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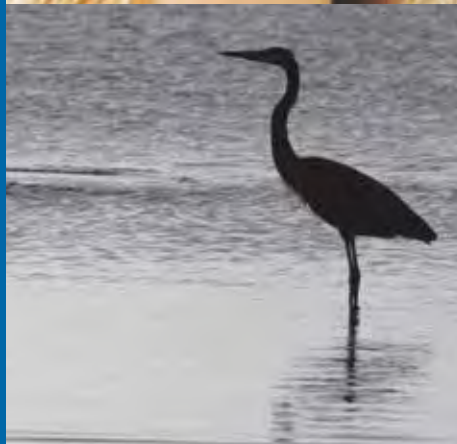
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Swan Centers performs thousands of aesthetic procedures for men and women that help their clients look younger, thinner, and more vibrant. All of the Swan services offered are custom tailored to each client's needs, wants, body type, skin type and age. They offer non-invasive, safe, pain-free treatments utilizing State of the Art Devices found exclusively at their Centers. Whether you are interested in anti-aging skin treatments, skin tightening, wrinkle reduction, cellulite smoothing, body enhancement, body toning or targeted fat reduction, Swan Age Reversal Centers offers a unique and pleasant experience that delivers results that are affordable.

Swan Age Reversal Centers offers a wide array of head to treatment options and they specialize in innovative technologies like laser-light, electro-pulse, radio frequency, ultrasound cavitation, vacuum therapy, red light collagen therapy, ultrasonic anti-aging and other technologies. One of the most popular treatments offered is body contouring treatments that stimulates fat reduction that can be targeted to certain areas of the body. They also offer skin rejuvenation and anti-aging treatments that help restore the skins natural glow and helps slow the aging process. Swan Centers offer a wide range of customized services to help men and women between the ages 40 to 90, look younger, thinner and more vibrant. Many of the services that they offer can only be found only at Swan Age Reversal Centers because they use custom designed devices, proprietary serums and

skin care products.

Swan Age Reversal Centers takes body enhancement where it was meant to be, combining health and beauty with cutting-edge science and impeccable service. They're driven by innovation in aesthetic beauty and are able to deliver an intimate and relaxing experience, complete with all the perks that only a premium establishment can offer.

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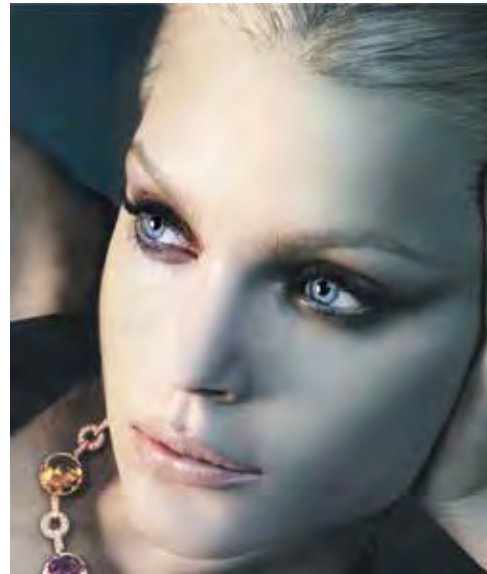
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European Face Lift: LOOK YOUNGER FASTER!

Alina Stanciu, MD, medical director of Advanced Eye Care & Aesthetic Center, is a facial rejuvenation specialist and injectable treatment expert. Using her unique aesthetic sense and surgical skills, she developed the **European Face Lift** using Botox® Cosmetic, all dermal fillers, lip augmentation and blepharoplasty or eyelid lifts as an alternative to traditional surgery. **Dr. Stanciu** believes that education, dedication and a personal touch provide each patient with a result that is natural and unique.

Mini-facial procedures are in more demand to satisfy the need of the modern women who has less time for surgical procedures and higher expectations for natural and quicker results in maintaining a younger looking face. With this in mind, **Dr. Stanciu** developed the European Face Lift, which addresses the signs of aging and corrects facial imperfections. This procedure offers a shorter recovery time, minimal pain, instant results and significant financial savings compared to a traditional face lift. It does not correct overly slack skin and large amounts of wrinkles. The **European Face Lift** is designed for patients whose age can vary from young 30s and beyond, and benefits men as well as women. "I want to have cheek bones again" or "I want to have sensuous lips" or "I hate smokers lines" or "I need a lid crease again" ... but I want to look natural. These are some of the common complaints that **Dr. Stanciu** addresses with very good results with the **European Face Lift**.



Dr. Stanciu's unique facial rejuvenation treatment offers a relatively easy, safe, minimally invasive way to smooth out wrinkles, fill in furrows, plump up the hollows and correct facial imperfections. Her **European Face Lift** sculpts and lifts the face by combining dermal fillers with injectables such as Botox® Cosmetic in order to correct wrinkles in different ways. These cosmetic fillers such as Restylane®, Perlane®, Juvederm® and Radiesse® replace lost volume and restore youthful contours to the skin, smoothing away wrinkles. In contrast, Botox® Cosmetic relaxes the muscles that cause frown lines between the eyebrows and also reduces the appearance of crows feet. Botox Cosmetic should be repeated every four months while fillers last eight months to one year. Maintenance and skin care is key in long-term viability of the treatment. Well hydrated skin always looks younger and maintains the elasticity needed for long-lasting results. With this in mind, **Dr. Stanciu** developed her own line of eye creams and skin care to moisturize the skin.

Dr. Stanciu is a member of the American Academy of Cosmetic Surgery and frequently attends aesthetic meetings nationally and internationally. All treatments at Advanced Eye Care & Aesthetic Center are physician administered by **Dr. Stanciu**. With her unique aesthetic sense and surgical skills, **Dr. Stanciu** will help you achieve a look that is natural yet you; just better!

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Cartier GOLD & WOOD PARIS  CHANEL TOM FORD *Silhouette*

Dear Readers,

'Tis that season again! The one designated for big hearts that love to love. Because we are all about hearts and love and giving, this issue of Beyond the Gates highlights some truly amazing residents of our community and some incredible, life-changing programs in our area.

On our front cover, we introduce you to Sheila Greenspan. She bravely turned her terrifying experience with a debilitating head trauma into an opportunity to reach out to others suffering from closed head injuries. See even more detailed information about how to prevent traumatic brain injuries in our Ask the Expert.

For single women with children, stretching the budget enough to support a family is often impossible. But the situation is magnified by also being the victim of an abusive relationship. Thanks to the dedicated people at Providence House, homeless women and their children get a chance.

Every day, hot meals and prayers are served at Café of Life. But did you know that besides those offerings, the wonderful people in this organization are also saving lives? Don't miss

reading more about how this great program impacts those who thought they were hopeless.

We provide you with information about a new food box program at Harry Chapin Food Bank that focuses on the struggling seniors of Southwest Florida. You can also see a few options on how you can make a difference this holiday season by feeding the hungry in our area on page 18.

Take a look at Justin's Place, a 12-month recovery program affiliated with St. Matthew's House. Here people can find hope and a future.

If you still can't decide whether to identify yourself as a diehard cyber shopper or a do-it-in-person shopper, don't miss the fun stuff about today's technology and holiday shopping.

For a laugh, have a look at our humor column. And for motivation, clip the 31-day calendar.

We are providing you with many options for the Season of Giving. Donate gently used furniture, bed linens, kitchen appliances, etc., to the Providence House. Send some money, make food donations or take time to volunteer somewhere. After all, Santa needs all the elves he can possibly find. Be the giving elf! It's great for your heart!

Remember, always keep your faith, prayers work and miracles really do happen.

From the team at *Beyond the Gates*

Happy Holidays!



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WE'RE LISTENING!

FEEDBACK

Isn't it true that only if we are heard can we effect change around us? Be a part of our transformation; let us know your thoughts! Please send us your feedback at *Beyond The Gates Magazine*, 5621 Strand Blvd. Ste. 303, Naples, FL 34110 or email us at debbies@conciergesimage.com.

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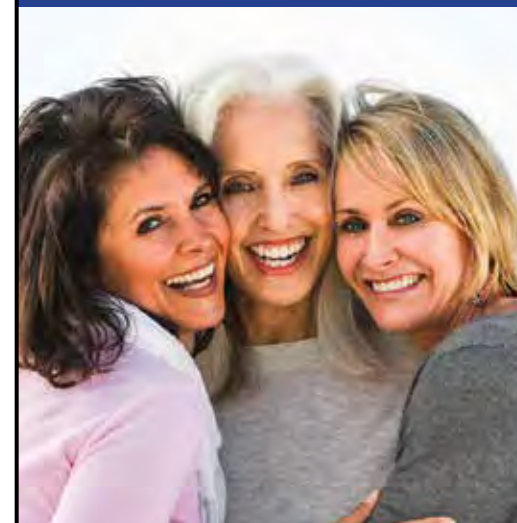
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Sheila Greenspan, brain injury survivor, with her partner, Curtis. Photo by Lane Wilkinson

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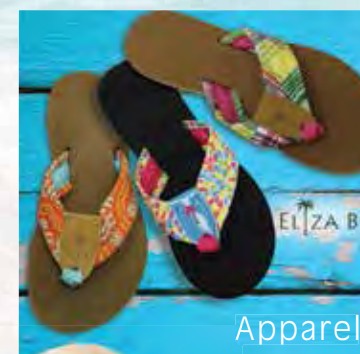
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31 Days of Inspiration

By Sherri Coner

Are you the grumpy type, not exactly filled with a bunch of holiday fa-la-la? But you are surrounded by people who turn into elves the moment Thanksgiving leftovers are wrapped and stacked? Here are some fun ways to work on your holiday state of mind!

... 'tis the season
to be merry
and bright!

1	Pick an old, from-scratch recipe to claim as a new holiday treat.	2	Start a drive for the animal shelter. Collect pet toys, food and kitty litter.	3	Do a favor for a neighbor.	4	Scour antique shops for holiday décor that reminds you of your grandma's house.		5	Encourage family to purge gently used clothing & toys to donate to Goodwill.	6	Write a thank-you note to someone who helped you.	
7	Search the beach for beautiful shells and make holiday crafts with the kids or grandkids.	8	Choose a nonprofit to help this holiday season.	9	Write a letter to an old friend.	10	Volunteer to read a fun story to kindergartners.	11	Sing "Jingle Bells" in the shower.	12	Add red and green sprinkles to your coffee or tea.	13	Donate books your family no longer reads to the local library.
14	Watch "A Christmas Story" with someone.	15	Pick a great dance song. Start your day with it every morning for a week.	16	Buy and deliver groceries for a senior citizen.	17	Decorate cookies, then give them to the local fire department.	18	Invite friends for a sunset party at the beach. Everybody wears a Santa hat; no one wears shoes.		19	Decorate your mailbox.	
20	Take food to a local pantry that's helping feed the hungry.	21	Write letters to your children, listing 20 things you love about them.	22	Leave love notes all over the house for the family.	23	Sing "Rudolph" in the car with the kids or grandkids. At the top of your lungs.		24	Declare your family is "unplugged" for the day. Play board games. Read books.	25	Share holiday treats with officers at the police station.	
	26	Watch the sunrise or sunset.	27	Take a long walk with your family or friends.	28	Start a journal.	29	Take a nap.	30	Talk with your family about what they learned and accomplished this year.	31	List 25 reasons you were happy this year.	

Matinee at the Movies

Story and photos courtesy of the Humane Society Naples

At The Humane Society Naples, our calendar is full of many engaging events. Each is built around a simple philosophy: It must help us raise money to save lives; increase awareness of our services and our animals; and create moments of joy.

The Humane Society Naples and Co-Chairs Philip Douglas and Doug Olsen are currently hard at work planning this year's 17th Annual Fashion Show & Luncheon, "Matinee at the Movies." On Friday, November 6th at The Ritz-Carlton, Naples from 11:30 am - 2:30 pm, join us for an unforgettable afternoon of furry fun, fashion, fine food and refreshments benefiting the orphaned pets awaiting their forever homes at The Humane Society Naples!

The event will feature an exclusive fashion presentation by Marilyn's Distinctive European Fashion and the latest pet fashions from Wholesome Hound. The afternoon's festivities will again be showcased in a most elegant setting: The Ritz-Carlton, Naples Beach Resort, with Naples Illustrated as our Media Sponsor for the event. We will also feature a silent auction filled with must-have items for you and your pet and an exclusive raffle item you won't want to miss!

Does your pet have what it takes to walk the runway at this year's event? If so, create a fundraising page to raise money for the homeless pets by visiting our website at www.HSNaples.org/events for your chance to participate in our most popular fall fundraiser! The top three pets to raise the most support from their family and friends will get to strut the runway in the latest pet fashions!

The Fashion Show & Luncheon plays an essential role in funding the mission of The Humane Society Naples, which is to provide animals with shelter in times of need, locate lifelong homes, and promote responsible pet ownership through education, legislation and sterilization.

Your participation in and philanthropy of our special events has an extraordinary impact on our success in locating forever homes for our pets and the well-being of our community.

To guarantee your seats today or become an event sponsor, please visit our website at www.HSNaples.org or contact the Director of Fundraising Events at events@hsnaples.org or (239) 643-1880, ext. 18.



Working Miracles for Homeless Mothers and their Children

By Sherri Coner | Photos courtesy of Providence House

They are small but mighty.

With less than a handful of staff, the Providence House in Naples works miracles every day in the lives of single mothers and grandmothers with custody of children.

Women in crisis, ages 18 and older, find Providence House through referrals from area agencies, women's shelters and past graduates of the program.

Much of the time, the women move into one of three villas on the property with nothing but the clothes on their backs. Thanks to loving volunteers, each mom's safe new place to rest and work on her tomorrow is fully furnished, all the way down to the dishes and silverware, beds and couches.

During their two-year stay, "We try to get the women to focus only on themselves and their children," says Jim Jenkins, director of operations.

Some of the women work part-time or full-time. Many enroll in classes. While the mothers are responsible for securing childcare outside of the Providence House, dedicated employees can help them with that cost, thanks to grant money.

According to current statistics, nearly one million children in the United States are neglected or mistreated. That risk is highest for the children of a homeless parent. The stress of being homeless with children is unbelievable. Many times, when mothers appear at the Providence House with children in tow, they are exhausted by life.

While helping the women discover their own self-worth and self-confidence, staff members also refer the woman as needed to offsite services, such as counseling.

Once each week, each mother meets individually with her case manager. In addition, the women attend Life Skills classes, where they learn about money management, budgeting, bill paying and reducing debt.

As December approaches, the children at Providence House, ages six months to 10 years, think less about their temporary new homes and more about whether they will have an opportunity to see that big guy in red.

Every year, an East Naples Santa visits the kids at Providence House.

On that particular evening, they get a chance to simply be children, without the adult worries of how to secure housing and manage finances.

When mothers successfully complete the two-year program, they leave with a lot more than they came with.

"We give them everything in the villas except the appliances," Jim says. "That way, they have a good start from here."



Santa arrives at the Providence House Christmas Party last year (left). Providence House and its dedicated volunteers and donors ensure that the children involved with their program get to experience the joys of the holiday season with a party, tree and gifts.

want to help?

To make donations of household items or money:

Providence House
PO Box 128, Naples, FL 34106
providencehousenaples.org

Feeding the Hungry This Holiday

By Sherri Coner

Timidly, the man confessed to Kari Lefort that for three weeks, he had agonized about dialing her office number. He had heard about the recently launched Commodity Supplemental Food program for seniors.

But he was embarrassed to apply for assistance.

"Seniors are very proud," says Kari, who serves as the director of programs for Harry Chapin Food Bank. "And seniors are not able to change their outcome. While housing and medication costs continue to go up, their income remains fixed. They are a population that has a strong need."

Many seniors are financially forced into a corner, such as choosing

whether to eat or buy medications. In addition to not being able to purchase healthy, low-sodium foods, the stress of simply making ends meet from month to month also puts seniors at a health risk.

Senior need is the primary reason why the Commodity Supplemental Food program was launched. Currently, 12 Collier County agencies participate in the program, and 680 Collier County seniors receive monthly food boxes from this program.

"We actually have a wait list right now of 400 seniors in five counties," Kari says.

Meeting the needs of seniors is only one example of how the Harry Chapin Food Bank makes an incredible difference. Helping to feed families and individuals in five Southwest Florida counties is the other goal, and it's a rather amazing achievement, feeding 30,000 families each month, 10 percent of them seniors.

In 2008, when people started to feel the pinch of the recession, the food bank was distributing about 4.4 million pounds of food.

By 2014, that number had jumped to 19 million.

"Although the economy is rebounding, it's not rebounding for many of our clients," Kari says. "Families continue to work more than one job. Often, they are paid wages lower than what they made before the recession."

In some ways, Kari has seen a plateau in regard to overall need. But the number is still higher than it was before the recession.

Like seniors, most if not all younger clients must decide whether to pay their rent and other bills or put food on the table. Being in this kind of a bind is especially difficult when children are in the home.

"Families come to food pantries and other programs we serve to fill their food gap," Kari says.

As always, the Harry Chapin Food Bank remains committed to meeting the needs of thousands. To accomplish that goal, lots of helping hands are required. But thankfully, 6,500 volunteers with huge hearts come out in droves to help make it all happen.

In 2008, when people started to feel the pinch of the recession, the food bank was distributing about 4.4 million pounds of food. By 2014, that number had jumped to 19 million.



Helping Hands this holiday season

Here are just a few examples of how you can help this holiday season. There are many organizations in our area that could use a hand. Check out www.volunteercollier.com for more ways to make a difference now and always!

COLLIER HARVEST

Collier Harvest Foundation is dedicated to providing healthy and nutritious food to our hungry neighbors across Collier County. It is committed to being a reliable and trustworthy source of food provisions for more than 40 partner agencies supporting thousands of families in our community. collierharvest.org



SALVATION ARMY

"Doing The Most Good." Following these four words, its mission is to feed, to clothe, to comfort, to care. To rebuild broken homes and broken lives. "By walking with the addicted, we can lead them to recovery. In fighting hunger and poverty, we can feed and nurture the spirit. And, in living and sharing the Christian Gospel by meeting tangible needs, we give the world a lasting display of the love behind our beliefs." salvationarmyflorida.org

MEALS ON WHEELS

Meals On Wheels serves the infirm and homebound by providing one meal a day to those in need. From Monday through Friday, recipients receive hot meals; frozen meals are provided for weekends. Nearly 200 volunteer drivers make this program possible by providing their own cars and gasoline. In an average month, drivers cover almost 4,500 miles, delivering more than 6,000 meals. mowaa.org

UNITED WAY

United Way of Collier County works to advance the common good by focusing on the building blocks of a good quality of life: education, income, health, and safety net services. A volunteer-driven organization, United Way of Collier County partners with hundreds of volunteers and 34 local charities to provide hundreds of human service programs and annually serves more than 100,000 Collier residents. unitedwayofcolliercounty.org unitedwaylee.org

Give a life-changing gift!

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Straight-talking, pithy, sometimes irreverent, often humorous prose about self-discovery, life and leadership by a former Navy Seal.



"Wrapped in silliness and wit are serious social and moral truths that challenge us to be more than ordinary."

~ A reader in Naples, Florida

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please allow 10 days.

Visit the author at www.chrisbent.com

About the Author:

After Yale and the US Navy, Chris Bent spent 30 years merchandising in department stores. For the last 15 years he has helped his wife with the success of her store, Best Of Everything, in Naples, Florida and Kennebunkport, Maine. Now an author of 6 books with more to come, he says he's "attacking the attack on our traditional values." He sees young men in dire need of leadership. Confusion is rampant about what really has value and how one can make a difference. No chapter is more than 2 pages. Wit and challenge drive every page. According to enthusiastic readers, lives have already been changed.

About the Books:

1-800-FOR-SEALS-ONLY™ is about attacking the attack on our value system.

1-800-OH-MY-GOODNESS™ concerns one's search for relevancy.

1-800-LAUGHING-OUT-LOUD™ urges readers not to take themselves too seriously.

1-800-FOR WOMEN ONLY™ is about how stupid men are.

1-800-I-AM-UNHAPPY, VOL. 1 & 2™ offers some suggestions for how to help others smile.

THE New-Age holiday Dilemma

ONLINE VS. IN-STORE SHOPPING

BY MICHAEL BOHN

THE HOLIDAYS ARE RIGHT AROUND THE CORNER AND, THANKS TO THE RISE IN TECHNOLOGY, WE ARE NOW FACED WITH ONE MORE DILEMMA: SHOULD I BUY IT ONLINE OR IN PERSON?

These two distinct methods for shopping can dominate our thought processes during holiday season, so Beyond The Gates is here to break it all down.

The advantages and disadvantages of each method are quite clear. You can purchase an item online, saving money and time, but the item may not be exactly what you were expecting. Going the traditional route, visiting your local department store will ensure you get what you want, but it might cost more. England-based consumer psychologist Philip Graves recently broke down this scenario in an article for the Chicago Tribune.

"In general terms, the more you care about getting the right product the first time out, the more useful it will be to buy from a store," says Graves. Graves goes on to say that the more subjective an experience you will have from the product, the more beneficial it will be to buy it in a store where you can experience the product firsthand.



CLICK HERE →

- »» to save money
- »» avoid crowds

GO THERE →

- »» to get into the holiday spirit
- »» bond with family and friends
- »» get the right size/color gift the first time

Alicia Beninson, a millennial from Fort Myers, agrees with this approach and echoes Graves' methodology. If she's buying something like a kitchen item, she orders online; but for more subjective items like clothes, she doesn't feel that's the way to go.

"When shopping for clothes, I always go in person," says Alicia. "I have a specific body type, so finding clothes that fit right can be quite a challenge. To bypass the annoying process of receiving clothes in the mail that don't fit right, just to have to send them back and order again, I just assume: Go in person and get it right the first time."

Going shopping in person not only decreases the chance you'll make an unsatisfactory purchase, it can also inspire you to get into the holiday spirit. With today's crazy schedules, it

can often be unnerving to get into the holidays when there is so much to be done. If you are in this mindset, shopping at your local department store may just help you find your holiday spirit. The nostalgic music cues up memories of previous holidays spent with loved ones; the holiday decorations elevate the experience, triggering additional warm feelings; and people greeting one another with friendly holiday salutations incites feelings of connectedness. It all works in unison, helping you feel more comfortable with what can be an unsettling transition.

Shopping in person can also be a special time to bond with family and friends. When children start leaving the nest for college or careers, opportunities to provide for them diminish with every passing year. Kathleen Adler from Fort Myers said she

enjoys the bonding shopping can encourage.

“My children don’t need me like they once did,” says Kathleen. “My kids are at that age where they are starting to become financially self-sufficient. These days, any chance I get to provide for them is an opportunity I relish.”

Whether you shop online or team up with friends and family to hit the local shopping destinations, remember the holidays are a time to slow down and reflect on what’s most important. In an age where we are all too busy to take our eyes off our smartphones, even for the second it takes to say hello to a community member, we all need to appreciate these special days.

So, to wrap up this holiday dilemma: If time is an issue, your best bet is to get your item at your local department store. If time is on your side and the item is not something subjective, get out that smartphone and place an online order. ♦

favorite apps

FOR SHOPPING IN PERSON

TalkTo: Have you ever called a store to see if they had the item in stock before wasting gas and time driving to the store but were placed on hold so long you eventually gave up? Then you made an unnerving drive to the store, only to find out whatever you planned to buy isn’t available — which you could have found out by phone had you not been placed on hold forever.

The up-and-coming app TalkTo gets you fast answers to questions you pose to local businesses via text. No more getting stuck on hold, and no more making unnecessary commutes to the store. Use TalkTo to compare prices and check product inventory, saving you time and money — the two things that dwindle as the holidays approach.

FOR SHOPPING ONLINE

PoachIt: Ever find a great deal on an item but wonder if you could do just a little better? Prices change so rapidly, how can you ever know you’re getting the best deal? Well, PoachIt will track a particular item you’ve flagged and tell you when it goes on sale — no small task when retailers raise or drop prices at a moment’s notice. PoachIt will also send you documented coupon codes for discounted items. Click on PoachIt’s “Deals” section to find lots of marked-down products.



FINDING YOUR holiday spirit IN SOUTHWEST FLORIDA

Southwest Florida has amazing shopping destinations beautifully decorated for the holidays, from the historic buildings of Third Street South in Olde Naples and Tin City to the sidewalks of Naples’ Fifth Avenue, the waterfront Village on Venetian Bay to the



metropolitan Mercato. Don’t forget the one-of-a-kind deals at Miromar Outlets! Each of these areas tantalizes the senses and feeds the soul with unique boutiques and shops, and an inspiring display of the twinkling lights to get you in the holiday spirit.

- Best of Everything**
747 5th Ave. S., 239-262-8771
3652 Tamiami Tr. N., 239-403-8771
28194 Tamiami Tr. S., 239-948-5828
- Fifth Ave. South**
US 41 and 5th Ave. S.
- Encore Resale Shop**
3105 Davis Blvd., 239-775-0032
- Spectacles of Naples & Shades By Spectacles**
At Mercato, 9118 Strada Place, Suite #8125, (239) 566-9300
- Miromar Outlets**
I-75, exit 123, Corkscrew Rd. / Miromar Outlets Blvd., between Naples & Ft. Myers, 239-948-3766
- Third Street South, Old Naples**
239-434-6533
- The Village on Venetian Bay**
4300 Gulf Shore Blvd.

HERE ARE SEVERAL kinds of hell.

One is feeling the painful bites of fire ants as you lie in the dark woods, mosquitos buzzing around you, keeping you from sleep so that the whole night passes with your ear attuned to every twig that cracks. That sound may herald someone coming — someone to rob you, beat you or worse.

This was Sharon’s life at 25 years old. Drugs had taken her job, her home and her health, but then God intervened. Sharon had a stroke, and the team at Bonita Springs’ Café of Life stepped in to help. Sharon lived, completed rehab, got a job and a house, and has been drug-free for years. Without the Café of Life, her story could have had a much different ending.

So it would have been for hundreds of others — 90 percent of them Hispanic, 10 percent homeless, but all of them human, and all in need of food, clothes and the helping hand that the 337 dedicated volunteers of the Café provide.



CHANGES Lives

BY KITT WALSH | PHOTOS COURTESY OF CAFÉ OF LIFE



CARING... SHARING... SERVING.



The Café of Life is a faith-based institution, not affiliated with any particular denomination or religion. Its mission statement says it believes the teaching of all great religions, which says that one must love and help one's neighbor in times of need.

The Café serves up two things every weekday from 10 to 11 am at Leitner Neighborhood Park: a prayer and a hot meal. Both are equally important.

Supplemental groceries, provided by restaurants, supermarkets and Farmer Mike's, are also given out, with toiletries (diapers are in great demand) and used clothing. The Family Medical Clinic

comes weekly to provide medical services. Other non-profits give help with legal documentation; financial assistance for rent, utilities and prescriptions; and transportation to medical appointments or job interviews.

Other services rendered remind us of the humanity of both those who serve and those who are served. There are weekly storytelling sessions; monthly story reading with a new book to take home; free monthly haircuts and holiday meals, stockings and toys for the children. There have been ice cream socials and donated family portraits at Christmas and everywhere, from everyone, there are

warm smiles and a sense of brotherhood.

Volunteer Sue Pracy, who is on the board of directors and the operations committee for the Café, was asked to help by someone in her church back in 2002. She is still helping.

"I have seen lots of people come when they are in trouble, go to rehab, straighten out their lives and we never hear from them again. But sometimes a person will return and thank us saying, 'When I was down and out, you helped and fed me. Without you, I don't know if I would have survived,'" she says.

But Sue also points out that the need goes on. "Often the only meal a child gets is at school, so every Friday, we try to send home food for the children to eat over the weekend. Things like that and volunteering here makes me focus on the gifts God has given me." ♦

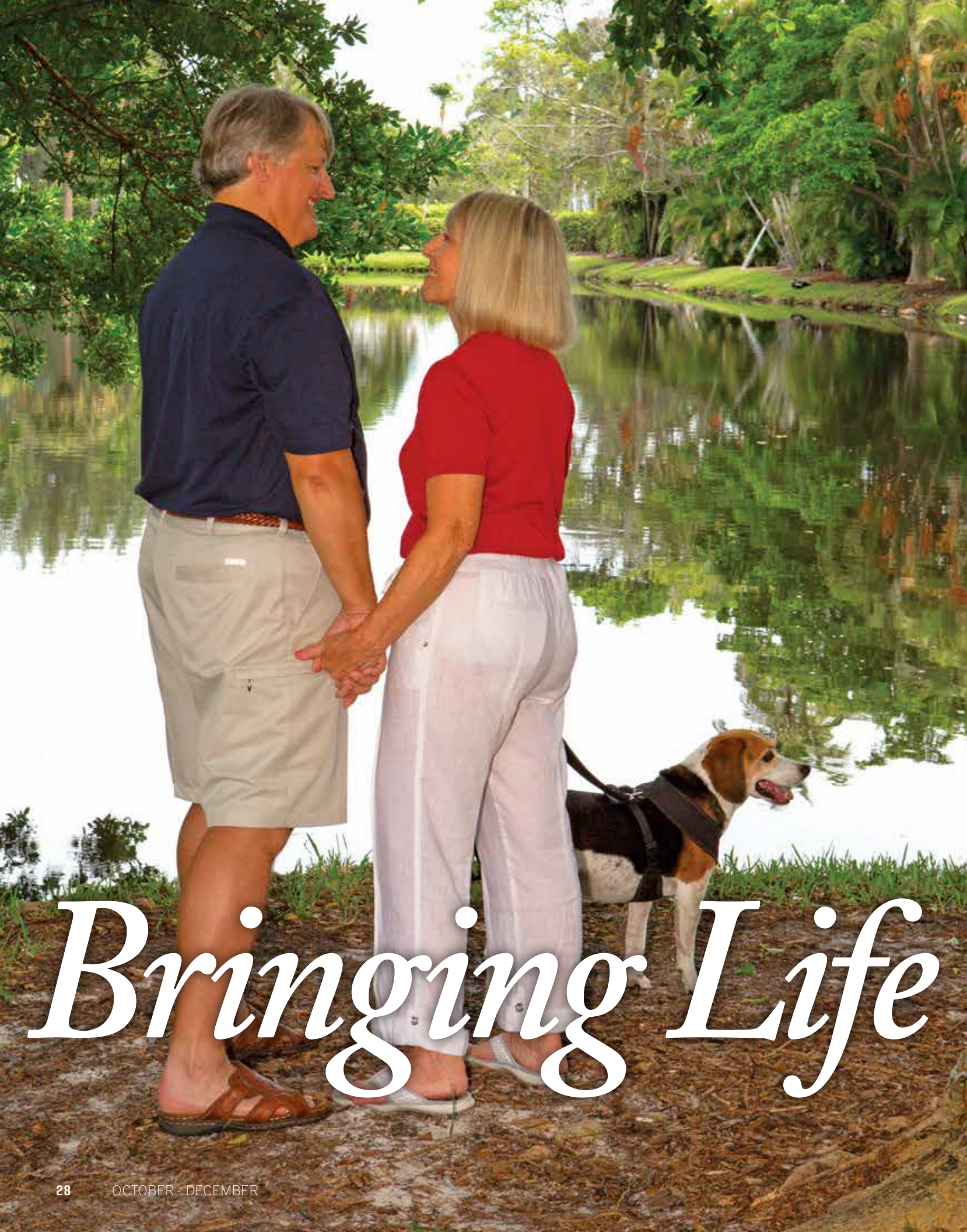


Clockwise, from top left: The new Café of Life serving site at Leitner Neighborhood Park; children enjoying the playground at Leitner Neighborhood Park; Site Manager/Volunteer coordinator Yadi Munoz; a few of the many dedicated Café of Life volunteers; Café of Life's new van; gently used clothing table for the clients; mother and children enjoying lunch.



want to help?

For more information or to donate needed items or money, visit www.cafeoflife.org.



Bringing Life FORWARD

For nearly two years of recovery time, Sheila Greenspan's determination and spunk helped her become the proud brain injury survivor she is today.

By Sherri Coner | Photography by Lane Wilkenson

Sheila Greenspan's life took a sudden turn 18 months ago, right in the middle of her daily routine. As her partner Curtis left their Naples home that morning to walk their dog, Jake, Sheila went to the kitchen to prepare Jake's food.

When Curtis returned a few minutes later, he found Sheila on the floor.

"I had no idea what happened," Sheila says. "I had apparently fallen. But I didn't remember feeling faint or dizzy. I hit my face on the counter and the back of my head on the tile floor."

Dazed, she struggled to stand. But Curtis insisted that she remain immobile on the floor. He also called 911. But Sheila refused medical treatment. "I thought I was fine," she says. "I had no idea why I suddenly fell. But I truly thought I was fine."

Later in the day, her condition quickly deteriorated. She was dizzy and nauseous.

An emergency visit to her family doctor resulted in an immediate hospital admission. After testing, Sheila learned that she suffered a brain injury in the fall. Three areas of her brain were bleeding. Medical staff also discovered two subdural hematomas.

"At the hospital, I slept for two weeks," Sheila says. "It was not a medically induced sleep. My body just shut down."

After the two-week stay at Naples Community Hospital, Sheila was transferred to Brookdale Center for Healthy Aging and Rehabilitation. Treatment there stretched into three weeks.

Within 24 hours, this incredibly vibrant and successful entrepreneur, who is also a breast cancer survivor, was unable to even feed herself. Her mind was fuzzy, especially her short-

term memory. When a therapist prompted Sheila to move the hands on an oversized clock to read 6:05, Sheila could not follow through.

"I couldn't tell time," she says. "I thought, 'This is something I have to learn.' I had no idea that I had known how to tell time before. I was astonished by all of it."

When Sheila was released from Brookdale, Curtis hired a nurse to assist her at home while he was working. He feared that Sheila might take another fall.

"In a week or so, I discharged her," Sheila says of the nurse. "I don't need someone to watch me shower and all that. No, I don't."

Then Sheila's daughter flew to Florida from California. She insisted that her mom remain on the first floor of her home, to avoid climbing the stairs. She also removed all the throw rugs.

But this very determined woman followed her daughter's instructions about as well as she dealt with having a nurse in the house to observe her every move.

"As soon as my daughter left, I rearranged everything the way I like it to be," Sheila says.

Because her speech and physical movements were delayed, Sheila waited for three months before deciding to drive again.

During those months, she was regaining her physical strength and coordination, but still struggled with her memory.

"I would be driving and suddenly think, 'Now, how did I get here? This isn't the street I was looking for,'" says Sheila. "Then I used my GPS to get home."

For nearly two years of recovery time, Sheila's streak of stubbornness, mixed with an extra amount of determination and spunk, helped her become the proud brain injury survivor she is today. Six months ago, Sheila joined Brookdale's Brain Injury Peer Visitor Association. She also recently joined the NCH Patient



Sheila enjoys a day at Lowdermilk Park recently with Curtis and their loyal friend, Jake (left); Sheila still takes joy in the fun activities she loved prior to her brain injury, as seen in home photos above.

Experience Advisory Committee, chaired by Administrative Director Heather Baker.

When she introduces herself, the woman who is now playing tennis again, chatting happily with friends, traveling and thoroughly enjoying her busy life, Sheila believes she leaves patients and their families with hope and reassurance.

"I still have no ability to smell good things," Sheila says lightly. "But I also don't smell Curtis after he comes home from the tennis court."

No matter how frustrating so many moments have been, Sheila never once believed that she would be anyone except who she was before the brain injury occurred.

"I have learned that I can do just about anything," she says. "Anything I set my mind to, I can do." ♦

According to Heather Shepard Baker, the Administrative Director for NCH's Brookdale Center for Healthy Aging and Rehabilitation, "Our rehabilitation hospital professionals are committed to offering the programs and services needed to facilitate optimal outcomes. Sheila was able to receive a structured therapy program with close medical management. This gave her the chance to be close to home, near family and friends. The Brookdale Center offered Sheila the quality of care with a team approach that is so important to help facilitate a thorough recovery." NCH Brookdale Center for Healthy Aging & Rehabilitation is the only rehab hospital in Collier County. For more information, please visit www.nchmd.org/brookdale or call (239) 552-7222.

want more info and help?

Sheila welcomes the opportunity to talk to anyone regarding their brain injury or a caregiver who may need support. Contact her at sheila@privilegedbusinessconsulting.com

Preventing Traumatic Brain Injury

By Kitt Walsh



Sometimes a bump on the head is more than just a bump.

Traumatic brain injury (TBI) stemming from a blow or jolt to the head is caused by bleeding within the skull, resulting in pressure on the brain. According to the Centers for Disease Control, in 2010 alone, 2.5 million people in the USA suffered TBI. Ranging from mild to severe, TBI disrupts the normal function of the brain, with results ranging from a brief change in mental status (confusion or disorientation) to an extended period of unconsciousness or amnesia.

Sometimes the changes are obvious, sometimes not.

"Neurological changes are sometimes delayed," says Dr. David Pitts, Medical Director and Physical Medicine and Rehabilitation (PM&R) physician at NCH Healthcare System's very own Rehab Hospital the Brookdale Center for Healthy Aging & Rehabilitation. "If arteries are involved, it can be a very fast bleed; but if it is the veins, the bleed might be slower."

If someone has suffered a trauma, especially one that involves a loss of consciousness, he or she should be evaluated at an emergency room or urgent care clinic right away. To delay can be very dangerous, as was evidenced by the sudden death of actress Natasha Richardson. She suffered an apparently minor fall on a ski slope in 2009, and refused treatment from paramedics twice. Complaining of a headache at her hotel a few hours later, she was dead the next day of an epidural hematoma.

The top three causes of TBI are car accidents,

falls and firearms incidents. Young adults and seniors are at the highest risk for TBI, but prevention should be Job One, and there are many things you can do to reduce the risk of brain injury:

- Avoid alcohol and drugs: Don't drive under the influence of either, and pay strict attention to your use of prescription medicine.
- Use safety equipment: Always wear a seat belt while driving, and make sure children are secured in an appropriate-sized car seat. Ensure air bags are in working order, and wear a helmet when biking or skating and on a motorcycle, snowmobile or ATV. Wear head protection while playing sports, riding a horse, skiing or snowboarding.
- Prevent falls: Install handrails on both sides of staircases and in bathrooms. Avoid using area rugs, and put a nonslip mat in the bath. Keep stairs clear of clutter and well lit. Put all necessary items within reach without need for a stepstool. Get your vision checked regularly. Exercise to improve balance. Wear shoes indoors and out.
- Watch the kids: Put safety gates at the top of stairs and window guards on windows. Use playgrounds with shock-absorbent materials like hardwood mulch or sand on the ground.

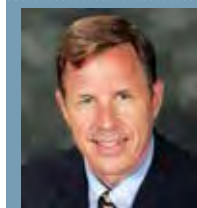
WHAT SHOULD YOU DO IF SOMEONE FALLS?

Seek medical attention right away if there is a loss of consciousness. Imaging technology (CAT scan, MRI, SPECT and PET) will identify possible problems. Cognitive evaluation by a neuropsychologist can help determine if there is bleeding in the skull, so that respiration can be monitored and intracranial pressure relieved. Neurosurgical intervention may be required.

Following initial treatment, a detailed neuromuscular examination will be conducted to determine the course of treatment, which may include physical, occupational and speech/language therapy in a rehabilitation facility such as Brookdale Center on either an in- or outpatient basis.

"Each patient is different," stresses Pitts, but there is hope. "After a fall, many people can recover and enjoy a good quality of life."

For more information on TBI, visit www.traumaticbraininjury.com. For more information on Brookdale Center for Healthy Aging & Rehabilitation, the only rehab hospital in the area, visit www.nchmd.org/brookdale.



David Pitts MD, FAAPM&R
Physical Medicine and Rehabilitation (PM&R) Medical Director

Medical Education
Board Certified by the American Board of Physical Medicine and Rehabilitation. His internship and residency were completed at the University of Pittsburgh Medical Center and the Thomas Jefferson University Hospital.

Academic and Clinical Accomplishments

- *Department Chief—Rehabilitation*
- *Medical Director, Comprehensive Inpatient Rehabilitation Unit*
- *Physician Director—Inpatient Hospital Pain Management Consult Service*
- Union Memorial Hospital, Baltimore, Maryland Medical

- *Selected for Best Doctors in America, 2007-12*

Clinical Interests

- *Diseases of the Nervous System and Neurorehabilitation with a focus on stroke and neurological impairment*
- *Management of post-op pain and medical conditions to facilitate functional recovery*
- *Rehabilitation and recovery of orthopedic conditions*

As seen in
Beyond The Gates
magazine

Keys to Success

By Sherri Coner



A strong entrepreneurial spirit that began with a childhood lemonade stand and an equally strong commitment to customer service might just be the keys to Theo Etzel's success with Conditioned Air in Naples.

Hailing from the Miami area, Theo started as a sports announcer for football and water polo. He developed a love for a microphone and voiceover work while interning at WKAT radio on Miami Beach, then studied economics and finance at Stetson University while continuing to dabble in radio.

"That experience with broadcasting has served me well with marketing the business," Theo says.

Fresh out of college, he married Kim, his high school sweetheart, then accepted a position with Days Inns of America in real estate acquisition for the state of Florida. After quickly advancing in the company, Theo moved his family to Atlanta and served as vice president of development.

"Sometimes, it's not so much about what we do but how we do things," he says.

While living and working in Atlanta, that entrepreneurial spirit showed up again when Theo bought two Ben & Jerry's ice cream franchises. He also made time to serve as a staff member for Habitat for Humanity, building homes and acquiring and rezoning land in north Fulton County for the organization.

In 1995, Theo and his family headed further south, where he assumed the position of president and CEO of Conditioned Air Corporation of Naples Inc. At the time, it was a \$2.7 million operation in the residential market with 27 employees.

"I didn't know anything about air conditioning," Theo says, "but I

do know how people want to be treated."

These days, Conditioned Air is a \$40 million company with branch offices in Fort Myers and Sarasota and more than 300 employees.

But through the years, Theo has remained loyal to treating others how they

deserve to be treated, which includes community service.

In 2011, Conditioned Air was awarded the Uncommon Friends Foundation Business Ethics Award for its commitment to Integrity in its business practices.

In the midst of it all, Theo views himself as the designated coach.

"I hire people smarter than me, and we work hard for the customers we serve. Actually, our customers are our real employers."

With a grown son and daughter, and a granddaughter too, life stays busy for Theo and Kim. In their spare time, they enjoy participating in food and wine tours and cooking classes in Europe.

But this very friendly guy with the deep, warm voice also enjoys an occasional game of golf and loves music.

"I play the stereo; that's the only musical instrument I play," Theo says with a laugh.

Regardless of the tough economic climate in the last few years, Theo and his team continue to look forward with only positive attitudes.

"We are successful because of the people we have on board," he says. "They truly believe in our approach to customer service. Very few people do things the way we do."

"Sometimes, it's
not so much about
what we do but
how we do things."

With Help Comes Hope

How One Man Escaped His Traumatic Upbringing and Charted a New Course for the Future

Story and photo courtesy of David Lawrence Center



case manager and was referred to group therapy.

Steven began to understand his symptoms, learned coping skills to calm the voices and discovered when to ask for help. The center helped him get on disability, and he soon created a skill set to increase mental stability.

Steven began building his confidence, put in the work and accessed the support he now knew was available.

"David Lawrence Center helped me find my personal strengths... They never gave up on me."

Steven, a 37-year-old with a quick wit and kind demeanor, had a "rough" childhood riddled with abuse, hallucinations, suicidal thoughts and isolation.

Steven explains his traumatic upbringing: "My mother was very intense. She was psychotic and abused alcohol and prescription drugs. She was physically and mentally abusive."

In junior high, he started hearing voices that he couldn't escape. Knowing his mother was not a source of support, he suppressed the voices. This turned into pent-up anger and aggression.

"The negative voices were a constant battle that prevented me from ever feeling happiness," Steven says. "I never had any friends, and I was alone a lot."

After high school, he began working as a carpenter; but without treatment, life was a struggle. He was taken advantage of by his employer and couldn't make ends meet. Steven moved back in with his mother, reawakening the tumultuous effect she had on his sanity and wellbeing.

"I thought I was losing my mind. I couldn't concentrate. I had no physical control over myself. My head just wasn't right," Steven says. He finally asked for help at the David Lawrence Center. There, a psychiatrist diagnosed him with schizophrenia and symptoms of anxiety and depression. He was prescribed medication to "calm the storm in his brain" and then began working with a therapist and a

When his mother tragically drowned in their pool, followed by the sudden death of his sister, he had the support in place to help him cope. When he needed extra help, he leaned on the Crisis Unit rather than suffering in silence.

Today, Steven knows he is doing well. He shares with a smile, "My past is no longer the ruler of my direction. David Lawrence Center helped me find my personal strengths." He is taking his life in a new direction, making new friends and continually seeking positive sources of happiness. He concludes, "David Lawrence Center has been a constant source of help and stability. They never gave up on me. For that persistence, I am the most appreciative."



For more information, contact the David Lawrence Center, 6075 Bathey Lane, Naples, FL 34116, 239-455-8500, DavidLawrenceCenter.org



Finding Hope and a New Life

by Sandra Yeyati

Roughly one year ago, Mary Ann overdosed. She doesn't remember drinking so much that fateful night, but she does remember waking

up in the hospital after undergoing medical detoxification. The doctor said her blood alcohol level measured .5 percent. She was lucky to be alive.

When she was released from the hospital, Mary Ann couldn't go back home. "I got Baker Acted, so I was supposed to go to a 28-day detox program — but I guess I didn't qualify for some reason, so I was taken to St. Matthew's House," she says.

Based in Naples, St. Matthew's assists the neediest in our community, providing shelter for the homeless, food for the hungry, recovery for the addicted and renewed hope for all.

Because there were no empty beds on that particular evening, Mary Ann slept on the floor in the women's dormitory. She had been in and out of other rehab facilities and had gone to several Alcoholics Anonymous (AA) meetings in town, but until that point, she hadn't dared to set foot in St. Matthew's.

"I thought it was dirty, that the people there were low bottom drunks, and that I was better than that — you know, not my kind of people, not my kind of meeting. And when I found myself sleeping on the floor of the women's dorm, when I say it was humbling ... it was very humbling," she says.

Realizing she had reached a truly low point in her life, and that if she didn't change she would probably die, Mary Ann voluntarily enrolled in St. Matthew's year-long recovery program, Justin's Place, with strict rules, chores, an intense lineup of classes, AA meetings, bible study and one-on-one work with a case manager. She slept in a common room with 10 other women.

"I needed to have my brain reorganized," she explains. "I needed a transformation. I didn't really use that word, but when I heard about it and saw what other people had achieved through their faith in Jesus and their relationship with Jesus and the program, I was not leaving until I got it."

During those early days at Justin's Place, Mary Ann found an

accepting and supportive community.

"Nobody ever looked at me with anything less than dignity and love," she says. "You're with all these women 24 hours a day, seven days a week, 365 days out of the year, and whatever your defects are, whatever your flaws are, they become apparent and magnified."

Many times during her stay at Justin's Place, Mary Ann thought about quitting the program and having a drink, but when she remembered all the positive things that were happening, she stayed the course.

"I had people on the staff that loved and supported me. I knew that if I stayed, I could develop relationships that would support me all my life, whereas if I went home, I would eventually drink again, because I'd done that before," she says.

In July, Mary Ann graduated from Justin's Place, declaring that she was transformed, emotionally healed and feeling stronger and clearer than she had ever felt before. She has a new apartment and a car and plans to intern at St. Matthew's, educating residents and people in the community about alternative, holistic healthcare options. As she embarks upon this new phase in her life, she is armed with powerful coping tools.

"When I get angry, I've learned, number one, to pause. I've learned not to react. Don't listen to my feelings. Talk to somebody. Share how I feel. Write about it. Pray about it. Don't isolate. Be honest. And any combination of those things in any given case will probably keep me out of trouble or put me back on track," she explains.

Vann Ellison, president and CEO of St. Matthew's House, has seen many similar transformations during his 11-year tenure.

"The real character of a community is reflected by how we treat the less fortunate — those who are broken," he says. "I'm so grateful that St. Matthew's House gets to be a voice in our community that says, 'The lives of all of our people matter. Every citizen, every person in this community is of value to our whole community.' I think it's a great privilege to stand tall and represent that kind of grace in a community like this."

Mary Ann's future looks bright as she exclaims, "I'm born again. I'm no longer a drug addict. I'm no longer an alcoholic. I'm a child of God, and I'm a whole new person. I feel very hopeful. I feel light. I feel happy. I feel so grateful. I feel so blessed. I feel amazed. I feel like it can only get better and better. I'm expecting good things."

"I needed a transformation... when I saw what other people had achieved through their faith and their relationship with Jesus and the program, I was not leaving until I got it."



St. Matthew's House offers public tours of their facilities. For more information, call 239-774-0500 or visit StMatthewsHouse.org.

Cooks' Corner

by Michael Bohn

The holidays are a special time of the year. All life's little stresses seem to melt away as the kitchen gets busy and chatter starts to fill the house. During these special days, we put aside the monotony of our everyday lives and focus on family, tradition and food! Beyond The Gates has gathered two recipes a bit different from your typical roast turkey or ham. We wanted to give our special readers some additional ideas for this year's holiday meals.

Now practically speaking, there are two types of families. Family A would rather spend the holidays having one-on-one conversations with family members than in the kitchen preparing food. On the other end of the spectrum is Family B that loves spending time in the kitchen. Duties are evenly divided between its members, and the socializing is accomplished through the preparation of the food.

Whether your family is one of these or falls somewhere in between doesn't matter. What matters is each family stays true to its own unique tradition and ritual.

RECIPE
FOR
FAMILY B:

Baked Stuffed Lobster

Serving Size: 2 people

Ingredients

- | | |
|---|---------------------------------|
| 2 - 1½ pound Maine lobsters, live | chopped |
| 8 medium-sized shrimp, peeled, deveined and split | 1 teaspoon fresh thyme, chopped |
| 8 raw sea scallops | 1 teaspoon Old Bay seasoning |
| ½ cup lump crab meat | Salt and pepper to taste |
| 10 tablespoons unsalted butter | 2/3 cup very dry sherry |
| 1 large shallot, diced fine | 2 cups Ritz crackers |
| 1 tablespoon fresh parsley, | 1 whole lemon |
| | 10 tablespoons melted butter |
| | 2 - 8"-10" bamboo skewers |

Directions

Preheat oven to 425 degrees and line a sheet pan with foil.

1. Melt 6 tablespoons butter in large skillet over medium heat, add diced shallots and cook for 5 minutes.
2. While the shallots are cooking, split the live lobsters. Using a sharp knife, split them through the bottom of the lobster. Pierce the head and cut down through the tail. Now carefully split the lobster open, removing all the liquids, tomalley, roe and the brain. Skewer the lobster starting at the tail and up through the body (this will prevent the tail from curling while baking). Place the lobsters on the sheet pan.
3. Add shrimp and scallops to the butter and shallot mixture and season with salt, pepper and Old Bay. Cook shrimp and scallop mixture for 2 minutes on medium-high heat. Turn heat to high and add the sherry; the mixture may flame, so be careful. Cook until the flames go out and all the liquor is cooked off. Add the parsley, thyme, lump crabmeat and juice from half a lemon. Remove from heat and add the crushed Ritz crackers, stirring until the stuffing holds together.
4. Divide the stuffing evenly among the 2 lobster halves, filling the empty cavity and covering the tail with the remaining stuffing. Drizzle the 2 halves with the 4 tablespoons of remaining butter, and bake the lobsters until the filling is golden brown on top and the lobsters are heated through and thoroughly cooked, about 10 to 12 minutes for a 1½ pound lobster. (The temperature on an instant-read thermometer inserted into the lobster meat should register 145 degrees F.) Serve with melted butter.

You can purchase live Maine lobsters at Bill's Steak and Seafood.



RECIPE
FOR
FAMILY A:

Skirt Steaks with Chimichurri

Serving size: 4-6 people

Ingredients

- | | |
|--|--|
| 1 cup fresh flat-leaf parsley leaves, minced | 1½ pounds skirt steak, cut crosswise into 3 pieces |
| ½ cup canola oil | 1 tablespoon smoked paprika |
| 1 teaspoon crushed red pepper flakes | Kosher salt and freshly ground black pepper |
| 8 cloves garlic, minced | flat-leaf parsley leaves for garnish |
| ¼ cup white vinegar | |

Directions

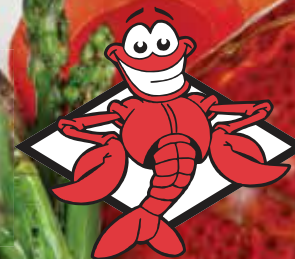
1. For the chimichurri: Combine the parsley, canola oil, vinegar, red pepper flakes and garlic until blended well. Salt and pepper to taste.
2. Put the steak in a large baking dish; add the green chimichurri and turn to coat. Cover and refrigerate for at least 4 hours and up to 24 hours. Remove the steak from the marinade and place on a plate 30 minutes before grilling (this will guarantee the steak cooks evenly).
3. Preheat a charcoal or gas grill to high heat.
4. Sprinkle the steaks with salt and pepper on both sides. Grill until charred on both sides and cooked to medium-rare doneness, about 5 minutes per side. Remove from the grill and let rest on a cutting board for 5 minutes. Cut the meat across the grain into thin slices, top with the chimichurri and garnish with parsley leaves.

If you are short on time or just want to cut out some work, you can purchase freshly made chimichurri from Martin Fierro Steakhouse.



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HOLIDAY BOAT PARADE



DEC. 15

Boat Parade VILLAGE ON VENETIAN BAY
Join us for a Village tradition as we watch the twinkling procession of boats making their way down Venetian Bay. Enjoy live entertainment, a snow show, a magician, face painting, balloon art, holiday carolers, stories with Mrs. Claus and a special appearance by Santa Claus. 5 - 8 pm, boat parade starts at 6:30 p.m., 4200 Gulf Shore Blvd. N., (239) 261-6100, venetianvillage.com

OCTOBER

- 1-31: National Seafood Month at Bayside Seafood Grill and Bar**
4270 Gulf Shore Blvd. N., (239) 649-5552, baysideseafoodgrillandbar.com
- 2: Chip in for DLC Golf Tournament**
Marco Island Marriott Golf Resort Rookery Course, 3433 Club Center Blvd., lunch and registration at 11:30 am, tee-off at 1 pm, (239) 455-8500, davidlawrencecenter.org
- 9-11: Pure Pink Weekend Retreat**
Hosted by Pure Florida, at Residence Inn, Naples, 4075 Tamiami Tr. N., (239) 659-2309, purenaples.com
- 10-25: Gulfshore Playhouse Presents: *The Glass Menagerie* by Tennessee Williams**
The Norris Center, 755 8th St., gulfshoreplayhouse.org

**OCTOBER 23 - 25:
6TH ANNUAL
STONE CRAB FESTIVAL**

Taking place at several connecting locations on the Old Naples Waterfront. The Stone Crab Festival will offer plenty of fresh stone crab claws, music, events, art and a ton of fun activities for the whole family!

1500 5th Ave. S.,
www.stonecrabfestival.org

- 14-Nov 8: The Naples Players Presents “Something Afoot”**
701 5th Ave. S., (239) 263-7990, naplesplayers.com
- 20: Outdoor Movie: *Hunger Games Mockingjay Part I***
Mercato, 9132 Strada Pl., 7:15 pm, mercatoshops.com
- 24: Fine Art & Craft Show**
580 8th St. S. & Cambier Park, 10 am - 4 pm, fifthavenuesouth.com
- 25: Community Day at Artis-Naples**
5833 Pelican Bay Blvd., 12 - 5 pm, (239) 597-1900, artis-naples.org, FREE ADMISSION
- 28-31: Third Street South Annual Fall Sidewalk Sale**
3rd St. S., 10 am - 6 pm, thirdstreetsouth.com

- 31: 5th Annual Halloween Spooktacular on 5th**
5th Ave. S., 4:30 - 9:30 pm, (239) 692-8436, fifthavenuesouth.com
- 31: Children's Costume Contest**
Miromar Outlets, 10801 Corkscrew Rd., Estero, 4 pm, (239) 948-3766, miromaroutlets.com

NOVEMBER

- 3: The U.S. Army Field Band**
855 8th St., 7 pm, fifthavenuesouth.com
- 5: Music Night Series: *Thomas Wynn and the Believers***
Mercato, 9132 Strada Pl., 6 - 9 pm, mercatoshops.com

- 6: Air Supply**
Hayes Hall, 5833 Pelican Bay Blvd., 8 pm, (239) 597-1900, artisnaples.org
- 6: Fashion Show & Luncheon Benefiting Humane Society Naples**
The Ritz-Carlton Beach Resort, 280 Vanderbilt Beach Rd., 11:30 am - 2:30 pm, (239) 643-1555, hsnaples.org
- 14: The Naples Grape Escape Food, Wine & Craft Beer Festival**
5th Ave. S., 6 - 9 pm, fifthavenuesouth.com
- 14: BaconFest Naples**
526 Terminal Dr., 11 am - 5 pm, (239) 293-0104, facebook.com/BaconFestNaples

- 14: Yo Yo Ma**
Hayes Hall, 5833 Pelican Bay Blvd., 8 pm, (239) 597-1900, artisnaples.org
- 23: Christmas on Third**
3rd St. S., 6 - 9 pm, thirdstreetsouth.com
- 27: Grand Illuminations Tree Lighting Ceremony**
Village on Venetian Bay, 4200 Gulf Shore Blvd. N., 5 pm, (239) 261-6100, venetianvillage.com

DECEMBER

- 3: 41st Annual Christmas Walk and Tree Lighting Ceremony**
5th Ave. S., 5 - 8:30 pm, (239) 692-8436, naplesgov.com
- 5-6: *The Nutcracker***
Hayes Hall, 5833 Pelican Bay Blvd., Sat. at 2 & 8 pm, Sun. at 2 pm, (239) 597-1900, artisnaples.org
- 8: Naples Christmas Parade**
3rd St. S. to 5th Ave. S. Downtown Naples, 6 - 8 pm, (239) 213-7120, naplesgov.com
- 11-22: The 12 Days of Christmas**
Miromar Outlets, 10801 Corkscrew Rd., Estero, (239) 948-3766, miromaroutlets.com

- 12: Naples Bay Christmas Boat Parade**
Naples Bay, 890 River Point Dr., 6:30 - 8:30 pm, (239) 682-0900, miacc.org
- 17: Santa Paws**
Village on Venetian Bay, 4200 Gulf Shore Blvd. N., 5 pm, (239) 261-6100, venetianvillage.com
- 26-28: *The Producers* Broadway Tour**
Hayes Hall, 5833 Pelican Bay Blvd., Sat. at 2 & 8 pm, Sun. at 2 & 7 pm, Mon. at 8 pm, (239) 597-1900, artisnaples.org

- 31: Larry Coryell New Year's Eve Concert**
Naples Grande Beach Resort, 475 Seagate Dr., doors open at 7:30 pm, (239) 597-3232, naplesgrande.com/nye

ONGOING EVENTS:

- Third Thursdays on Third**
Every third Thurs., 6 - 9 pm, 3rd St. S.

- Block Party Thursdays at Whole Foods**
Every Thurs., 5 - 6:30 pm, Whole Foods Market, 9101 Strada Pl., mercatoshops.com/events
- Third Street Farmers' Market**
Every Sat., 7:30 - 11:30 am, behind Tommy Bahama's Naples, (239) 434-6533

- Wellfit Naples Paddleboard Fitness and Yoga**
Every Sat., 8:30 - 9:45 am, Beach on 2nd Ave. N., (239) 591-3199
- 2.5 hour Kayak Tours**
9:30 am, 12:30 pm, Sunset, 920 Capri Blvd., (239) 695-0067, kayakmarco.com

- Naples Dixieland Jazz Band**
Most Saturdays, call for dates and showtimes, Cambier Park Bandshell, 580 8th St. S., (239) 263-1113

EVENTS HOSTED BY THE NAPLES HISTORICAL SOCIETY:

- Tours of Historic Palm Cottage**
Every Tues. - Sat., 1 - 4 pm, Admission: \$10/person, Members Free, No reservations necessary
- Walking Tours of the Naples Historic District**
Every Wed., 9:30 am, Admission: \$16/per person, Members \$10, Reservations are required
- Guided Garden Tours of the Norris Gardens at Palm Cottage**
1st & 3rd Thurs. each month, 10 am, Admission: \$10/person, Members Free, Reservations are required

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- Nov. 10 – 28: Tues. and Wed., 1 - 4 pm**
Dec. 1 - 31: Tues. and Wed., 1 - 4 pm; Thur., Fri. and Sat., 1 - 8 pm
(Closed Nov. 26 & 27 for Thanksgiving and Dec. 24 & 25 for Christmas)



The story of Naples and its history is a little different than your typical small town tale. Instead of homesteaders in search of new land, Naples evolved from the fishing and hunting pleasures of a few winter visitors.

It all started in the early 1800s, when the U.S. government commissioned a survey of America's shoreline. The peninsula of Florida was one of the last areas to be surveyed. Not long after the survey was done, the land that now comprises Naples was purchased by a group of investors called The Naples Town Improvement Company. Many stories about how Naples got its name exist, but most believe it's because the area evoked similarities with Naples, Italy.

In the fall of 1885, Kentuckians Walter Haldeman and General John Williams chartered a boat from Tampa and sailed down the west coast of Florida. The men were in search of a more hospitable winter retreat where they could hunt and fish. They anchored off what is now known as Gordon Pass and walked north until they found dry ground. Pleased with its proximity to the Gulf of Mexico, beaches and inland waterways, the men took over the investment group and built the first residential cottages in Naples.

In the 19th century, the only way to reach Naples was by boat. To receive visitors and supplies, the men built a pier in 1888. A year later, they constructed and opened the Naples Hotel. But sadly, by 1890, they went bankrupt and had to auction off everything. On the steps of the Naples Hotel, only one man made a bid. It was Walter Haldeman, in the sum of \$50,000. He now owned all of Naples, including the hotel, the pier, a steamer named Fearless and 8,600 acres of land.

After Haldeman's death in the early 1900s, his family sold the bulk of their southern winter assets to Ohio native Ed Crayton. Crayton created a town plan for Naples and built its first commercial building, a commissary, on Third Street South. Naples continued to be a popular winter retreat for sportsmen.

In 1922, Crayton and new partner John Stephen Jones formed the Naples Development Company, taking control of all undeveloped land and the Naples Town Improvement Company, which owned the Naples Hotel and cottages. Over the next five years, the men made substantial headway, including extending the railroad from Fort Myers to Naples, and opening the Naples Electric and Water Plant, which supplied electricity and water to the town.

In 1938, Crayton's wife Lindsay took control of the Naples Development Company after her husband died but sold most of it in 1946 to a new group of investors led by Henry B. Watkins Sr. from Worthington, Ohio, and his partner, William McCabe.

As a hospitable winter retreat, Naples has and always will attract seasonal tourists. But in the past 50 years, its tropical beauty has helped many make it a permanent home. In 1923, the population of Naples was 150; two years later, it was 1,256. By 1960 it was 4,655, tripling by 1970 to 12,042. In 2012, the population of the City of Naples was 20,115.

Naples' growth is often attributed to its elected officials, but the true pioneers, old-timers and founding local civic organizations will always be remembered as those who set in motion the community's deep values and its residents' sense of hometown pride. Naples was colonized because of its natural beauty and recreational allure. The preservation of its original charm will keep it an irresistible destination forever.

Holiday Struggles

By Sherri Coner

As the holiday season approaches, I start to hate the guts of my crafty, December-loving friends. Oh, you know the type. They have a designated “wrapping room” and an attic filled with neatly labeled everything-Christmas boxes. These women have shiny holiday dishes and lovely tablecloths, wreaths for every door of their home and the time and passion to decorate extra trees. Sometimes every room in the house is graced with an amazingly decorated tree.

And then there’s me.

My December décor begins and ends with forest green place mats and an old stuffed Santa. Poor guy, he has been run through the wringer. Now at least 20 years old, my senior Santa doesn’t even “Ho Ho Ho” anymore — he coughs.

Now at least 20 years old, my senior Santa doesn’t even “Ho Ho Ho” anymore – he coughs.

While my friends hum carols and whip up all kinds of candies and cookies, they like to laugh about my baking fails. They like to count how many times the smoke alarm sounds at my house and how many baking sheets I have thrown away, to avoid scratching off the ashes. After they have their fun — at my expense, of course — I remind them that this is the season for giving. Since I obviously can’t bake without a firetruck in my driveway, they should definitely send some of that good stuff my way.

Thankfully, my friends feel sorry for my untalented ways. Every year, they make pitiful faces as they share their homemade goodies with me, the chick who is not safe in a kitchen.

It also isn’t a shock that I am strictly a gift bag person. In fact, when I shop, the prerequisite for my purchase is that it must fit in a gift bag or it’s off my list.

In past years, a few kids cried when they received gifts I wrapped. No matter how hard I try, everything I wrap looks like a mummy. So I don’t wrap anything anymore. I don’t want to make kids cry. And Scotch tape causes me stress, anyway.



Yes, December is definitely hard on the old self-esteem. Somewhere, someone decided that all females work magic with holiday stuff. That rule causes people like me to have full-blown anxiety attacks, especially when I haven’t yet recovered from the November walk of shame. I’m sorry, but trying to bake a turkey makes me gag my head off. So I figure I have no business messing with a bird if I can’t confidently identify its gizzard and giblet and whatever other yucky stuff it has inside of it. Instead of putting myself through that torture, I serve Thanksgiving pizza. And a day or two after that big hit to my femininity, I go into hiding ... until my friends provide those home-baked goodies.

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Baptist Churches	
First Baptist Naples	3000 Orange Blossom Drive, www.fbcn.org
Naples Baptist Church	654 104th Avenue North, www.naplesbaptistchurch.com
Seagate Baptist Church	1010 Whippoorwill Lane, www.seagatebaptistchurch.com
Catholic Churches	
Ave Maria	5068 Annunciation Circle
St. Ann Catholic Church	475 Ninth Avenue South, www.naplesstann.com
St. John the Evangelist	625 111th Avenue North, www.saintjohntheevangelistStreetcom
St. Peter the Apostle	5130 Rattlesnake Hammock Road, www.stpeternaples.com
St. William	601 Seagate Drive, www.saintwilliam.org
Charismatic Churches	
Living Word Family Church	10910 Immokalee Road, www.napleschurch.com
Christian Churches	
Living Waters	22100 South Tamiami Trail, Estero, www.livingwaterscc.com
Naples Christian	8000 Goodlette Road North, www.napleschristian.org
Christian Science Churches	
First Church of Christ, Scientist	649 Central Avenue, www.christianscienceusa.com
Church of Christ Churches	
Naples Church of Christ	3001 Santa Barbara Boulevard, www.napleschurchofchrist.org
Church of God Churches	
Naples Church of God	1074 10th Street North, www.naplescog.org
Parkway Life Church	5975 Golden Gate Pkwy., www.plcministries.com
Congregational Churches	
First Congregational Church of Naples	6630 Immokalee Road, www.naplesflchurch.com
Episcopal Churches	
St. John’s Episcopal Church	500 Park Shore Drive, www.stjohnsnaples.com
St. Paul’s Episcopal Church	3901 Davis Boulevard, www.saintpaulsnaples.org
Trinity-By-The-Cove	553 Galleon Drive, www.trinitybythecove.com
Jewish Temples	
Chabad Jewish Center of Naples	1789 Mandarin Road, www.chabadnaples.com
Temple Shalom of Naples	4630 Pine Ridge Road, www.naplestemple.org
Lutheran Churches	
Emmanuel Lutheran	777 Mooring Line Drive, www.naplesemmanuel.org
Shepherd of the Glades Lutheran Church	6020 Rattlesnake Hammock Road, www.sotgweb.org
Grace Lutheran	860 Banyan Boulevard, www.graceofnaples.com

Methodist Churches	
Cornerstone United Methodist	8200 Immokalee Road, www.cornerstonenaples.org
East Naples United Methodist	2701 Airport Road South, www.enaples.org
First United Methodist	388 First Avenue South, www.fumcnaples.org
North Naples United Methodist	6000 Goodlette Road, www.northnaplesumc.com
Nazarene Churches	
Faith Community	Oakes Boulevard at 22nd Avenue Northwest, www.faithcommunitynaples.com
Nondenominational Churches	
Calvary Chapel Naples	3285 Pine Ridge Road, www.calvarychapelnaples.org
Celebration Community Church	Cambier Park, www.celebrationbeachchurch.com
Community Christian Church	2200 Santa Barbara Boulevard, www.naplescommunitychurch.org
New Hope Ministries	7675 Davis Boulevard, www.newhopeministries.org
The Fisherman’s Home Church	16165 Livingston Road
Word of Life Community Church	931 5th Avenue North, www.wordoflifecc.net
Orthodox Churches	
St. Katherine Greek Orthodox	7100 Airport Road, www.stkatherine.net
Presbyterian Churches	
First Presbyterian Church	250 6th Street South, www.fpcnaples.org
Mooring Presbyterian Church	791 Harbour Drive, www.moorings-presby.org
Vanderbilt Presbyterian Church	1225 Piper Boulevard, www.vpcnaples.org
Southern Baptist Churches	
First Baptist Naples	3000 Orange Blossom Drive, www.fpcnaples.org
North Naples Baptist	1811 Oakes Boulevard, www.nnbc.net
United Church of Christ Churches	
Naples United Church of Christ	5200 Crayton Road, www.naplesucc.org
Unity of Naples Church	2000 Unity Way, www.naplesunity.org

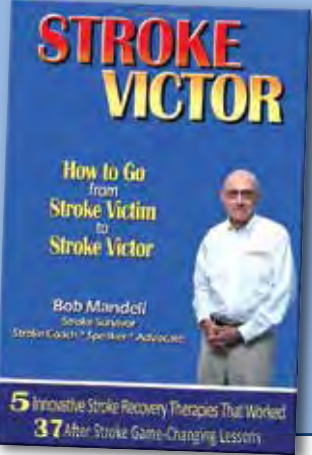
Nonprofit Organizations

Alzheimer’s Support Network	
660 Tamiami Trail North	
www.alzsupportnetwork.org	
American Cancer Society Naples	
5020 Tamiami Trail North, www.cancer.org	
American Red Cross-Florida’s Southern Gulf Region	
2610 Northbrooke Plaza Drive	
www.gulfcoastredcross.org	
Artis Naples	
5833 Pelican Bay Boulevard	
www.artisnaples.org	
Avow Hospice, Inc.	
1095 Whippoorwill Lane, www.avowhospice.org	
Bosom Buddies Breast Cancer Support	
4330 Tamiami Trail East, www.bbbsci.org	

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434-9500

South East Naples
1249 Airport Rd South
732-1272 (PAPA)

Bonita Springs
27990 Tamiami Trail
947-8200

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Boys and Girls Club of Collier County
7500 David Boulevard
www.bgccc.com

Brooke's Legacy Animal Rescue
979 1st Avenue North
www.brookeslegacyanimalrescue.org

Cancer Alliance of Naples
990 1st Avenue South
www.cancerallianceofnaples.com

Catholic Charities of Collier County
2210 Santa Barbara Boulevard
www.catholiccharitiescc.org

Children's Advocacy Center of Collier County
1036 6th Avenue North
www.CACcollier.org

Collier County Audubon Society
1020 8th Avenue South
www.collieraudubon.org

Collier County Hunger & Homeless Coalition
5251 Golden Gate Parkway
www.collierhomelesscoalition.org

Conservancy of Southwest Florida
1450 Merrihue Drive
www.conservancy.org

Corkscrew Swamp Sanctuary/Audubon of Florida
375 Sanctuary Road West
www.Corkscrew.Audubon.org

David Lawrence Center
6075 Bathey Lane
www.davidlawrencecenter.org

Drug Free Collier
5775 Osceola Trail
www.drugfreecollier.org

Eden Autism Services Florida
24860 Burnt Pine Drive
www.EdenAutism.org

Education Foundation of Collier County
3606 Enterprise Avenue
www.GetOnTheBusCollier.org

First Book of Collier County
2400 Tamiami Trail North
www.firstbookcolliercounty.org

Foundation for the Developmentally Disabled
5621 Strand Boulevard
www.ffddnaples.org

Garden of Hope and Courage
1177 Third Street South
www.gardenofhopeandcourage.org

Golisano Children's Museum of Naples
15080 Livingston Road
www.cmon.org

Guadalupe Center
509 Hope Circle
www.guadalupecenter.org

Habitat for Humanity Collier County
11145 Tamiami Trail East
www.HabitatCollier.org

Holocaust Museum & Education Center
4760 Tamiami Trail North
www.holocaustmuseumswnl.org

Hope for Haiti
1042 Sixth Avenue North
www.hopeforhaiti.com

Jewish Family & Community Services
5025 Castello Drive, www.jfcswfl.org

K is for Kids Foundation
4601 Oak Leaf Drive
www.KisforKids.org

Laces of Love
2026 7th Street South
www.lacesoflove.org

Literacy Volunteers of Collier County
8833 Tamiami Trail East
www.collierliteracy.org

Make a Wish Foundation of Southern Florida
3635 Bonita Beach Road
www.sfla.wish.org

Mental Health Association of Southwest Florida
2335 9th Street North
www.mhaswfl.org

NAMI of Collier County
6216 Trail Boulevard
www.nami.org

Naples Art Association
585 Park Street
www.naplesart.org

Naples Botanical Garden
4820 Bayshore Drive
www.naplesgarden.org

Naples Children and Education Foundation
6200 Shirley Street
www.napleswinefestival.com

Naples Zoo at Caribbean Gardens
1590 Goodlette Road
www.napleszoo.org

PACE Center for Girls
160 North 1st Street
www.pacecenter.org

Parkinson Association of SWFL
1048 Goodlette Road
www.pasfi.org

Planned Parenthood of Collier County
1425 Creech Road
www.plannedparenthood.org

Salvation Army, Naples Corps
3180 Estey Avenue
www.salvationarmynaples.org

Shelter for Abused Women and Children
www.naplesshelter.org

Shy Wolf Sanctuary
1161 27th Street Southwest
www.shywolfsanctuary.com

Special Olympics Collier County
2663 Airport Road South, Suite D101
www.specialolympicscollier.org

St. Matthew's House
2001 Airport Road South
www.stmatthewshouse.org

Susan G. Komen for the Cure
26800 Tamiami Trail
www.komenswfl.org

The Humane Society Naples
370 Airport Road North
www.hsnaples.org

United Arts Council
2335 Tamiami Trail North
www.collierarts.com

Voices for Kids of Southwest Florida
3301 E Tamiami Trail
www.voicesforkids.org

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Scott Burgess,
CEO DLC

Dr. Kamela Patton,
Superintendent
CCPS



David Lawrence Center and Collier County Public Schools have been long-standing partners in ensuring the mental wellness of children in the classroom and beyond. This collaborative partnership is designed to improve student achievement by addressing mental health concerns.

From strengthening awareness for teachers and parents so they are better equipped to address student mental health needs to developing new in-school services to manage specific student needs, this partnership is crucial to childhood wellness in today's complex, high stress environment.

David Lawrence Center and the School District are committed to the health and happiness of our children. Together, we are identifying needs and ensuring appropriate access to services for early identification and intervention.

Mental Health is *Our* Concern.

Mental health is a community issue.
Fortunately, there's a community solution.

National studies indicate that two to four children in every American classroom struggle with a social emotional condition. Without treatment, grave consequences and challenges can develop. Thankfully, David Lawrence Center is here for our community.

A not-for-profit organization founded and still governed by community leaders, the David Lawrence Center is the behavioral health component of our community's healthcare network. A true local resource, it relies on donations, fees and grants to invest in the health, safety and wellbeing of our community.

When you or someone you love needs help, call on the highly compassionate, committed and competent professionals of the David Lawrence Center to inspire you to move beyond the crisis towards life-changing wellness.



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