specialty courts, including mental health and drug courts, in all judicial districts to provide needed treatment and avoid inappropriate entry into the criminal justice system. A panel of experts will help understand the "Wrap Around Services" treatment model and community partnerships used by the 20th Judicial Circuit Behavioral Courts in Lee County.

Program panelists include: Judge Howard Andrew Swett, 20th Judicial Circuit Behavioral Courts.

Lieutenant LaDonna Brady, Lee County Sheriff's Office.

Phillip Brooks, COO, Community Assisted and Supported Living, Inc.

The Lee County Behavioral Court High Need/High Need Utilizer (HNHU)

Demonstration Project is a partnership with the Lee Health Systems, Lee County Public Defender's Office, Lee County Sheriff's Office, Judge H Andrew Swett, SalusCare, Centerstone of Florida, Inc. and Community Assisted Living, Inc. (CASL). The project is for persons who have a mental health disability and/or co-occurring mental health and substance abuse disorder that have a high history of admission rates in the acute care and/or forensic systems. The project goals are to demonstrate improved client stability, decreased utilization of acute care systems and to provide sportive housing and linkage to behavioral health supports.

The League of Women Voters of Lee County Florida is a nonpartisan political organization that encourages informed and active participation in government, works to increase understanding of major public policy issues and influences public policy through education and advocacy.

To register, visit <https://my.lwv.org/florida/lee-county/calendar>, email reservations@lwvlee.org or call 278-1032. For more information on the programs and issues of the League of Women Voters, visit www.lwv.org.✪

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Fort Myers Art:

Solo Show On Exhibit At Sanibel Gallery



by Tom Hall

Online and in the gallery at Sanibel's Watson MacRae Gallery is Diana Stetson: In Love with this Earth. Using various media and techniques, Stetson layers acrylic paint, Frank Lloyd

Wright stencils, vintage papers, antique lithographs and creatures painted in oil to create beautiful, uplifting paintings and collages that combine realism and abstraction. Though multi-layered, Stetson's work is clear and fresh, allowing each medium to be seen.

"To create my paintings, I use custom wood panels of Baltic birch, which have high integrity," said Stetson. "After I seal them, I can throw buckets of paint on them, sand, layer, scratch, splatter, mark, collage, stencil, throw more paint forming the abstract background. This is the atmosphere for the graphic images to be laid down. On this, I paint birds, animals and/or plants, carefully rendered in oils. This layering allows me to take advantage of abstraction, as well as both graphic and representational imagery."



Mixed media painting on birch wood by Diana Stetson

photo courtesy www.watsonmacraegallery.com

Although Stetson resides in New Mexico, she is a citizen of the world, having worked and studied in various

parts of the world – Greece, France, London, Japan and Turkmenistan, as well as both coasts of the United States. These experiences inform her work, which incorporates lyrical images from the natural world in her monotypes and mixed media paintings.

Watson MacRae is located in Unit B3 at 2340 Periwinkle Way on Sanibel Island. For more information or to view selected works from Stetson's oeuvre, visit www.watsonmacraegallery.com/current-exhibits or telephone 472-3386.

Artcrafters Show At Cambier Park Saturday

On Saturday, January 9, the Naples Artcrafters Fine Art & Craft Show returns to Cambier Park. The Artcrafters have been committed for more than 52 years to promoting excellence in arts and crafts and to supporting established artists, craftspersons and students by providing a venue for the display and sale of their work in a beautiful setting.

At their shows, they present a wide array of artistic genres, styles and media, including paintings in oils, acrylics and watercolors, drawings in pen and ink, and pencil, pastels, scissors art, multi-media and collage, photography, ceramics, jewelry (including metalsmithing, metal clays, lapidary and beading), sculptures, pottery, clay, stained glass and fused glass, wood turning and carving, and basket weaving. The show features work by 90 juried artists.

Cambier Park is located at 755 8th Avenue South in Naples. For more information, visit www.naplesartcrafters.com.

Bonita National Returns To Riverside Park This Weekend

The Bonita Springs National Art

Festival invades Riverside Park on Old 41 in historic downtown Bonita Springs again this year, and its first of three fine art festivals takes place on Saturday and Sunday, January 9 and 10.

In 2011, Bonita Springs National was ranked the No. 10 art festival in the nation by the *Art Fair SourceBook* and No. 11 by *Sunshine Artist Magazine* and, in 2017, it received a No. 2 national ranking. This festival stresses quality and originality, with the 211 artists juried into the show from across the United States, Canada and even Europe exhibiting and selling original paintings, drawings, pastels, photography, handcrafted jewelry, clay works and ceramics, glass art, metal sculpture and other media.

Riverside Park is located at 27000 Old 41 Road in Bonita Springs. For more information, visit <http://www.artcenterbonita.org/artfest>.

Pandemic Compels Art Festival To Go Virtual This Year

COVID-19 has forced a change in the 36th annual Cape Coral Festival of the Arts. Last year, more than 120,000 people mobbed Cape Coral Parkway to take in the art show and associated music festival. But in response to the pandemic, the Rotary Club of Cape Coral is taking this year's festival to an online format, but there will still be plenty to see and do.

With live online events concentrated around Saturday and Sunday, January 9 and 10, you can experience nature and park tours, city activities and demonstrations by chefs and mixologists. And, of course, art abounds in genres that include fine crafts, woodcrafts, ceramics, glass, fiber, jewelry, mixed media, digital drawing, painting, photography, metalworks and sculpture. For more information, call 699-7942.

*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.**

From page 1

Bluegrass Concert

other countries.

For safety reasons, all tickets must be purchased in advanced. Visit www.eventbrite.com/e/hwy-41-south-bluegrass-concert-tickets-128255647093 to purchase tickets.

Attendees are able to pre-order snack boxes for two, provided by Broadway Palm Dinner Theatre. Beverages will be available for purchase on site. Boxes include hummus platter for two with roasted red pepper hummus, caramelized onion hummus and couscous salad with grilled pita (\$10); turkey, spinach and cranberry wrap with caprese salad for two (\$15); quinoa veggie wrap with caprese salad for two (\$15); and dessert medley for two with peanut butter truffles, coconut macaroons and assorted holiday petit fours (\$10).

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information, visit www.artinlee.org or call 939-8727.*

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YMCA Employees Recognized For Their Work

Chapter 27 of the YMCA Professional Network for the State of Florida recently recognized four leaders at The SKY Family YMCA. They are Denita Browning, Jane Martin, Joey Belanger and Allison Buzick

"During these difficult times, we are incredibly proud of how all our staff has handled the pandemic and their continued dedication to The SKY Family YMCA," said Gene T. Jones, The SKY Family YMCA president and CEO. "Many of our staff members stepped up and went above and beyond their typical job duties. We are happy they are getting the recognition they deserve."

Browning, the director of early learning, received the 2020 Legacy Award. She joined The SKY Family YMCA in 1998 but has been working with the YMCA since 1986. Stephanie Deiter, vice president of human resources, said: "She assisted in opening three early learning centers (ELCs) for our association at the Venice Branch, the Bonita Springs Branch and the PGT ELC (a relationship with one of the largest employers in our community)." Browning also launched the YUSA and Federal Food Programs that has resulted in thousands of children in the community served.

Before the COVID-19 pandemic, Martin oversaw the association's



From left, Allison Buzick, Joey Belanger and Jane Martin

photo provided

evidence-based health innovation programs. During the pandemic, she increased her involvement at The SKY Family YMCA Group and received the 2020 Emerging Leader Award. "She stepped into a broader role by taking on responsibility for virtual wellness classes and programs, redesign of our website, and social media marketing and communications," said Deiter. "She was instrumental in creating our App, which we launched as part of our re-opening plan." Due to her excellent work during the shutdown, Martin was promoted to association director of health innovations. She now leads the association wellness cabinet in addition to expanding the

Virtual YMCA Membership platform, develops expanded association workplace wellness and community health offsite programming, and manages the website and social media communications.

Belanger, regional executive director, received the 2020 Outstanding Director of the Year Award. He played an instrumental role in conducting interviews in the community as part of the strategic plan needs assessment. These interviews led to significant collaborations. "He initiated the relationship with the Village of Estero leading to the agreement to manage an offsite camp and retreat center and recently collaborated with Lee County Sheriff Activity League

to manage four offsite basketball programs," said Deiter. Belanger was also involved in creating the app that was a crucial component in the re-opening plan. "Joey's continued commitment to the YMCA cause is evident through the number of families he and his team serve and expand opportunities to serve even more," said Jones.

Buzick, Venice executive director, received the 2020 Outstanding Director of the Year Award. At the onset of the COVID 19 pandemic, Buzick took on the role of association marketing lead. With a background in program promotion and website design, she was ready to take on this additional responsibility. Deiter said: "She redesigned our website, co-developed our App, which we launched upon re-opening our branches, and created the monthly membership email to keep our members connected during our shutdown, which we continue to use." Meanwhile, she was also overseeing the transition to Essential Day Camp at the largest branch. Thanks to Buzick's marketing skills, The SKY Family YMCA engaged with the community on multiple platforms and improved internal communication between branches. She is expanding community collaboration and initiating new programs, including a Homeschool STEAM program that launched when school re-opened.

"These four leaders played a large role in keeping our connection with the community during the shutdown," said Jones. "They also played a key role in the success of our re-opening." ❄️

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OBITUARY



MARGARET (KENNEDY) WHITE

Margaret (Kennedy) White, age 91, passed away on December 19, 2020. She was a resident of Shell Point Retirement Community in Fort Myers, Florida, previously of Sanibel, Florida for 30 years.

Margaret is survived by three children, Deborah W. (Robert) Rizzo of Sanibel, Douglas K. (Elizabeth) White of Nebo, North Carolina and Allison (Jeffrey) Hoffman of Loveland, Ohio; six grandchildren, Christopher Rizzo, Emily (Michael) Feldman, Barrett White, Benjamin, Samuel and Peter Hoffman; great-granddaughter, Avery; beloved and devoted brother, Bruce (Anne) Kennedy of South Bristol, New York;

brother-in-law, Edwin (Joanne) White of Winchester, Virginia; and numerous loving nieces and nephews. She was predeceased by her husband of 66 years, Albert W. White, in 2018.

Margaret was born in Canandaigua, New York and was the daughter of Howard and Marion Kennedy. She was a graduate of Canandaigua Academy, class of 1946 and Syracuse University, class of 1950, with a degree in home economics and early childhood education. Margaret was also a cheerleader and a member of Alpha Phi sorority, while at Syracuse. She and Al were married in 1951. While Al was in the Air Force, they lived in various places for four years. Returning to Canandaigua, Al worked with his family in the automotive business before getting his CPA degree and accreditation. Margaret set up a nursery school with her sister-in-law, Charlotte White, which they ran for 12 years before Margaret moved to Pittsford, New York. She and Al were charter members of the Canandaigua Shufflers Club and active members of the First United Methodist Church. Al's employment resulted in moves to Orchard Park, New York, Nashville, Tennessee and finally to New Orleans, Louisiana before retiring in 1989.

Margaret and Al had a long and happy retirement spending winters on Sanibel, where they were very active volunteers and made many good friends. They volunteered with FISH of SanCap, Meals on Wheels, Sanibel Congregational United Church of Christ, PEO and Sanibel Historical

Museum and Village. Margaret and Al traveled the world and spent summers on Canandaigua Lake and at family cottages in Ontario, Canada. She loved being with friends and family, entertaining and helping others.

A celebration of her life will be held at a later date and time to be announced. Interment will be in Woodlawn Cemetery, Canandaigua. In lieu of flowers, memorial contributions may be made to the following charities: Harry Chapin Food Bank, 3760 Fowler St., Fort Myers, FL 33901; FISH of SanCap, Inc., 2430 Periwinkle Way, Sanibel, FL 33957; Sanibel Congregational United Church of Christ, 2050 Periwinkle Way, Sanibel, FL 33957; or The Salvation Army, P.O. Box 510, Canandaigua, NY 14424. Arrangements are by Johnson-Kennedy Funeral Home, Inc., Canandaigua. Condolences may be offered at www.johnsonkennedy.com.✠

Lee Health In Urgent Need Of Blood Donations

Lee Health is in urgent need of blood donations to help replenish low supply levels. The coronavirus pandemic has led to many canceled blood drives and the depletion of the health system's supply. Type O+ remains critically low, and supply levels for all other blood types are also below normal. Lee Health is asking the community to

consider making a donation.

"We are in critical need of donations as blood inventories are at some of their lowest levels since the start of the pandemic," said Jeremy Puckett, blood center supervisor at Lee Health. "Maintaining a constant blood supply ensures optimal treatment for all children and adult patients who need it."

The Lee Health Blood Mobile will be at numerous locations throughout Southwest Florida in January:

January 11 – Lynx Services, 6351 Bayshore Road, Suite 18, North Fort Myers, 2 to 5 p.m.

January 12 – Babcock Ranch Healthy Life Center, 42880 Crescent Loop #100, Punta Gorda, noon to 5 p.m.

January 12 – Florida Gulf Coast University, 10501 FGCU Boulevard South, Fort Myers, 10 a.m. to 4 p.m.

January 14 – Lee County Sheriff's Office, 14750 Six Mile Cypress Parkway, Fort Myers, 10 a.m. to 3 p.m.

January 19 – Kiwanis Club of Cape Coral, 360 Santa Barbara Boulevard, Cape Coral, 2 to 5 p.m.

January 26 – Greater Fort Myers Chamber of Commerce, 2310 Edwards Drive, Fort Myers, 9 a.m. to 4 p.m.

Blood donations are essential for trauma and cancer patients. All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida. If unable to attend one of the upcoming blood drives, donations can also be made at one of Lee Health's blood centers.

For more information on how and where to donate, visit www.leehealth.org/our-services/blood-centers.✠

Churches/Temples

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

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

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

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

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

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

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

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

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

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

CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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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.*✠



Chinese garlic's umbrels of creamy white flowers have ornamental and culinary value
photos by Gerri Reaves

Plant Smart
Chinese Chives

by Gerri Reaves

Chinese chives' (*Allium tuberosum*) star-like flowers make it a pretty ornamental, but this plant is also a useful addition to the herb garden.

Be careful if you plant it in the ground, however, for it has invasive

tendencies. Alternatively, it's easy to grow in a pot either from seeds or a small purchased plant. Choose a plant pot to accommodate the long tuberous roots.

It grows in clumps from a small bulb, which unlike that of onions, is not edible.

Also called garlic chives, Chinese leeks and gow choy, it is a member of the lily family and onion genus. Native to China, it has many uses in ancient Chinese herbal medicine.



This herb's flat grass-like leaves have many culinary and medicinal uses

The flat grass-like edible leaves have both a garlic- and onion-like flavor. They differ from standard chives in that their leaves are solid, not hollow.

The umbrels of creamy white flowers appear on tall slender stems and attract bees and butterflies. Flowers can be used in floral arrangements and even dried.

Keep it moist but well-drained. It prefers some sun and organic matter in the soil. It grows to about 18 inches high.

The leaves can be chopped and used fresh or frozen or dried for later use, just like other herbs.

The flowers are edible too and should be consumed when fresh and young or as buds.

Both flowers and leaves should be used as regular garlic and onions, cooked or sauteed in stir-fries, soups, scrambled eggs and other dishes.

Sources: www.gardeningknowhow.com, <https://harvesttotable.com>, <https://thisnzlife.co.nz>, and www.washingtonpost.com.

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

Fishing License Add-Ons Help Improve Fisheries

Snook, spiny lobster, reef fish, sharks from shore, blue crabs and stone crabs caught in traps: What do all these have in common? They each require a special add-on permit, designation or registration on your recreational fishing license.

Maybe you've heard of these specialty designations, some of which have been around since before the Florida Fish and Wildlife Conservation Commission (FWC) was created.

Others are fairly new, such as the State Reef Fish Angler designation, originally created in 2015 as the Gulf Reef Fish Angler designation and expanded statewide this year.

While there are many differences between these designations, one thing holds true for them all: when anglers who participate in these fisheries sign up, they are helping improve these fisheries. In some cases, fishery managers and researchers can use some of this information to have a better idea of how many people participate in a fishery, leading to better fisheries management practices. These designations also create a pool of participants for FWC to reach out to for, let's say, research surveys or to simply email relevant information to, such as when a regulation changes.

The snook and spiny lobster permits contribute to conservation by funding research and monitoring activities that help ensure that these magnificent fisheries continue to thrive in Florida for generations to come.

To contact the FWC Regulatory Outreach subsection, call 850-487-0554 or email saltwater@myfwc.com.

Alico Road Widening Project Ribbon-Cutting

Neighbors, businesses and community members are welcome to join county officials for the Alico Road Widening Project ribbon-cutting ceremony at ITEC Park Drive, just north of Alico Road on Innovation Lane, on Thursday, January 14 at 10:30 a.m.

The ceremony will feature brief remarks by Lee County commissioners.

Centers for Disease Control guidelines will be observed.

Lee County Department of Transportation recently completed the 2.2-mile road-widening project from Ben Hill-Griffin Parkway to Airport Haul Road. The road, which previously was a two-lane undivided highway, is now a four-lane divided highway with on-road bike lanes and a 12-foot, shared-use path on each side. New underground utility lines also were installed.

The work on the \$18 million project was completed six months ahead of schedule.*

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Shiner Stress



by Capt. Matt Mitchell

With conditions improving following a bitter cold Christmas after days of shrimp fishing, it was time to switch to shiners. It only took the slightest warmup to

go from targeting sheepshead and redfish around the passes to catching just crazy amounts of snook. This quick change made for very hungry snook.

Inside the passes was a parking lot over the holiday week. Amazingly, despite the massive amount of boats and riding by almost everyone, we were catching fish. I opted to stay away from this congestion and fished mostly in lesser known mangrove creeks. We had a few really impressive trips when we got to fish the minus-low incoming tide. Catching lots of snook and redfish was a normal day. Once we located the fish, this bite went on for an hour or more in the same 100-yard area. Add in a few 30-inch snook or larger ones and a couple of upper slot redfish, January fishing can be amazing.

Shiners have been plentiful on the causeway bridges. During calm periods right after sunup, they can be seen flipping around the pilings. Picking up enough bait for the day's fishing has required only a few well-placed casts. Throwing a net on the bridge requires

basically scrapping the piling with a well-placed open cast net. Use a heavy three-eighths mesh net to quickly reach the bottom in this deep water.

So you're all baited up with a live well full of candy snook shiners and then your heart just sinks. Shiners are floating up to the surface and dying while others leap out of the water onto the deck trying to escape. Start up the boat and run fast to the mouth of the river to reach clean water. This way at least a percentage of the prized bait may live. After a couple of times, this scenario gets old.

You should fill the live well full of water away from the red tide and close off the flow. Also, add a running Airhead live well circulator. These floating recirculating pumps inject the live well water with oxygen. Once away from this bad water, you should reopen the intake. Constantly tending to the bait and looking for any signs of bad water that will kill your bait, your chances at a great day's fishing will be nerve racking.

These small patches of red tide have been somewhat isolated. The majority has been around the Causeway bridges at the eastern end of Sanibel. The Roosevelt Channel and areas just inside Redfish Pass have been a little sketchy during the end of the outgoing tide. There are very few signs of this red tide besides seeing a few old floating dead mullet. Concentrations have been bad enough in certain areas to kill your bait. Taking live shrimp as a backup has been a must, as they are not effected by the red tide.

Although dealing with slight effects of red tide sucks, the fishing has been outstanding. Going through the added daily stress of keeping your bait alive



Porter from Michigan with a big snook caught while fishing with Capt. Matt Mitchell this week photo provided

has paid off with some memorable trips this week. Even these small effects of red tide bring back the memories of the nightmare we dealt with in 2017. After an amazing rebound in our fishery, we have red tide within three weeks of massive nutrient rich water releases from Lake Okeechobee. Until the flow of water from Lake O is diverted south through

the Everglades, this will continue to be a major problem.

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

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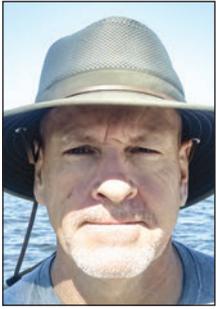
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CROW Case Of The Week:

Swainson's Thrush

by Bob Petcher



The Swainson's thrush (*Catharus ustulatus*) is a medium-sized bird that lives on the ground and feeds on insects, other invertebrates and fruit. These slim songbirds have

round heads and short, straight bills.

At CROW, a Swainson's thrush was admitted after experiencing unknown trauma. Upon presentation, the patient had swelling around the eyes and dried blood on its lower left eyelid.

"The Swainson's thrush was admitted to CROW with eye swelling and suspected head trauma. These symptoms are most likely a result of flying into something, like a window," said Morgan Hester, CROW wildlife rehabilitator. "The eye swelling cleared up within a few days with the help of eye drops and pain medications."

While the patient passed a flight test, it was still uncoordinated.

"The patient was standing and able to perch after a few days, so the staff felt it was time to flight test," said Hester. "Upon the first flight test, the patient 'failed' in the sense of being uncoordinated and not strong enough



Patient #20-5128 will be wintering at CROW instead of Central America or South America

photo by Yvette Carrasco

to sustain flight. The slight wing droop could have been a lingering side effect of the head trauma or even something like muscle soreness from the injury."

While the patient was able to lift well in flight, CROW staff did not feel confident yet in a total recovery. Six days after admittance, the patient was ready to flight test again, however, the Swainson's thrush had already missed the southward migration period. The decision was made to overwinter the patient until April 2021 when it could rejoin the migration flocks heading northward.

"We have to consider environmental temperature, if there are others of its species still around, if the patient is strong enough to fly any distance alone, if the patient is at a good migration weight and much more," explained Hester. "Based on all the above questions, CROW's rehab team felt, to better the patient's chance of survival after such significant trauma, the best thing was to overwinter until the species returns to Florida for spring migration."

"In Southwest Florida, we see many migrating birds that stop through Sanibel

on the way to their wintering grounds which are typically in Central and South America. The Swainson's thrush is one that winters in such places and migrates in large colonies. In Southwest Florida, we only see this species of thrush as it passes through from September to October and again in April or May. Because these birds travel such vast distances to reach their wintering ground, there is a lot to consider before release."

The patient's slight wing droop was reported to be improving. It is doing well overall and regaining strength. The Swainson's thrush will remain at CROW for a few more months.

"Missing migration means the patient will remain at CROW all winter and hopefully be released into a colony as they pass through on their northern migration," said Hester. "At this time, the patient is being housed in both an outdoor spacious enclosure for sun time and flight conditioning when the weather is appropriate, but also an indoor enclosure to get the patient safely out of the cold. The patient is fattening up to migration weight, so come April, the patient will be ready to fly off and rejoin the species group."

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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'Ding' Day Amateur Photo Contest Winners

On December 1, "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) announced the winners of its 28th annual "Ding" Darling Day Amateur Nature Photography Contest with a special exhibition at the Refuge Visitor & Education Center, part of the "Ding" Day celebration on Sanibel.

On November 19, judges had selected three winners and 12 honorable mentions out of 128 entries from 19 states and Switzerland. All photograph entries were shot at the JN "Ding" Darling National Wildlife Refuge complex.

"It was a very special photo contest for us this year because of our 75th anniversary," said Sierra Hoisington, DDWS development officer and contest coordinator. "It really makes you think back to a time when the protection of this habitat wasn't guaranteed. If it hadn't been for the work of 'Ding,' the man, these wildlife subjects, the beautiful scenery, and the amazing views would not be here for people to photograph and share with the world. Now, more than ever, nature brings us solace and escape to a world away from the news, even if it is just for a little bit."

First place went to Ellen Trevor of Sanibel for her great egret portrait titled *Carry Out Lunch*. Contest judge and photographer Sara Lopez said, "I really love the beautiful reflection in this photograph. It has decent lighting, but my favorite part is the splash connecting the



Carry Out Lunch by Ellen Trevor photos provided

fish to the water that the great egret has captured."

In second place was Rett Hill from Henrico, Virginia with a little blue heron shot titled *Standing*. "I like that this photo has a plain background that allows you to focus on the bird that is placed very nicely within the frame," said Calli Johnson, wine steward at Bailey's General Store, who also judged the contest.

Martha Huard from Bokeelia, Florida took third place with a photo of a roseate spoonbill, titled *Pretty in Pink*. "I really enjoyed the crispness of this photograph along with the juxtaposition of the color of the bird versus the color of the sky," said judge Bob Gerwig, wildlife refuge specialist. "It's a really nice action shot, but also has hidden interest with the shadows on the



Standing by Rett Hill



Pretty in Pink by Martha Huard

wing of the bird."

"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.

The winning photographs and honorable mention award entries will be on display in the Refuge Visitor & Education Center throughout the year.

To view the other top-ranking entries, visit www.dingdarlingsociety.org/articles/photo-contests. That page also contains information for entering the "Ding" Darling 75th Anniversary Celebration photo contest in 2021. The deadline for submissions will be September 15, 2021.

Honorable Mentions (in alphabetical order):
 Teresa Anzalone, Sanibel – *Showing off Her Pearly Whites*
 Mike Bauman, Milford, Michigan – *Heavy Sky over Sanibel Bayou*
 Corky Boyd, Sanibel – *Mating Dance*
 Dale Dombrowski, Sun City Center, Florida – *Breakfast*
 William Fischer, Sanibel – *Flying Mangrove Cuckoo*
 Kent Jager, Sanibel – *Teal Twosome*

Scott Joffe, Highland Beach, Florida – *The Stare*
 Len Littenberg, Hinesburg, Vermont – *Bad Hair Day*
 Linda Normoyle, Fort Myers, Florida – *Almost Camouflaged*
 Susan Sherman, Doylestown, Pennsylvania – *Sunset Silhouette*
 Marletta Short, Fort Myers, Florida – *I See You!*
 Allen Sparks, Cordova, Tennessee – *Yellow-crowned Night Heron*
 "Ding" Darling Day 2020 sponsors included: Call of the Wild Sponsor: Jim and Patty Sprinkle; Champion Sponsors: Bank of the Islands, Jim and Liz Birmingham, Todd and Barbara Bluedorn, Wayne and Linda Boyd, Boomer Duvin and Family, John and Kathy McCabe, Hank and Linda Spire; Guardian Sponsors: Doc Ford's Rum Bar & Grille, Margie Furniss and Ed Kfoury, Bill and Laurie Harkey, Rex Martin and Lori Harris, Bill and Diane Valerian, Willow the Whippet; Protector Sponsors: Barefoot Charley's Painting Co. LLC, George & Wendy's Seafood Grille, *Island Sun*, Tiffani Kaliko and John Silvia, William and Barbara Millar, Mitchell's SandCastles, Greg and Linda Scherer, Ron E. and Josephine Smith; Defender Sponsors: Mike and Terry Baldwin, The Community House, Doug and Sherry Gentry, The Gresham Family, Paul Harmon, Kiwanis Club of Sanibel & Captiva Islands, Sanibel Carts, Sanibel Moorings.*

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Health First

Seven Key Takeaways From 2020



by Julie Rosenberg, MD

Despite the many challenges of this past year, 2020 has brought us together and required that we examine our boundaries and lifestyle choices.

I've been at home more this year than ever before in my adult life. This time at home has allowed me an opportunity for reflection and introspection. In this final column for 2020, I share my seven key takeaways from the past year.

Uncertainty Is The Only Constant – The year 2020 brought the COVID-19 pandemic, caused by the coronavirus strain, SARS-CoV-2. The pandemic has been unlike anything that we have experienced in our lifetimes. The global impact of COVID-19 has been overwhelming; whether infected or not, this virus and its threat has impacted all beings. Our lives changed in ways that we could have never predicted. We were forced to live with ongoing uncertainty and with it came anxiety and fear. The good news – our reaction to uncertainty is modifiable. We can embrace uncertainty

and control how we respond to it. When we do so, we can better manage anxiety and more easily confront our fears.

Health Can Never Be Taken for Granted – Without good health, we have nothing. As of today, nearly 80 million people have been infected with COVID-19 worldwide and there have been 1.8 million global deaths. These figures are astounding and frightening. We've experienced suffering, pain and loss of life. What can we learn? Good health is a blessing. We must take proper care of our health. There's no time like the present to prioritize healthy habits (i.e., sleep, diet and hydration) and practice self-care (e.g., spending time outdoors, journaling and meditation).

Boundaries Are Key – Throughout the pandemic, we learned the power of a well-placed boundary. We were required to redesign our work/personal life boundaries. We learned to reprioritize time, space and resources. Many of our homes became schools and offices. Students evolved from structured in-school learning to homeschooling by parents who were working from home simultaneously. We had to adjust to innovative ways of working and living. Setting and maintaining boundaries helped us to protect our energy and preserve relationships during these challenging times.

Breath Is The Best Regulator – This year has been associated with feelings of anxiety, grief, fear and depression for most of us. Our breath is the gateway to a wellspring of self-regulation. If we learn how to regulate our breath, our feelings won't own us. Why? It's nearly impossible for anxiety and proper breathing to exist in

the same moment. When our breathing is deep, focused and slow, it can help us to achieve a state of calm, during which time we can experience feelings and use them as instructional.

Technology Enables Connection – During COVID-19, our ability to connect in person has been profoundly compromised. Technology has been crucial in helping us to stay connected throughout the year. We've been Skyping and Zooming like never before. All types of communities, from workplaces to schools to gyms to concerts, are now accessible online. We can even travel while we're staying at home, as many tourist attractions, museums, theaters and national parks are offering virtual tours.

Mindset Matters – Mindset is key. Each of us must find mental strategies to navigate through chaos and uncertainty in order to find calm, composure and clarity. Social distancing does not mean emotional isolation. It's been important to monitor our thoughts, emotions and behaviors, and discuss them with people whom we trust. We must take time to pause, to re-evaluate and to let go of things that we cannot control. The world has changed – we've changed too. Let's embrace the change.

The World Is Interconnected – COVID-19 has taught us an important lesson about ourselves – that we are all interconnected. Around the globe, people recognized that we are interdependent on each other. Individuals stepped up to help others. Frontline healthcare workers worked tirelessly despite health-related risks to themselves. Pharmaceutical companies prioritized development of COVID-19 vaccines at an incredible pace.

Governments focused on the wellbeing of citizens. The power of the collective is clear and will help to define our future.

Final Thoughts – In 2020, a year of crisis, the resilience and solidarity of the human spirit have prevailed. Here's to 2021 with a renewed sense of purpose, passion and pleasure!

Julie Rosenberg, MD, is a global healthcare leader, medical consultant and the author of two books, Beyond the Mat and Be True. For more information, visit her website at www.drjulierosenberg.com. For consulting and speaking requests, email inquiries to info@drjulierosenberg.com.✧

COVID-19 Site To Close January 15

Lee Health will cease operation of its COVID-19 collection site located at the Chester Street Resource Center at 4816 Chester Street in Cape Coral at 1 p.m. on Friday, January 15.

Due to the new testing site that the City of Cape Coral recently opened in partnership with Curative, Lee Health will be consolidating efforts to its Page Field mobile collection site in Fort Myers. The site, located at 4771 South Cleveland Avenue in Fort Myers, will expand operations and will be open on Tuesday, Thursday and Saturday from 7:30 a.m. to noon for COVID-19 testing.

Patients must make an appointment and have a physician's order to be tested at the Page Field location. To make an appointment, call 343-9800.✧



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Book Review

Leave The World Behind



by Di Saggau

Lead the World Behind is a magnetic novel about two families. Late one night, a vacationing couple hears a knock at the door of their Airbnb rental on a remote corner of

Long Island. Amanda and Clay, with their teenage son and daughter, are expecting a quiet vacation from life in New York City and quality time together. When the couple, who are white, opens the door to a couple outside who are black, conversational awkwardness begins.

Clay is a tenured professor and Amanda is an account director. They are a comfortable middle class, white, liberal couple. Ruth and GH, are a couple in their 60s, who knock at the door late during the second night of the family's vacation. Amanda is suspicious about their claim that they are owners of the house, seeking shelter due to a massive blackout that's blanketed the Northeast. TV service and cellphones are not working, so it's impossible to check their story.

In *Leave the World Behind*, Alam combines comedic rhythms alternating

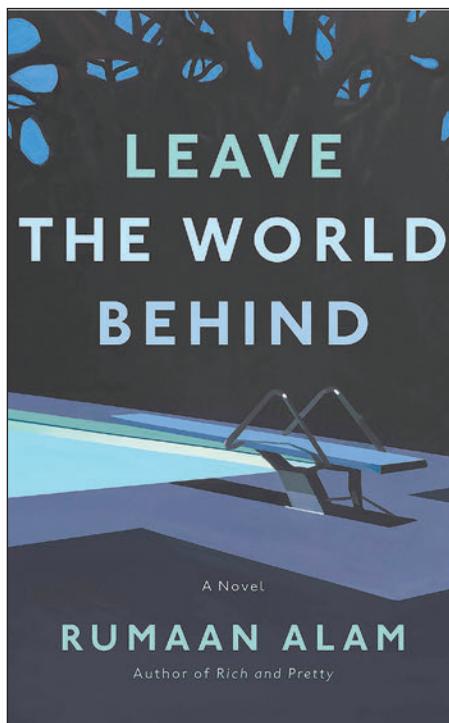


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with shock and despair, and it's believable. This remarkable novel takes on some of the toughest questions of our time about class, race and who we become in moments of growing uncertainty. Should the couples trust one another and what happened back in New York? You are bound to enjoy this read, and it's also Hollywood-bound with Julia Roberts and Denzel Washington set to star in a Netflix adaptation.*

School Smart



by Shelley M. Greggs, NCSP

Dear Readers, Happy New Year! I am passing along this wonderful poem (again) with excellent New Year's resolutions for parenting. These suggestions

are worth considering.

Parental New Year's Resolutions by Dr. Alex Thomas:

Well, it is time for Parental New Year's Resolutions. Pick any five from the suggestions below and, if you are still following them when the school year ends, you probably will see improvement in your child's school performance and/or behavior around the home as well as within your relationship.

I resolve to provide a regular daily or weekly chore for my child and will assure that it is completed on time.

I resolve that I will cut our junk food budget, including soda, by 25 percent.

I resolve to see to it that my child will complete all tasks that are started.

I resolve that my child will not easily quit a team or club once it is joined, or quit music or other lessons once started.

I resolve that no more than two meals

a week will be eaten in front of the television.

I resolve to allow my child the opportunity to deal with failure and frustration without interfering, providing support but not excuses.

I resolve that my child will spend no more than 20 hours a week watching television.

I resolve that my child will spend at least one half hour, at a designated spot and time, on homework or reading, every school night.

I resolve to see to it, by providing incentives if necessary, that my child reads independently, even if it the reading includes comics, sports pages, or romance books.

I resolve to say at least two positive things to my child every day.

I resolve to make the opportunity, weekly, to spend at least a half hour with my child on some mutually needed activity (shopping, dishes, working on the car).

I resolve to lower my NQ (Nagging Quotient) and act instead of yak.

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

New Officers In Lee County Government

There is a changing of the guard at two Lee County government offices. Noelle Branning was recently sworn-in as the new Lee County tax collector, replacing Larry Hart, while Matt Caldwell took office as property appraiser, replacing Ken Wilkinson. Both Hart and Wilkinson announced their retirements last year.

"Being elected to the office of tax collector is a huge honor," said Branning. "I've had the privilege of working with and learning from Larry Hart, and am looking forward to ensuring the best customer experience for all of Lee County."

Caldwell will be the first new property appraiser in Lee County in 40 years. "It is incredibly humbling to follow in the footsteps of Ken Wilkinson," said Caldwell. "I look forward to continuing his legacy of advocating for the taxpayer and serving the citizens of Lee County just as faithfully."

"A lot of people don't realize the close relationship between the tax collector and property appraiser," Branning stated. "I'm excited to work side-by-side with Matt as we look to make Lee County a better place to live and work."

For more information on the Lee County tax collector, visit www.leetc.com or contact taxcollector@leetc.com. The property appraiser can be reached at www.leepa.org, or by calling 1-888-721-0510.*

From page 1

String Quartet

Competition and has since become one of the most in-demand ensembles in the world. In addition to its faculty role as the inaugural Penelope P. Watkins Ensemble in Residence at the Curtis Institute of Music, the Dover Quartet holds residencies with the Kennedy Center, Bienen School of Music at Northwestern University, Artosphere, Amelia Island Chamber Music Festival and People's Symphony Concerts in New York. Equally comfortable with repertoire from a range of eras, the quartet has worked with some of the world's foremost living composers.

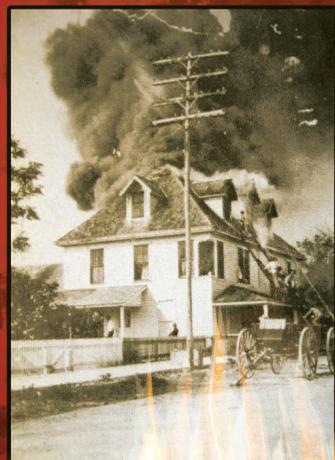
The quartet is comprised of violinist Joel Link, violinist Bryan Lee, violist Milena Pajoro-Van De Stadt and cellist Camden Shaw. Among the group's honors are the Avery Fisher Career Grant, Chamber Music America's Cleveland Quartet Award and Lincoln Center's Hunt Family Award. The Dover Quartet has also won top prizes at the Wigmore Hall International String Quartet Competition and the Fischhoff Chamber Music Competition.

Tickets are \$45 in advance or \$50 the day of the concert. Student price is \$10.

SBDAC is located at 2301 First Street in downtown Fort Myers. Visit www.sbdac.com or call 333-1933 for more information.*

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From left, Stephanie Hoffman, Lisa Sands, Charlyn Veracka, David Veracka, Lee Knapp and Cecilia St. Arnold at Rockstar Harley-Davidson photo provided

Beneficiaries Receive Charity Donations

David and Charlyn Veracka, representing the entire Rockstar Harley-Davidson family, recently presented a check for \$50,000 to local children's charities that are beneficiaries of the annual Paul Sands Memorial Slaw Dog Invitational golf tournament.

Thanks to the generosity of Rockstar Harley-Davidson, sponsors and golfers, the 24th annual tournament will go on as planned to provide essential funding to Blessings in a Backpack of Southwest Florida to feed food insufficient children on the weekends throughout the school year; Paul Sands Memorial REIS Scholarship Fund at Florida Gulf Coast University to providing scholarships to those seeking a real estate degree; and Stockings 4 Kids who will provide stockings of toys for kids who would otherwise not receive them. In addition, a portion of Rockstar Harley-Davidson's donation will support Junior Achievement of Southwest Florida to educate and mentor K-12 students on work readiness.

"With COVID-19 leaving many families financially disrupted and facing food insecurity, this generous donation by the Veracka Family at Rockstar Harley-Davidson will help us provide over 25,080

meals and couldn't have come at a better time," said Blessings in a Backpack SWFL Executive Director Cecilia St. Arnold. "It's heartbreaking to see so many children in Southwest Florida that normally would not be in our program, now on waiting list to receive food."

"This generous donation will help our goal of reaching 20,000 students during the 2020-21 school year and provide them with valuable career and work readiness programs that are needed more than ever before," said Angela Fisher, president and CEO of Junior Achievement of Southwest Florida. "We are so thankful to Rockstar Harley-Davidson for entrusting us with this investment that will further JA's impact on our region's next generation of business leaders."

"Thanks to this donation, we are able to provide 100 beautiful Christmas stockings stuffed with fun toys and a warm teddy bear for less fortunate children right here in our own backyard," said Lee Knapp, founder of Stockings 4 Children.

"Thanks to this donation, three FGCU students pursuing an education and career in real estate will receive financial support they need from the Paul Sands Memorial Scholarship Fund," said Lisa Sands, organizer of the Paul Sands Memorial Slaw Dog Invitational and Broker at VIP Realty.

For more information about the golf invitational or how you may support one of these local children's charities, contact Lisa Sands at lsands@viprealty.com.*

LeeTran App For Contactless Quick Payment

LeeTran is now offering an innovative, contactless fare payment option. The new LeeFare app is available for Apple and Android mobile devices.

The Lee Board of County Commissioners in August approved an agreement that now allows riders to use LeeFare to plan their trip, pay fares and manage their accounts using the app on their mobile device.

LeeTran passengers can download the app from the Apple store for iOS devices or the Google Play store for Android devices. Search "LeeFare" or

"Lee County Transit Mobile App." Once the app is successfully installed on their device, passengers can create accounts to load fares and manage fare balances. Fares loaded through the app are available immediately for use. When a passenger is ready to pay a fare while boarding a bus, the app generates a QR code for a quick tap and go, contact-free boarding experience.

Passengers receive up to five free transfers while using the app as long as the transfers occur while traveling in one continuous direction.

The mobile fare payment app was developed by SBX Corp. To learn more, visit www.rideleetrans.com. Riders are asked to observe recommendations from the Centers for Disease Control (CDC). For more information, visit www.leegov.com/COVID-19.*

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Will Power

Man's Search For A Meaning



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

The late Victor Frankl, a social psychotherapist, discovered his vocation while a prisoner in Auschwitz. He saw how difficult it was to sustain the will to live. Those who lost it, died. He took it as his mission to give people back the will to live. He would talk to them to discover whether they had an unfulfilled dream or a task to complete. Once he found it, he was able to give them a reason to survive. Something was calling to them from the future, and this was sometimes enough to give them the inner strength to keep going. After the war, he founded a new school of psychotherapy – he called it Logotherapy – based on what he called “Man’s search for meaning,” the power of which he saw in

Auschwitz.

Preparing an estate plan can, on its surface, become a scary exercise in confronting how your loved ones will fare after your death. Instead, if you dig deeper, you can find your own truth – that which gives you meaning to live, as well as the destinies that your loved ones seek.

We start with you. What is your truth? Here, I’m not speaking of truth in the cognitive sense of scientific, metaphysical or artistic, but what are the facts? What is ultimately real? Rather, what is your truth in the existential sense – who are you? How do you describe yourself? To what destiny were you called? How are you laying the foundation of your legacy?

Creating your estate plan can and should be more than an exercise of parceling out your assets amongst loved ones. It can instead become an internal reckoning, reviewing the chapters of your life. Looking back, you notice the turning points, which were often times of personal challenges that formed who you are.

What lessons have you learned that you would like to instill? At some point during your development, you may have wanted to emulate someone you knew, or someone you saw on television or read about. As time progressed, however, you discovered that you can’t be someone else. You have your strengths, your weaknesses, which you long ago identified and were able to get the most out of. This added to your success – what you will one day leave behind asset-wise. But how do you bequeath something more important than money or property?

How do you impart the lessons you lived?

This, in effect, is your blessing. Your God-given talent that molded you through the years. The challenge, of course, is that you may want to make things easier for your

children and grandchildren than they were for you – which in effect, could rob them of the very experiences that made you who you are!

How do you incorporate that into your estate plan? You can’t force experiences on your progeny, of course. Some believe incentive trusts are the answer. Fearful that money or property will rob loved ones of ambition, incentive trusts are designed to “match” distributions to a beneficiary’s earned income. If the beneficiary earned \$30,000 last year, she can receive distributions equaling that amount this year. If she earned more, she may receive more. This gives the beneficiary strong incentive to earn as much money as possible.

But is that the answer? Unfortunately, incentive trusts fail to account for the school teacher who inspires her students to do great things. She may not earn one-tenth the amount her neurosurgeon sibling earns, but does this mean she won’t be entitled to her inheritance share? Doesn’t an incentive trust skew too far into the material world and not enough toward rewarding character?

Our children are called to their own destinies. What we don’t want is for our estate plan to thwart the person they will one day become. Bill Gates’ and Warren Buffet’s answers involve pledging most of their net worth to charities and private foundations. You and I may have a different idea, yet we don’t want to obstruct our issues’ God-given blessings.

Perhaps the way to resolve this conflict is to return to Victor Frankl. He discovered that by identifying someone’s bigger future, he could instill the will to survive horrifying atrocities. What’s your bigger future? What bigger futures await your children and grandchildren? What are their callings, their dreams? How might your estate plan serve to accomplish those dreams? Once you’ve identified those aspirations, you may design a plan that maximizes your loved one’s strengths, and helps them achieve their highest and best callings.

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Deadline Extended For Industry Awards

Due to overwhelming demand, the Application deadline for the 2021 Industry Appreciation Awards (IAA), which celebrate the Lee County business community and recognize outstanding local businesses that have positively influenced Southwest Florida, has been extended through Friday, January 15. The honorees and finalists will be recognized during the annual IAA luncheon on Friday, May 14 at Caloosa Sound Convention Center in downtown Fort Myers.

In response to the COVID-19 pandemic, the Horizon Council, Horizon Foundation and Lee County EDO have added a special award category for the 2021 IAA event. The Business Resiliency and Innovation Award will recognize a business that successfully pivoted their operations, products or services to be resilient and help the community

during COVID-19. These companies have proved their resiliency by not only surviving but thriving during a crisis, and may be companies that shifted to focus on a different set of customers in a new horizontal or vertical market. These businesses embraced challenges, listened to customers and conducted careful research in order to successfully shift operations for the betterment of the company, employees and the community.

Businesses will be honored in six additional categories: Community Steward of the Year; Innovator of the Year; Manufacturer of the Year; Start Up of the Year; Large Business of the Year; and Small Business of the Year.

For more information, category definitions or to access applications, visit www.industryappreciationawards.com.

The IAA will be part of a larger two-day celebration of business in Southwest Florida that will also include the Blue Chip Awards. For more information or sponsorship opportunities, contact Horizon Foundation Chief Fundraising Consultant Dilman Thomas at 810-1948 or dthomas@horizon-foundation.com.✧

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From page 2

Historic Downtown

the postcard sketch taken about a dozen years later.

The Gondola Inn continued to be popular for decades and underwent several more remodels, not to mention changes of ownership and fires.

By 1960, it was the River House and, in the 1970s, Pate’s, Nate’s and then Cap’n Bligh. It was rebuilt as the Chart House and lasted until the end of the 1990s.

Today, the spot is once again an over-the-river seafood restaurant.

Walk down West First Street to the site where a floating boom-time restaurant was established nearly a century ago. Then walk a stone’s throw west to the spot where it was stabilized and remained for decades.

Learn more about the lively restaurant scene of early Fort Myers by visiting the following two research centers. Hours

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

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

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

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

Sources: The Archives of the Southwest Florida Historical Society, the Fort Myers Press, and The News-Press.✧

Superior Interiors

Enhance Your Dining Room



by Linda Coin

The dining room is a special place for many, especially during recent months. It's a place to gather with your close family members and feel an ounce of normalcy. Enjoying a meal together, playing a

board game, or getting lost in conversation are just a few of many activities that make the dining room one of the foundational spaces of intimacy in the home.

For some, the comfort of this room comes naturally. For others, paying close attention to the design scheme, furniture setup and decor options make a major difference. Whether you frequent the dining room on a regular basis, or you are interested in getting more use out of this room, there are many ways to elevate the space and make it more inviting.

Even if your dining room space is carpeted, an area rug can tie everything together and add another comforting element while you and your guests gather for dinner. Just remember, sizing means everything when placing an area rug under a table. Make sure it is long and wide enough to provide coverage when the chairs are pulled out.

Just as the area rug brings comfort, cushions on the chairs can provide the same contentment. Find a set of seat coverings that are just comfortable enough while still providing the support needed to sit properly. Use color and styles that complement the room's theme to make your selection on cushion style.

If you're looking for a drastic change, a new coat of paint may satisfy your wants and needs. The walls are a great place to start if you want to mix up the dining room theme entirely. A new paint color can give you a stronger foundation to express your creativity and establish the flow that we desire in a design plan. Consider wallcovering also for style and sound absorption.

Natural lighting can be ultra-comforting to both you and your guests. Create a seating arrangement near the window to gain maximum sunlight access and enjoy the outdoor view when staying inside.

Another simple move that makes a major statement is adding a tablecloth to the dining table. Using your dining room theme as inspiration, find a table covering that stands out and makes the room feel more put together.

Taking your dining room space to the next level does not have to be an impossible venture. If you're lacking design experience and want to get it right the first time around, consider consulting a design professional. They will evaluate your current dining room, collect information about your personal style and devise a plan to create the gathering space you've always wanted.

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

More Affordable Housing In The Downtown Area

The Fort Myers Community Redevelopment Agency (CRA) Board of Commissioners has approved a tax increment rebate of \$4.9 million for the development of Towles Garden, a 140-unit affordable townhome community.

Towles Garden is a project that the redevelopment plan for Dr. Martin Luther King, Jr. Boulevard/VSSB Plan supports and Florida State Statute 163.345(1) encourages working with private enterprise:

"Any county or municipality, to the greatest extent it determines to be feasible in carrying out the provisions of this part, shall afford maximum opportunity, consistent with the sound needs of the county or municipality as a whole, to the rehabilitation or redevelopment of the

community redevelopment area by private enterprise."

The community will be built on a 7.5-acre lot at the corner of Edison Avenue and Veronica S. Shoemaker Boulevard in the Dr. Martin Luther King, Jr. Boulevard redevelopment area.

Developer Towles Garden LLC, proposes a \$28.7 million investment of 67 affordable and 73 attainable townhomes, to be priced at \$200,005 and \$210,123 respectively. Units will range in size from 900 to 1,250 square feet.

It is estimated that when sold, these units will add \$18.5 million (adjusting for \$3.5 million in homestead exemptions) to the Fort Myers' tax base. The developers will receive a \$4.9 million dollar incentive of the estimated \$7.6 million that will be generated by the project.

Construction is expected to begin in February 2021 and be completed in August 2022.

For more information, visit www.cityftmyers.com/cra.✪

Food Bank Elects Treasurer

Veronica Larriva, a partner with McHale, PA, was recently elected as treasurer of Harry Chapin Food Bank of Southwest Florida.

Larriva is a licensed certified public accountant (CPA) and joined McHale, PA in 2008. She has a master of science in accounting and taxation with a minor in business management from Florida Gulf Coast University's Lutger College of Business, where she graduated with honors. Her area of focus is in forensic accounting, fraud investigation, Ponzi schemes and bankruptcies.

In January of 2017, Larriva received the Florida Institute of Certified Public Accountants' (FICPA) Horizon Award, which recognizes the brightest young CPAs in the state of Florida. In 2019, she was recognized by *Gulfshore Business* magazine as a 40 under 40 recipient. Larriva is a frequent guest speaker at her alma mater's forensic accounting class, where she teaches and provides guidance to accounting students. She speaks fluent English and Spanish and has an advanced level of Portuguese.



Veronica Larriva

In addition to her role with Harry Chapin, Larriva has always been involved in the community and is a past chair of the FICPA Southwest Florida Chapter, a past chair of the FICPA Florida Gulf Coast University Accounting and Tax Conference, a committee member of the FICPA Valuation Litigation Support Conference and a past committee member of the Young CPAs. Her professional affiliations also include the American Institute of Certified Public Accountants and the Association of Certified Fraud Examiners.

The Harry Chapin Food Bank, a member of Feeding America, is the largest hunger-relief network in Southwest Florida, serving Charlotte, Collier, Glades, Hendry and Lee counties.✪

New Facility Use Fee At Sanibel Public Boat Ramp

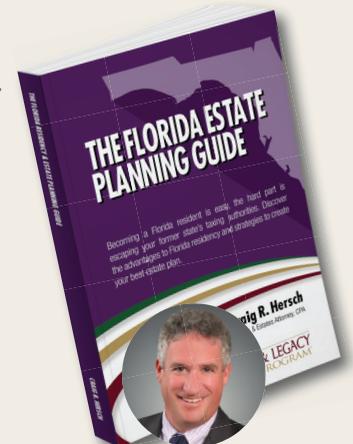
There is a new \$20 boat ramp facility use fee that is required at the Sanibel Public Boat Ramp, 888 Sextant Drive. The fee is good at the Sanibel Boat Ramp only and is required for all facility users without a valid City of Sanibel Boat Ramp Permit. The fee is paid at the on-site parking meter kiosk, which accepts credit cards and cash.

Visit www.mysanibel.com/content/download/27999/181719 to view Ordinance No. 20-007 for more information on the ordinance.✪

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

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Frankly Speaking



by Howard Prager

Happy new year, dear readers! And with the start of the year so much is happening as college bowl game season is almost completed, the NFL playoffs are set, and hoops,

there it is.

Lots of blowouts. Even in the BCS semis, where Alabama mauled Notre Dame and Ohio State crushed Clemson. Lots of talk of changing the rules for those of us who are tired of seeing these same teams in the FBS playoffs every year. A writer for *The Athletic* said the best way to do this is to cut back on allowable scholarships. Cut back by five to 10 scholarships, and those players would find their way to other teams and elevate their games. I'm all for anything that makes games more competitive, and shares the wealth of talent. Speaking of making the most of talent, congrats to Coach Jamey Chadwell of undefeated Coastal Carolina for being named AP Coach of the Year.

There were some close matches such as the last second field goal from 53 yards out to lift Georgia over previously undefeated Cincinnati in the Peach Bowl. And speaking of blowouts, and I

don't think this sentence has ever been written, Northwestern (NU) – yes, my Wildcats – blew out Auburn 35-19 in the Citrus Bowl. It was the last game for two on the sidelines, NU Athletic Director Jim Phillips and defensive coordinator Mike Hankwitz who won his 400th game in college ball. What a great way to go out. Hankwitz coached for 51 years and his defense has ranked in the nation's top 25 14 times. He won conference championships 10 times, and 12 other times his teams were league runners-up. Phillips is leaving to become commissioner of the ACC. Phillips has another distinguishing stat to leave with. For the first time in NU's history, men's football (14th), men's basketball (19th) and women's basketball (15th) have all been ranked in the Top 20 at the same time. When you add the academic top 20, the only other schools to accomplish this feat are Duke and Stanford. Sadly this is a short-lived statistic, as men's basketball will be out of the Top 20 as of this writing after losses to Iowa and Michigan.

As far as the NFL goes, there were some last second heroics and bonuses to be won. Tennessee won the AFC South due to a last-second field goal by backup kicker Sam Sloman that bounced off the right upright and sailed through. Derrick Henry went over 2,000 yards and wide receiver AJ Brown caught over 1,000 yards to be a highly productive duo. Welcome back Cleveland! The Browns, who haven't been in the playoffs since 2002, held on to beat the Steelers 24-22. They

get to face them again this weekend in the AFC Wild Card game. Speaking of welcoming back, here come the Bucs. Another big win for Brady, who helped receiver Antonio Brown get 45 catches for the season and a \$250K bonus with some tosses his way in the fourth quarter.

And talking about stats, wow Steph Curry. He threw in 62 points as the Warriors beat the Trailblazers Sunday night. It was a bit of a chip-on-his-shoulder game after Portland beat Golden State Friday night, and several players posted that without Klay Thompson and Kevin Durant, Curry's star is faded. Bulletin board material. Curry is now the second oldest player, after Kobe Bryant, to shoot over 60 points in a game.

You may have seen the good news story of the week, because it's literally lifesaving. According to the *Guardian* and many media outlets, "Australian pro surfer Mikey Wright stepped in to rescue a woman being swept away by strong currents in Hawaii. Wright was looking out over a beach on Oahu's north shore when he saw a beachgoer struggling in the surf. Wright posted footage of the rescue on Instagram with the caption: "Hold my beer." Other beachgoers could be seen trying to help reach the struggling swimmer, but the current was too strong. Fighting the surging ocean and difficult conditions, Wright dives in and picks

up the woman, and although they were submerged multiple times, successfully pulls her out of the surf. A group of people helped pull them from the water to safety. "I didn't question if I was in danger," Wright, 24, told ABC. "I just knew that she needed help. This lady was in a very tricky situation. Even for a confident person in the water, that's not somewhere you want to be."

Making the rescue all the more dangerous were sharp volcanic rocks and 15-foot waves that were breaking so close together they took on "the force of two waves." It has been reposted by surfers around the world and viewed thousands of times as people celebrate Wright's bravery.

On a personal note, this makes for a great story and heroics, but as someone who has taught lifesaving, you don't run into the water unless you absolutely have no other choice, because too many times the rescuer gets pulled under and loses his or her life in the process. Mick Fanning, former world champion surfer, wrote: "Wow that could have ended really bad." Maybe this is the start of 2021 looking up for us all.

Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments or questions to press@islandsunnews.com. ✨

Charity Classic To Be Held On January 23

The Sanctuary Golf Club will host its 19th annual Sanctuary Charity Classic golf tournament on Saturday, January 23 with proceeds designated for island nonprofits.

Sponsorship opportunities include: \$7,500 Diamond Partnership, which includes additional rounds of golf and dinner at The Sanctuary Golf Club; \$500 Foundation Partner, which includes Dinner Reception In-a-Box for two; and \$250 Hole Sponsorship. All proceeds go to The Sanctuary Golf

Club Foundation, whose mission is to support nonprofits that positively impact the lives of people in need living or working on Sanibel or Captiva, and to provide educational opportunity grants to The Sanctuary employees and their families.

Due to COVID-19, The Sanctuary Charity Classic will have morning and afternoon tee times, with either a grab-and-go breakfast or lunch available. All sponsors will receive a Dinner Reception In-a-Box with choice of entree and bottle of wine.

For more information about sponsorships or to sign up for play, contact Jim DiMarino at 472-6223 or jdimarino@sanctuarygc.net or Michelle Cote at 472-6624 or mcote@sanctuarygc.net. ✨

SPORTS QUIZ

1. Which of the Houston Astros' "Killer B's" recorded his 3,000th career hit in June 2007?
2. What member of the 2005 North Carolina Tar Heels national championship basketball team was selected fifth overall by the Charlotte Bobcats in the 2005 NBA Draft?
3. College football's John Mackey Award is presented annually to the most outstanding player at what position?
4. The Isobel Cup is awarded to the season champion of what ice hockey association?
5. The five heavy spherical objects that World's Strongest Man competitors lift and place on platforms are called what?
6. Who caught the lone touchdown for the New England Patriots in their 46-10 loss to the Chicago Bears in Super Bowl XX?
7. In 2012, what Texas Rangers slugger missed five games due to ocular keratitis (dry eyes) and balance problems caused by consuming too much caffeine and energy drinks?

ANSWERS

1. Craig Biggio. 2. Raymond Felton. 3. Tight end. 4. The National Women's Hockey League. 5. Atlas Stones. 6. Irving Fryar. 7. Josh Hamilton.

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Doctor and Dietician

Get Creative For Your Brain And Your Health



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

Well, it's been one weird year, that is for darn sure! We don't know about you, but it has actually been good in a way – getting back to basics and spending quality time together. One thing that resulted from this time is that one of our best buddies, Lori, taught us how to make “yard art.” You may ask, “What is that?” Well, it is the idea of taking old, used, or secondhand treasures and putting them together to make beautiful art that you can situate out in your yard or even inside on your coffee table. Add a little glue, some paint, a random trinket – and there you have it – ART!

Studies show that creative activities, such as crafting, can help focus the mind and even have been compared to meditation due to its calming effects on the brain and body. These creative activities, like gardening, sewing, or playing music, release dopamine, a natural anti-depressant. Tapping into our creativity can improve brain function, mental health and physical health.

Have you ever gotten totally into a project where you forgot about everything else (i.e. you were in flow)? Flow reduces anxiety, boosts your mood and even slows your heart rate. It's not just being in the flow that helps

your happiness. Repetitive activities, such as knitting, drawing, or writing, help activate flow, and are all tasks that create a result as well as flood our brains with dopamine. Engaging in creative activities can have some specific beneficial effects on patients with dementia. Studies have shown that engaging in creative tasks not only reduces depression and isolation, but can also help people with dementia glean more of their personalities and sharpen their senses.

Did you know that we have about 60,000 thoughts per day? Engaging in a creative activity can reduce stress, anxiety and depression, as well as help a person process a prior trauma. Writing is an excellent method for helping people constructively manage their negative emotions, and painting or drawing can help people express trauma or experiences – often those that they find difficult to speak about or put into words. One interesting fact is that writing or engaging in a creative activity increases your CD4+ lymphocyte count, the key to your immune system. Listening to music can also rejuvenate function in your immune system. With all that is going on in the world, this would be a good thing for us!

Finally, engaging in something creative makes you smarter. People who play instruments, for instance, have a better balance between their left and right brains. The left brain is responsible for the motor functions, while the right brain focuses on the melody. When these two hemispheres of your brain communicate with each other, your cognitive function improves.

Get those creative juices flowing and enjoy that feel-good dopamine rush by doing things that are genuinely good for us and make us happy. Start writing, drawing, or coloring. Get your hands in the dirt. Make some yard art. Listen to music or get back to playing the instrument you used to play. Whatever you decide to do, it's time to start getting creative!

This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine

sunsets and shooting stars, to births, weddings, diamonds and flowers. All of these things and many more bring beauty into our lives every single day. When our eyes are closed, the things that we feel and experience bring something to our lives, such as love, peace, emotion, and connections that we could never get with them open.

These are the things that I believe happen when we close our eyes:

- We express our genuine emotions
- We connect with our hearts
- We remove distractions
- We use our other senses
- We turn our focus inward
- We embrace the experience

As you can see, if we kept our eyes open for things like praying, kissing and crying, we would miss out on many things. We would not be able to make the best out of each of those moments.

Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross

Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@carimgmedical.com.✱

DearPharmacist

Five Effective Tips To Lose Weight



by Suzy
Cohen, RPh

The fastest way to lose weight is to exercise more. This is by far the healthiest way to tone up and shrink your waistline. The problem is that some of you

cannot work out, or your gym is closed, or you don't feel well enough to due to some health issue, or injury.

So if you're more sedentary than you used to be, and the pounds are piling up, then the next best thing is to eat smaller portions at each meal. Try cutting back on your portions by 10 percent each meal until you're eating a healthy amount, and no longer over-eating.

Also, try closing your kitchen earlier (like at 7 p.m. instead of 10 p.m). Some kitchens, including mine, were open 24/7, and I'd find myself making almond butter and jelly sandwiches at 4 a.m. and going back to sleep. I'm embarrassed to even tell you that, but everyone knows that 2020 was a hard year, and stress eating was something we all did.

Increasing metabolic rate and burning fat will help you feel better in 2021. Here are some ideas below, and also, I have a longer version of this article posted on my website at www.suzycohen.com.

1. Peppermint Essential Oil – This is such an easy thing to do. Just sniff peppermint (or even spearmint) essential oil every two or three hours.

Researchers have proven that certain scents will make your mouth water, and others actually suppress appetite.

2. Rooibos Tea – With dinner, you can have a small cup of rooibos tea (hot or cold). This is naturally un-caffeinated, and the herb contains “aspalathin” which reduces cortisol. Cortisol is what leads to belly fat.

3. Green Tea – You can drink this or take supplements. We know that catechins and caffeine serve to activate the sympathetic nervous system, which makes you feel less hungry, burns fat and calories. Matcha tea has a much stronger benefit because it is not an infusion of the tea leaves like green tea... it is the actual tea leaves themselves that are crushed to make the matcha.

4. Cinnamon – Cinnamon can support healthy blood sugar levels by acting like insulin. It shuttles blood sugar out of the blood, and puts it into the cells where it belongs. So when they measure your blood sugar levels, there's less sugar floating around in it. When your blood sugar is more balanced, you crave fewer foods.

5. Hang A Picture – Hang a picture of yourself at your desired weight (maybe it was three years ago, maybe 30 years ago). Put it on the fridge or cabinet door. Every time you go to grab a snack, you'll be reminded of your goal. This might not work every time, but if it stops you from snacking two out of five times each day, times 30 days, that means you will have dramatically reduced snacking each month! It may sound silly, but I think it's a great little trick to try... and one that will help you keep your eye on the prize.

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.✱

Beautifulife:

Eyes Closed



by Kay Casperson

Have you ever wondered why we close our eyes for certain things like praying, kissing and crying? Of course, there are the obvious things we close our eyes for, like sleeping,

sneezing and sometimes drinking, but to me, there is a straightforward answer to this.

First, let's talk about all of the beautiful things we see when our eyes are open. From nature, sunrises,

Even a simple thing like daydreaming is so much better when you find a quiet space to be, close your eyes and let your mind wander for just a bit. You might find yourself in a better or different place than where you are right now, and it's OK because it feels just right, even for that moment.

Amid the chaos and clutter of our daily lives, I encourage you to close your eyes now and then. Let peace, love and all good things surround you and bring you to a place that makes you happy.

Think about the accomplishments of a little girl named Helen Keller, who grew up blind and went on to do amazing things in life. It makes you realize how important it is sometimes to close your eyes and look at life a bit differently, or maybe just precisely how you want it to be.

This quote has touched all of us and remains one of my favorites today:

“The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart.” – *Helen Keller*

My affirmation for you this week is: “I will close my eyes to feel and experience the best of what this beautiful life brings to me.”

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

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

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

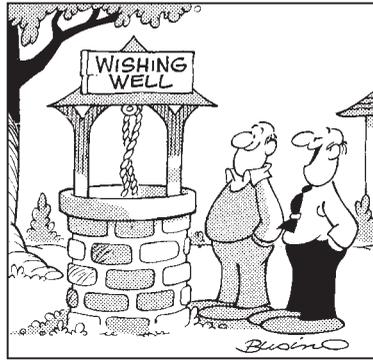
- CLUBS & ORGANIZATIONS**
- American Legion Post #38 239-332-1853
 - Angel Flight 1-877-4AN-ANGEL
 - Animal Refuge Center 731-3535
 - American Business Women Association 357-6755
 - Audubon of SWFL <https://www.audubonswfl.org/>
 - Caloosahatchee Chapter DAR 482-1366
 - Caloosahatchee Folk Society 321-4620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

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

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

PUZZLES

Answers on page 23



"I built it for my wife — she's always _____ things."

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!

Iceberg
CLEARGI

Advocate
WAYLER

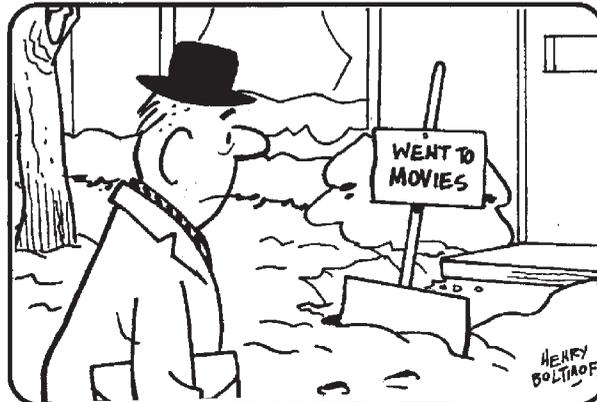
Rant
READIT

Naught
HINTNOG

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Sign on shovel is different. 2. Window on door is missing. 3. Door knob is added. 4. Man's hat is different. 5. Tree trunk is wider. 6. Man's nose is shorter.

To Play Sudoku:

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

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

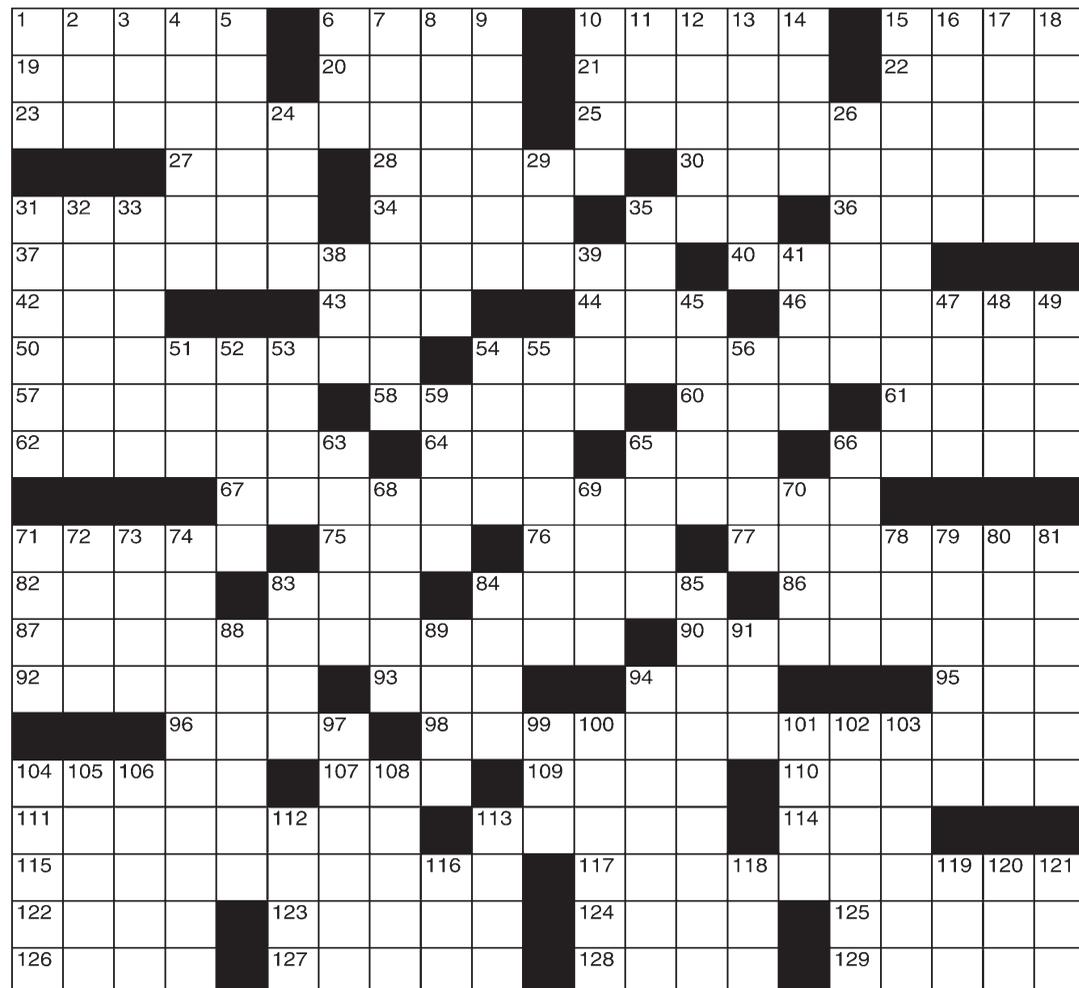
PUZZLES

Answers on page 23

Super Crossword

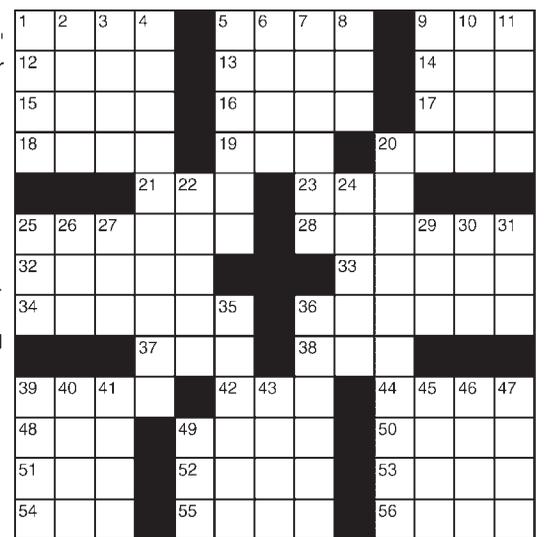
AUTO SUGGESTION

- ACROSS**
- 1 Halo sporter
 - 6 Nest nuggets
 - 10 Had no being
 - 15 "Vamoose!"
 - 19 "I wanna try!"
 - 20 Cameo, e.g.
 - 21 Lend — (pay attention)
 - 22 Poi source
 - 23 Participants in a guided discussion
 - 25 Longtime kids' nature magazine
 - 27 Spanish for "bear"
 - 28 McDonnell Douglas jet
 - 30 Refugee
 - 31 Thelma's cohort, in film
 - 34 Use an entryway
 - 35 Velvet or Hallow ender
 - 36 — hop (jitterbug)
 - 37 14- to 18-year-old in a British youth association
 - 40 Source copy: Abbr.
 - 42 "BTW" part
 - 43 You, in Berlin
 - 44 Road given a no.
 - 46 Pop-rock singer
 - 50 Kind of sheet metal
 - 54 Border illumination on some smartphones
 - 57 Mini-whirlpools
 - 58 What bran provides, to Brits
 - 60 Grads.-to-be
 - 61 Basso Pinza
 - 62 Outfits anew
 - 64 "No" voter
 - 65 "— culpa!"
 - 66 Slender nails
 - 67 Large cosmological aggregate
 - 71 Imams' God
 - 75 U.S. tax org.
 - 76 Berlin article
 - 77 Ejected lava
 - 82 Waste time
 - 83 Party game
 - 84 "— not lost"
 - 86 1980s TV's
 - 87 1966 Wilson Pickett hit
 - 90 The "I" of 75-Across
 - 92 Show up for
 - 93 Farm female
 - 94 Abbr. for those with only one given name
 - 95 Mil. unit
 - 96 Tooth anchor
 - 98 First extended stay on the International Space Station
 - 104 Spiny plants
 - 107 With 103-Down, didn't know at all
 - 109 Radio knob
 - 110 Loin steaks
 - 111 Put in order
 - 113 Writer Franz
 - 114 "Y" athlete
 - 115 Annual Arizona football game
 - 117 New York City fashion-industry agency whose name is apt for this puzzle
 - 122 Shoe fillers
 - 123 Conical tent
 - 124 Comics' Kett
 - 125 "Peachy!"
 - 126 Sommer of Hollywood
 - 127 Lauder of fragrances
 - 128 Asian nation
 - 129 Garish
- DOWN**
- 1 TV title alien
 - 2 Natal lead-in
 - 3 Yukon maker
 - 4 Avian-based skin care product
 - 5 To a smaller degree
 - 6 Botch it up
 - 7 "Sheesh!"
 - 8 Biochemical sugar
 - 9 Erma Bombeck's "The Grass Is Always Greener Over the — Tank"
 - 10 Alert
 - 11 Actress Ortiz
 - 12 Pick up on
 - 13 1998 Winter Olympics
 - 14 Nonkosher
 - 15 More direct
 - 16 — terrier
 - 17 Curved
 - 18 Sweet white wine
 - 24 Word after film or play
 - 26 Frank topper
 - 29 Musician Brian
 - 31 Vowel, e.g.
 - 32 Bull leather
 - 33 Capsizes
 - 35 Ending for major
 - 38 Conn. hours
 - 39 Compulsion
 - 41 Inferior mags
 - 45 Someone — problem
 - 47 Tony winner
 - 48 Writer Blyton
 - 49 Huge heads
 - 51 More, in music
 - 52 "Psycho" co-star Janet
 - 53 Dog in "The Thin Man"
 - 54 Bidding site
 - 55 Common battery type
 - 56 Infuriated
 - 59 "What You Need" rock band
 - 63 Injured-arm supporter
 - 65 Actor Paul
 - 66 Yahoo
 - 68 Left the bed
 - 69 Kin of a tulip
 - 70 Once, once
 - 71 Mater lead-in
 - 72 Yahoo
 - 73 Rearmost
 - 74 It lingers in the mouth
 - 78 — annum
 - 79 Bodily band
 - 80 Benes on "Seinfeld"
 - 81 Investigates
 - 83 Annul
 - 84 Author Haley
 - 85 A lot like
 - 88 Rub oil on
 - 89 Wowed
 - 91 Future louse
 - 94 Bismarck is its cap.
 - 97 Realm of Oedipus
 - 99 PalmPilot, e.g., in brief
 - 100 — Tower (Paris sight)
 - 101 Agenda part
 - 102 Like an oval or rectangle
 - 103 See 107-Across
 - 104 — latte
 - 105 Disney's "Little Mermaid"
 - 106 Streamlet
 - 108 Become a parent to
 - 112 Fence "door"
 - 113 Swiss painter Paul
 - 116 Really small
 - 118 Berlin article
 - 119 Water, to berry
 - 120 "Inc." cousin
 - 121 — latte



King Crossword

- ACROSS**
- 1 "— Lang Syne"
 - 5 Steed stopper
 - 9 Plead
 - 12 Dandling site
 - 13 Reactions to pyrotechnics
 - 14 Preceding
 - 15 Mid-month date
 - 16 Automaker Ransom Eli —
 - 17 Have a bug
 - 18 Small winning margin
 - 19 Go blue?
 - 20 Air for a pair
 - 21 "How I Met Your Mother" net
 - 23 Census stat
 - 25 Off-course
 - 28 Auction, often
 - 29 Teeny bit
 - 32 Use crib notes
 - 33 Rechargeable battery
 - 34 Grow canines
 - 36 Tourist attractions
 - 37 Moray or conger
 - 38 Coop occupant
 - 39 Witty one
 - 42 Clay, now
 - 44 "Super-food" berry
 - 48 Tramcar contents
 - 49 Owl
 - 50 So
 - 51 Meadow
 - 52 Expression
 - 53 Deserve
 - 54 Spigot
 - 55 Whirlpool
 - 56 "Phooey!"
 - 6 Sacred
 - 7 "Heavens to Murgatroyd!"
 - 8 Donkey
 - 9 Suitor
 - 10 One of HOMES
 - 11 Money
 - 20 Like some drivers or hitters
 - 22 Wash
 - 24 Aladdin's ally
 - 25 Performance
 - 26 The girl
 - 27 Shirt shape
 - 29 Interlaken
 - 30 Long. crosser
 - 31 Mag. staffers
 - 35 Very happy
 - 36 Vibrate abnormally
 - 39 Filly's brother
 - 40 Vicinity
 - 41 Harvest
 - 43 Byron or Tennyson
 - 45 Burn somewhat
 - 46 Atmosphere
 - 47 "— It Romantic?"
 - 49 Chowd down
- DOWN**
- 1 Related
 - 2 Loosen
 - 3 Dregs
 - 4 Treated with irreverence
 - 5 "Give a hoot, don't pollute"



MAGIC MAZE ● SPOTTED WORDS

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

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

- Despotism
- Ink spot
- Spotless
- Starspot
- Eyespots
- Nightspot
- Spotsylvania
- Sunspots
- Fusspot
- Spot-check
- Spotter
- Unspotted
- Hotspot
- Spot-weld
- Spotty



Strawberry and Goat Cheese Tarts

photo courtesy Fresh From Florida



Strawberry and Goat Cheese Tarts

- 3 cups strawberries, sliced thin
- 1/2 cup strawberry jam
- Honey to drizzle
- 1 tablespoon natural sugar
- 6 ounces goat cheese
- 1 egg, beaten
- 2 (9-inch rounds) prepared pie crust, homemade or store bought

Cut out three equal-sized circles from each of the two larger pie crusts. Place all the cut outs on one or two lightly greased cookie sheets for baking. Spread an even amount of strawberry jam in the

center of each of the cut outs. Have fun evenly arranging or layering the sliced strawberries around the inside of all the cut outs leaving room for a crust. Fold the crust onto itself all the way around to form a crust edge. Crumble an even amount of the goat cheese over each of the strawberry tarts. Brush the crust edges of each of the filled tarts with the beaten egg wash. Lightly sprinkle the sugar evenly over all the crusts where they were just brushed with the beaten egg. Place the tarts in the preheated oven. Cook the strawberry tarts for about 15 to 20 minutes or until the crust is golden brown and the strawberries are bubbling. Remove the strawberry tarts from the oven and let cool slightly. Lightly drizzle strawberry tarts with honey. Serve with fresh whipped cream and extra honey if desired.*

PETS OF THE WEEK



Becket photos provided



Ivan

Lee County Domestic Animal Services Becket And Ivan

Each year, millions of people make New Year's resolutions. Lee County Domestic Animal Services invites you to "Skip the Jog and Walk a Dog" as part of yours. Make pets a part of the plan for the new year and consider that a new pet can help achieve many of the most popular goals set each year.

The adoption fee for dogs will be reduced to \$30 for the entire month of January. All senior dogs (ages 6 years and over) are just \$25. So say goodbye to 2020 and hello to 2021 with a new best friend.

Becket is a 13-year-old Super Senior that would be a perfect choice to start your New Year's resolution with as his favorite thing to do when outside is to walk. In fact, he can sometimes outwalk the staff and volunteers. No one has told him that he is supposed to slow down as he gets older, so

he just keeps on truckin'. He's very calm, quiet and seems to be tolerant of other dogs. His adoption fee is \$25.

This is Ivan giving you his best curious, yet still casual expression. He is a year old and currently resides in one of the catteries. You can typically find him lounging in one of the cubbies, that is, until he sees any form of life. Then he will instantly spring into action to see what is going on as he doesn't like to miss anything. He will sit sweetly at the door to invite you to join him for some snuggle time. His adoption fee is \$50, with a second feline at no additional charge.

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 JANUARY 4, 2020

Aries (March 21 to April 19) A hectic period begins to wind down. Take time to draw some deep breaths and relax before getting into your next project. A long-absent family member makes contact.

Taurus (April 20 to May 20) You're eager to move forward with a new challenge that suddenly dropped in your lap. But you'd be wise to take this one step at a time to allow new developments to come through.

Gemini (May 21 to June 20) You're almost ready to make a commitment. A lingering doubt or two, however, should be resolved before you move ahead. An associate could provide important answers.

Cancer (June 21 to July 22) Caution is still the watchword as you move closer toward a decision about a new situation. If you act too fast, you might miss some vital warning signs. Go slowly and stay alert.

Leo (July 23 to August 22) Your new goal looks promising, and your golden touch does much to enhance its prospects for success. In your private life, Cupid does his best to make your new relationship special.

Virgo (August 23 to September 22) That impatient side of yours is looking to

goad you into moving before you're ready to take that big step. Stay calm and cool. Let things fall into place before you act.

Libra (September 23 to October 22) Travel and career are strong in your aspect. Perhaps your job will take you to someplace exotic. Or you might be setting up meetings with potential clients or employers. Whatever it is, good luck.

Scorpio (October 23 to November 21) Partnerships – personal or professional – which began before the new year take on new importance. They also reveal some previously hidden risks. So be warned.

Sagittarius (November 22 to December 21) Your associates are firmly on your side, and that persistent problem that has caused you to delay some activities should soon be resolved to your satisfaction.

Capricorn (December 22 to January 19) Favorable changes continue to dominate, and you should be responding positively as they emerge. Someone wants to become more involved in what you're doing.

Aquarius (January 20 to February 18) A friend wants to share a secret that could answer some questions you've wondered about for a long time. Meanwhile, travel aspects continue to be strong.

Pisces (February 19 to March 20)

Stay on your new course despite so-called well-meaning efforts to discourage you. Rely on your deep sense of self-awareness to guide you to do what's right for you.

You Born This Week: You have the capacity to meet challenges that others might find overwhelming, and turn them into successful ventures.

MOMENTS IN TIME

- On Jan. 12, 1838, after his Mormon bank fails in the Panic of 1837, Joseph Smith flees Kirtland, Ohio, to avoid potential criminal prosecution by angry and disillusioned former believers. Smith claimed the angel Moroni had visited him in 1823 and told him he was destined to become a modern prophet of God.

- On Jan. 13, 1968, in the midst of a plummeting music career, legendary country singer Johnny Cash arrives to play for inmates at California's Folsom Prison. The concert and the subsequent live album launched him back onto the charts.

- On Jan. 15, 1870, the first recorded use of a donkey to represent the Democratic Party appears in *Harper's Weekly*, drawn by political illustrator Thomas Nast. Four years later, Nash originated the use of an elephant to symbolize the Republican Party in a *Harper's Weekly* cartoon.

- On Jan. 16, 1938, Benny Goodman brings jazz to Carnegie Hall, a notion so outlandish at the time that Goodman himself initially laughed off the idea. The concert at the citadel of American high culture sold out weeks in advance.

- On Jan. 14, 1942, President Franklin Roosevelt issues Presidential Proclamation No. 2537, requiring aliens from World War II-enemy countries – Italy, Germany and Japan – to register with the Department of Justice.

- On Jan. 17, 1950, 11 men steal more than \$2 million (\$22 million today) from the Brink's Armored Car depot in Boston. It was the perfect crime – almost – as the culprits weren't caught until January 1956, just days before the statute of limitations for the theft expired.

- On Jan. 11, 1973, the owners of America's 24 major league baseball teams vote to allow teams in the American League to use a "designated pinch-hitter" that could bat for the pitcher, while still allowing the pitcher to stay in the game.

NOW HERE'S A TIP

- Apply lemon juice to the cut surface of an apple to prevent browning.
- For stubborn dry patches on hands, like knuckles and around fingernails, try

continued on page 22

	FRIDAY Sunny High: 70 Low: 58		SATURDAY Partly Cloudy High: 67 Low: 57		SUNDAY Mostly Cloudy High: 68 Low: 56		MONDAY Few Showers High: 69 Low: 59		TUESDAY Mostly Sunny High: 65 Low: 53		WEDNESDAY Mostly Cloudy High: 64 Low: 54		THURSDAY Cloudy High: 68 Low: 56
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	10:23 am	3:04 am	8:22 pm	1:36 pm
Sat	12:07 pm	4:11 am	9:08 pm	2:14 pm
Sun	9:57 pm	5:09 am	None	None
Mon	10:46 pm	6:01 am	None	None
Tue	11:36 pm	6:49 am	None	None
Wed	3:36 pm	7:32 am	None	5:22 pm
Thu	12:24 am	8:12 am	3:54 pm	6:21 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	9:28 am	3:06 am	7:27 pm	1:38 pm
Sat	11:12 am	4:13 am	8:13 pm	2:16 pm
Sun	9:02 pm	5:11 am	None	None
Mon	9:51 pm	6:03 am	None	None
Tue	10:41 pm	6:51 am	None	None
Wed	2:41 pm	7:34 am	11:29 pm	5:24 pm
Thu	2:59 pm	8:14 am	None	6:23 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	9:30 am	2:56 am	8:14 pm	2:34 pm
Sat	10:56 am	3:54 am	9:06 pm	3:23 pm
Sun	11:49 am	4:50 am	10:08 pm	4:16 pm
Mon	12:27 pm	5:44 am	11:03 pm	5:09 pm
Tue	1:03 pm	6:33 am	11:48 pm	5:58 pm
Wed	1:42 pm	7:21 am	None	6:46 pm
Thu	12:27 am	8:06 am	2:27 pm	7:36 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	12:33 pm	6:20 am	10:32 pm	4:52 pm
Sat	2:17 pm	7:27 am	11:18 pm	5:30 pm
Sun	None	8:25 am	None	None
Mon	12:07 am	9:17 am	None	None
Tue	12:56 am	10:05 am	None	None
Wed	1:46 am	10:48 am	5:46 pm	8:38 pm
Thu	2:34 am	11:28 am	6:04 pm	9:37 pm

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from page 20

Now Here's A Tip

rubbing in a bit of Chapstick. It does the trick to moisturize, and it doesn't wash off as easily.

- "To protect feet from getting soggy when out in snowy or rainy weather, cut a piece of plastic wrap about 3 inches longer than your foot on both sides, then step on it and fold it up on all sides before you put your foot in your shoe. It also keeps feet warm." – MS in Colorado

- "I use the old-fashioned round coffee filters to cover food in the microwave. Less expensive than paper plates and stays in place but doesn't stick to food." – NB in Texas

- DR in Illinois uses flip-flops for some unusual purposes, like covered with sandpaper as a sanding block, covered with a chamois for waxing a car or even to apply paint. He says they can be found

on clearance for less than a dollar. One thing you shouldn't do: "Don't ever weed eat your driveway while wearing! Personal injury."

- When making meatloaf, put strips of raw bacon on the bottom of the pan and place the meatloaf on top. It adds terrific flavor and will keep the meatloaf from sticking to the pan.

- "I purchased a dish drain pad approximately 9 inches by 17 inches, and I use it on the seat of my shower so it won't be slippery. It fits perfect – especially good for seniors. I am 86 years old, so I need all the help I can get." – BB In Massachusetts

STRANGE BUT TRUE

- On Earth you need heat to fuse metal, but in space, due to the lack of atmosphere, two pieces of the same kind of metal will fuse together with just a little pressure in a process called cold welding.

- The average person will grow 590 miles of hair in their lifetime. Nose hairs

alone contribute 6.5 feet of that.

- Digging a hole to China is possible if you start in Argentina.

- While adult giraffes usually sleep standing up, their offspring get more comfortable by hunkering down on the ground and taking advantage of their extra-flexible necks, twisting around to plop their heads on their own posteriors.

- The U.S. government gave Indiana University \$1 million to study memes.

- Caffeine, which is found in tea leaves, guarana berries, kola nuts and, of course, coffee beans, acts as a natural pesticide. It overloads the nervous systems of insects that try to eat the plants containing it, paralyzing and even killing them before they can do too much damage.

- Liquids can boil and freeze at the same time.

- Can't get your kids to eat their carrots and broccoli? Perhaps they suffer from lachanophobia, otherwise known as the fear of vegetables.

- Hurricanes release the energy of 10,000 nuclear bombs.

- Harry Truman was the first president to celebrate Hanukkah in the White House. In 1951, he accepted a menorah from David Ben Gurion, the prime minister of Israel.

- Charles Dickens believed that sleeping facing north would improve his writing.

- Finland was the first nation to experiment with autonomous vehicles in urban conditions. The country's laws don't oblige drivers to be inside the vehicle.

THOUGHT FOR THE DAY

"When you do the common things in life in an uncommon way, you will command the attention of the world." – George Washington Carver

TRIVIA TEST

1. **Geography:** What is the capital of the Canadian province British Columbia?
2. **General Knowledge:** Which

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1/1 * 1/22

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11/27 * TFN

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

HELP WANTED

CROW

looking for a reliable, part-time Gift Shop and VEC Associate. Duties include supervision of the gift shop and VEC operations, retail sales, inventory, program reservations and other administrative duties. The position requires someone who is dependable, organized and comfortable interacting with guests, volunteers and staff. Email mgrazioso@crowclinic.org
1/8 * TFN

FOR SALE

FOR SALE



A new children's book featuring Sanibel Island. *The Life and Times of Hurricane Charley Bennett*, ages 3-103, a book about a Pug's rescue, how good can come from bad, and lessons in the power of love between people and their animals. Written by Myra Bennett Facebook page administrator for The History of Sanibel Island Florida with illustrations by Florida State Fair Artist of the Year Deborah Biasetti. Not available online. Mail check or money order for \$15 to Myra Bennett 2726 Teague Hill Road, Grantsburg, IL 62943. Proceeds from sales go to Project Hope Humane Shelter.
1/8 * 1/8

FOR SALE

APPLIANCES

- White LG Dishwasher – Mint Condition
- White LG 30" French Door Refrigerator – One tiny dent on front – barely noticeable
- White Kenmore oven with white cooktop – Mint Condition.

Non-smoking household. Single Mother, empty nester so not a lot of usage. Selling due to renovation in kitchen. Email for pictures or appointment to see them. LisaSanibel@centurylink.net
12/11 * TFN

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1/8 * 1/8

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- university or college has sports teams with the nickname "Golden Gophers"?
- Measurements:** How many cups equal 1 quart?
 - Television:** What was the name of the mansion in the TV series *Dark Shadows*?
 - Anatomy:** What are the tissues that hold bones together?
 - Science:** What is the study of plants called?
 - Movies:** What are the main food groups, according to Buddy in the movie *Elf*?
 - Animal Kingdom:** What is the scientific adjective used to describe fish?
 - Currency:** What is the basic currency of Haiti?
 - Inventions:** Who is credited with the invention of vaccines?

HORTOONS



TRIVIA ANSWERS

1. Victoria
2. University of Minnesota
3. Four
4. Collinwood
5. Ligaments
6. Botany
7. Candy, candy canes, candy corns and syrup
8. Piscine
9. Gourde
10. Edward Jenner

SCRAMBLERS ANSWER

1. Glacier
2. Lawyer;
3. Tirade;
4. Nothing

Today's Word

WANTING

PUZZLE ANSWERS

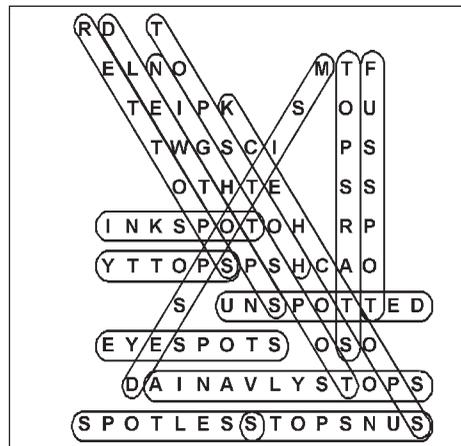
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THE	SIE	RTE	ASHLEE
TIN	PLATE	EDGEL	IGHTING
EDDIES	FIBRE	SRS	EZIO
RESUITS	NAY	MEA	BRADS
GALAXY	CLUSTER		
ALLAH	IRS	EIN	ERUPTED
LOAF	UNO	ALLIS	STEELE
MUSTANGS	SALLY	INTERNAL	
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ROOT	EXPEDITION	ONE	
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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Barefoot Beach	Bonita Springs	2020	5,741	\$8,349,500	\$7,700,000	273
Captiva Beach	Captiva	1987	2,065	\$3,695,000	\$3,550,000	412
Jonathan Harbour	Fort Myers	2011	5,724	\$2,695,000	\$2,450,000	335
Town And River	Fort Myers	2020	4,350	\$2,495,000	\$2,415,000	292
Gores A M	Captiva	2015	4,050	\$2,395,000	\$2,250,000	94
Wildblue	Fort Myers	2019	3,966	\$2,169,000	\$2,169,000	35
Fa Lanes Bayview	Captiva	2004	3,555	\$2,189,000	\$1,975,000	822
Cassina	Miromar Lakes	2017	2,745	\$1,899,900	\$1,825,000	0
Cape Coral	Cape Coral	2003	6,575	\$1,975,000	\$1,785,000	590
Bonita Beach	Bonita Springs	2004	3,680	\$1,799,999	\$1,690,000	140

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