



Participants in a previous Ostego Bay Foundation Kids' Fishing Tournament photo provided

Kids Fishing Tournament On San Carlos Island

Get your fishing poles and head to Bonita Bill's Waterfront Café for the 28th annual Fourth of July Kids' Fishing tournament on Saturday, June 27. Registration begins at 8:30 a.m. A cannon

announces the start at 9 a.m. and the tournament runs to noon.

Three rules include one pole per child, one hook per pole and have fun. There will be a lunch at noon with a hot dog, chips and cookies, followed by the awards ceremony. The tournament and lunch are free to the participants.

The event is presented by the Ostego Bay Foundation and Marine Science Center

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Supplies Needed For Backpacks



Children from the Harlem Heights neighborhood receive school supplies from The Heights Foundation at the 2019 school supply outreach photo provided

The Heights Foundation/The Heights Center is seeking individuals, businesses, churches and organizations to provide school supplies and monetary donations for The Heights Center's annual outreach program. The event will be held at The Heights Center on Saturday, July 25. It will provide backpacks

and school supplies for 580 low-income children living in the Harlem Heights neighborhood.

"Our goal is to ensure that every child in Harlem Heights has the necessary supplies to succeed in school," said Kathryn Kelly, CEO of The Heights Foundation. "The

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The open air market offers a variety of vendors photo provided

Alliance Market To Reopen

The Alliance for the Arts GreenMarket is reopening to the public on Saturday, July 4 from 9 a.m. to 1 p.m. with added precautions and following Centers for Disease Control (CDC) guidelines. The decade-old market has been operating as a drive-through market since its April 2020 closure due to COVID-19.

"We have missed our GreenMarket vendors and patrons during this extended closure. We're looking forward to kicking off on site market operations and welcoming back patrons on July 4th," said GreenMarket Manager Whitney Tucker.

Farmers, vendors and marketgoers are asked to follow these guidelines:

Vendors will be required to wear face coverings or masks, limit product handling and provide any necessary handwash or

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Gallery To Hold ArtPoems Reception



Art Poems artist Brook Anderson images provided

Arts for ACT Gallery will hold an opening reception for ArtPoems in the main gallery on Friday, July 3 from 4 to 8 p.m. A group exhibit of the gallery's co-op artists and volunteers will be displayed in the White Gallery.

ArtPoems is a creative collaboration of artists and poets. As a platform for the creation of new art and poetry, it adds a unique vision and voice to the Southwest Florida cultural landscape each year. Founded in 2007 by Lorraine Walker Williams and Joe Pacheco, ArtPoems will celebrate its 14th year in 2020.

Each season, ArtPoems artists and poets are paired and exchange art and poetry. The artists create new works of art inspired



Susan Mills, ACT co-op artist

by poetry, and the poets write new poems inspired by artwork..

In the White Gallery, the July exhibit will include new works by the artists of Arts for ACT. The exhibit will be an eclectic group show with mixed media, fine crafts, art journaling, jewelry, art clothing, and oil and acrylic paintings.

This exhibit will be on display until Monday, August 3.

Arts for ACT Gallery is located at 2265 First Street in downtown Fort Myers. For more information, visit www.artsforactgallery.com.✧

Historic Downtown Fort Myers, Then And Now:

Infamous 1926 Hurricane



by Gerri Reaves, PhD

The hurricane of mid-September 1926 that swept across Florida is often cited as the beginning of the end of the Florida boom. While the economic picture looked rosy – for example, a record number of building permits issued – in retrospect, those in the know could see the warning signs about that unprecedented real estate boom. The general consensus is that for South Florida, the hurricane brought tremors of the Great Depression early, long before the stock market crash of October 29, 1929.

Compared to recent hurricanes that have hit Fort Myers, such as Irma in 2017, the hurricane of 1926 might not sound all that devastating. Nor do the post-storm images of damages and flooding quite equal those of the category 4 or 5 storms we are familiar with now. Fort Myers got off easy compared to Miami, for example. There’s a reason the 1926 storm is known as “The Great Miami Hurricane,” not “The Great Fort Myers Hurricane.”

For example, it hit Miami as a category 4 storm on September 17. The storm surge reached 14 feet. The hurricane then swept northwesterly across the state, impacting Fort Myers on September 18. However, local storm surge reached only four to six feet and the strongest winds were estimated to be only 75 mph.

That’s barely category 1 level (74 to 95 mph), but in those days before modern warning systems and before hurricane building codes, that wind speed could be devastating. People knew a hurricane was always very possible in September, but falling barometric pressure and an eerie calmness – not news coverage – were the main warnings.



Flooding was extensive following the September 1926 hurricane, as seen in this eastward view down First Street from near Fowler
photo courtesy The University of Tampa, Macdonald-Kelce Library, Archives



Similar flooding occurred on First after Hurricane Irma in September 2017, as seen in this westward view toward Park Avenue
photo by Gerri Reaves

Early local damage detailed destroyed homes, felled trees, downed powerlines, wrecked and flooded automobiles, shattered windows and blown-off roofs. Downtown hotels were filled with people whose homes were gone or severely damaged. The Atlantic Coast Line Railroad depot (today’s Southwest Florida Community Foundation’s Collaboratory) was filled with “refugees.” Numerous stores lost merchandise from flooding and wind, and many offices, including those in the Earnhardt, were damaged when windows blew out or roofs blew off. The Arcade Theatre was inundated with six feet of water! Old wood-frame buildings at the City Dock at Jackson Street were wrecked. The African Episcopal Methodist Church at Anderson (today’s MLK Boulevard) and Hough streets was destroyed. The Edison Estate suffered plenty of damage to the grounds, but all in all, it was judged to be light, mostly downed trees and broken limbs. Both that estate and Hendry Ford’s felt little impact on the river side of the homes. The homes themselves had only minor damage caused mostly by falling limbs on porches. Edison’s laboratory appeared unscathed. The East End, or East Fort Myers, was especially hard hit. Sanibel Island was completely flooded with salt water, and many residents had to relocate. The island’s agricultural industry can be said to be a storm victim. It was not only the lack of strong building codes that determined the devastation. The boom-time mentality that led to over-development exacerbated it. Early reports recorded no deaths in Fort Myers. However, two women in Punta Rassa and two children in Pine Island drowned. Since 1926, so many things have improved regarding how we prepare for and deal with hurricanes. A veritable flood (pardon the pun) of information on preparation arrives as the official hurricane season begins on June 1. And during the event itself, residents have their pick of weather coverage around the clock, from television, cellphone app, internet, radio, newspapers, etc. Hurricane building codes have definitely save lives and property, and local and state governments, as well as utility and other companies, are poised to provide assistance pre- and post-storm. Shelters are set up for those whose homes are not safe for weathering the storm.

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THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

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One of the parking garages in downtown Fort Myers

photo provided

Free Parking Downtown Thanks To CRA Program

The Fort Myers Community Redevelopment Agency (CRA) and the River District Alliance (RDA) are working together to offer customers of downtown business free parking.

The free parking program is valid on Mondays through Thursdays after 4 p.m. at the two city garages located at City of Palms Garage on 2118 Bay Street and Main Street Garage on 2286 Main Street.

Participating restaurants and retail shops will distribute parking vouchers to their customers that can be used during the allotted times. Customers must request

a voucher from participating merchants. Vouchers are good for one day only and may not be used on weekends or before 4 p.m.

"During this challenging time, the CRA wanted to support downtown business owners with a parking program that would not only benefit businesses but our community as well," said Michele Hylton-Terry, CRA executive director. "Almost all of the businesses in downtown are locally owned and operated, and are open for business... by supporting them we are supporting our local economy and community. The city garages have ample parking and are accessible to all downtown businesses."

For more information on the parking, restaurants and shops visit www.fortmyersriverdistrictalliance.com.✱

Three Artists In New Exhibition At Davis Art Center

The Sidney & Berne Davis Art Center will feature a trio of talented artists in Wicked Floromancy in the Capital Gallery for the month of July.

Pam Trent, Katie Vance and Catie Sibbald will be involved in a meet-and-greet session during the opening night reception on Friday, July 3 from 6 to 10 p.m..

Wicked Floromancy is the culmination of Floromancy Designs, Ath-Lion and Wicked Apple art, blending fashion and design with nature. The show theme suggests another worldly alternative to the people we've become and the people we could be, seamlessly bound to Earth. The featured pieces are a collaboration that represents that regalia to inherent power and the beauty of flora, as mystical and mighty creations of nature.

This exhibition is a unique collaboration between a body painter, hairstylist and horticulturist. Vance is a Southwest Florida native and third generation horticulturist. A gardener by profession and a collector of rare plants, the divine expression of nature is her primary fascination and the inspiration behind Floromancy Designs. Since 2015, Vance has used her expanding knowledge and experience to



One of the fashion designs photo provided

create bold, whimsical and often abstract representations of nature in the form of lush, three-dimensional fashion statements in her head dress designs. Trent is a body painter and the creator of Wicked Apple Art, while Sibbald spends most of her days as a creative hair artist at Ath-Lion Boutique in Fort Myers.

The exhibition closes Thursday, July 30 at 3 p.m. Summer gallery hours are Monday through Friday from 10 a.m. to 3 p.m.

The Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District. For more information, visit www.sbdac.com.✱

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Fort Myers Art:

Dorothy's Gas Mask Revisited 10 Years Later



by Tom Hall
During a recent virtual Thank God for Indie Mondays (TGIM), Lane Cook called in to ask artist Marcus Jansen how he felt about seeing people in COVID-19 face masks and gas masks as they

protest the killing of George Floyd given that he painted Dorothy wearing an olive green gas mask in his iconic painting *Creeping Obstacles in Kansas*.

"Ironical," was Jansen's first reaction. Jansen painted the piece almost 10 years ago to the day.

Reflecting further, he amplified his assessment. "Eerie," he modified. "That's exactly where we are today."

Jansen may be prescient, but not even he could have imagined the necessity of wearing face masks in order to protect those we encounter from community spread of an influenza-type respiratory virus – although he may have very well postulated a heavy-handed governmental response to protests and street violence resulting from civil unrest. Both are manifestations of and exacerbated by the type of economic decline that he has



Creeping Obstacles in Kansas by Marcus Jansen

photo courtesy www.artswfl.com

been railing against since he returned from active duty in the first Gulf War. Jansen referenced Dorothy and *The Wizard of Oz* in several of his early works, including *In Search of a Heart* and *E Pluribus Unum*, which is about to go on loan to the Cornell Fine Art Museum at Rollins College in Winter Park for his upcoming inaugural U.S. museum solo show. But it's not just because images from the 1939 film resonate with viewers. That's not how Jansen rolls. Rather, it's because the 1939 film is a Depression-era movie which at its heart comments on economic decline.

But dig deeper, and other Jansenesque themes emerge.

For instance, Dorothy can be taken as a stand-in for present-day teens for whom, as former President Barack Obama said in his virtual commencement address a few weeks ago, Parkland, the pandemic and the Ahmaud Arbery-Breonna Taylor-George Floyd cases have "finally torn back the curtain (yes, even he's prone to making *Wizard of Oz* references) on the idea that so many of the folks in charge know what they're doing."

In *Oz*, the adults in her orbit had no time to listen to Dorothy. It's not that the majority of today's political, business and faceless/anonymous leaders lack the time to listen to teenagers, working class individuals and people of color. Consumed with consolidating and extending their power and wealth, they have no interest in listening to our youth, frontline essential workers and people of color – until a situation like a pandemic or nationwide protests tinged with street violence force them to stop and take notice.

As a result, modern-day Dorothyies are being forced to take responsibility and control of their own destinies.

Like Dorothy Gale, we're learning a key lesson of childhood, namely that someday the child will no longer be a child, home will cease to exist, adults (authority figures) are more a hindrance than a help and we must face the challenges of life head on, with a little help from our friends. And as Cameron Diaz's character (June) says to Tom

Cruise's character (Roy) in *Knight and Day*, someday is today.

MGM cast a 17-year-old Judy Garland to play Dorothy in 1939. When it came time to extract Dorothy from Jansen's *Creeping Obstacles in Kansas* for the Alliance for the Arts 2012 fundraiser, the incredibly sage and insightful Pamela Beckman chose relative newcomer Mila Bridger to don the gas mask and lead the Urban Decadence parade. Perhaps because she was new and still relatively unknown in Southwest Florida, Bridger possessed the same guileless vulnerability that Judy Garland marshaled in the movie. Of course, the gas mask kept those attending Urban Decadence from seeing Bridger's face, and Beckman's special effects and nightmare sequences (e.g. a world without color) diverted our attention away from Dorothy in any event.

And while I'm not sure where Toto may land in this analogy, it seems pretty clear that COVID-19 and the current climate of political, social and racial unrest is tantamount to a tornado. And the friends we had and the frontline essential workers we knew before will be the friends and frontline essential workers we cling to now. But as we saw in the movie, the lesson we need to derive from COVID and the protests sweeping the country is not that we must rely upon them, but that like Dorothy, the key to find our way is helping our friends and frontline essential workers get what they need, be it courage, intelligence or just the ability to breathe.

It's only right and fitting that Bridger has appropriated the image of the gas mask in her own artistic endeavors. She's a living example of someone who goes out of her way to lift up others in her ongoing effort to enrich their lives every day in every way. We could all aspire to emulate her grace, artistry and good cheer.

And each of us needs to tap together the heels of our big boy and big girl shoes. For as Marcus Jansen points out through his oeuvre of work, not only don't those in power have the answers we need to guide us on our way, they're not even asking the right questions!

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

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Edison and Ford Winter Estates receives GuideStar Seal of Transparency photo provided

Estates Receives GuideStar Seal Of Transparency

Edison and Ford Winter Estates recently received GuideStar's Silver Seal of Transparency. The nonprofit received this recognition for demonstrating a commitment to financial accountability through its profile on GuideStar's website.

GuideStar provides donors with information about nonprofits so that

they can make informed decisions before donating to their favorite causes. The annual seals of transparency were launched in 2017. Now, more than 6,000 organizations around the nation have provided information to become transparent.

Today, the mission of Edison and Ford Winter Estates is to educate the public and inspire an inventive spirit by interpreting and preserving the innovations, legacies, artifacts, gardens, homes laboratory and other structures of Thomas Edison and Henry Ford, emphasizing Florida history, science, horticulture and the arts. Because of

the invaluable support from generous members and the community, the organization is able to continue this mission.

Donors can choose to support educational programs, such as summer camp, provide funding for scholarships, help restore the historic Moonlight Garden, make the planned citrus café possible and ensure that the unique site is preserved for future generations to come.

The site is currently open to the public seven days a week, 9 a.m. to 4:30 p.m. The organization is a 501(c)3 nonprofit and donations are tax deductible.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information, to make a donation or to purchase tickets online, visit www.edisonford.org or call 334-7419.✪

Goodwill Earns Highest Seal Of Transparency

Goodwill Industries of Southwest Florida (SWFL) just earned a 2019 Platinum Seal of Transparency, the highest level of recognition offered by GuideStar, the world's largest source of nonprofit information. By sharing metrics that highlight progress Goodwill SWFL is making toward its mission, the organization is helping donors move

beyond simplistic ways of nonprofit evaluation such as overhead ratios.

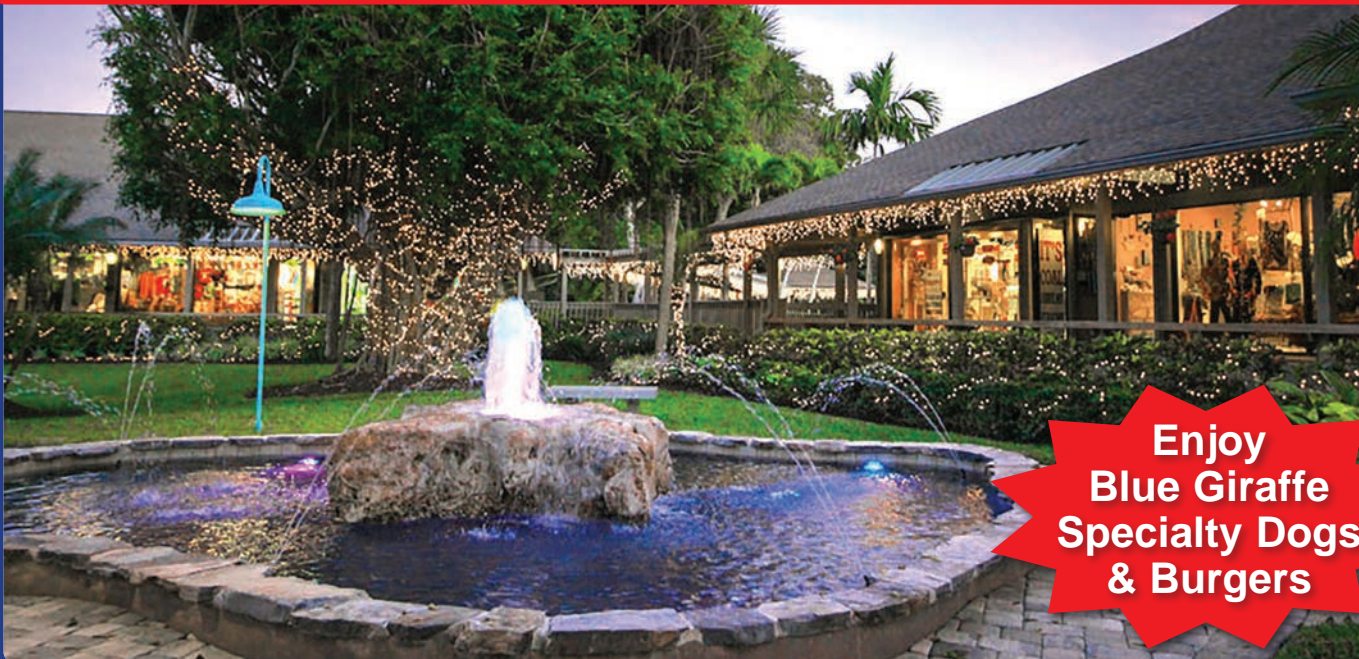
"In accordance with our long-held belief in being transparent about our work," said Fred Richards, Goodwill SWFL vice president of community support services, "we are excited to convey our organization's results in a user-friendly and highly visual manner. By updating our GuideStar Nonprofit Profile to earn a Platinum Seal, we can now easily share a wealth of up-to-date organizational metrics with our supporters as well as GuideStar's immense online audience, which includes donors, grant makers, our peers and the media."

To reach the platinum level, Goodwill SWFL added extensive information to its GuideStar Nonprofit Profile: basic contact and organizational information; in-depth financial information; qualitative information about goals, strategies, and capabilities; and quantitative information about results and progress toward its mission. By taking the time to provide this information, Goodwill SWFL has demonstrated its commitment to transparency and to giving donors and funders meaningful data to evaluate nonprofit performance.

"I encourage you to visit our Nonprofit Profile on GuideStar to see what we're all about," added Richards. "We're thrilled that our Platinum Seal of Transparency and the associated benefits help us better communicate our organization's exciting initiatives at a global scale."✪

July 4th Sidewalk Sale

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Alliance Gains Charitable Gift From Family Trust

The Alliance for the Arts, a nonprofit visual and performing arts center in the heart of Fort Myers, recently announced a charitable gift totaling \$190,000 from the Meisenberg Family Trust. The donation will support Alliance operations and its mission to transform lives and improve our community through the arts as well as support the future of the Southwest Florida creative community through the Arts are Vital Grant. The Arts are Vital Grant is an emergency relief program for Lee County's arts organizations and individual artists formed in partnership with the Meisenberg Family Trust and the Alliance for the Arts to ensure the impact of the arts is not lost during a time when it is needed most.

Recognizing the unique and transformative power of the arts, this support from the Meisenberg Family Trust will further enable the Alliance for the Arts to keep creativity, arts and culture as a vital part of Southwest Florida.

Deborah E. Meisenberg was a past president and longtime supporter of the Alliance for the Arts. While Meisenberg wouldn't say she was an artist, she had an eye for beauty and appreciation of culture. She loved to travel, especially to



The late Deb Meisenberg and her sons, Paul and Jeremey Meisenberg photo provided

Italy where lavender fields and good wine captured her heart.

Meisenberg received a bachelor of arts in criminal justice from St. John's University in 1979 followed by a Juris Doctor from Bridgeport Law School in 1982. She was committed to social justice and investing in her community. She passed away in 2019.

"Art is an escape from reality, and that couldn't be more needed than now," said Deborah's son, Jeremey Meisenberg about the gift.

"We are excited and honored to be able

continue our mom's legacy and support an organization that is committed to facilitating creativity," said Deborah's son, Paul Meisenberg.

As part of the transformative gift, the Alliance is commemorating the life and legacy of Deborah E. Meisenberg with a new outdoor piazza space. The piazza overlooks the Alliance ArtsPark which features new landscaping and will be home to the Caloosahatchee Water Wall by internationally acclaimed artist Michael Singer.

"Deb's thoughtfulness, generosity of

spirit and passion for the arts will live on at the Alliance and in all who will benefit from her gift. We are grateful to Deb's sons, Jeremey and Paul, for continuing the good works of their mom and for making sure the arts remain relevant during this time of uncertainty," said Alliance for the Arts Executive Director Lydia Black.

For more information, visit www.artinlee.org or call 939-2787.✪

Registration For Prekindergarten

Registration is now open for Voluntary Prekindergarten (VPK) summer school. Students about to attend kindergarten in August are eligible to attend. The focus of the one-month summer program is kindergarten readiness.

VPK Summer School meets Monday through Thursday from June 29 to July 30. Classes are all day, from 7:15 a.m. to 5:15 p.m., and held at Sunshine Elementary School in Lehigh Acres or the Early Childhood Learning Center in Fort Myers.

VPK is a free educational program that prepares 4-year-olds for success in kindergarten and beyond. Summer school applications are being accepted through the Early Childhood Center. To apply, email earlychildhood@leeschools.net. Visit www.elcofswfl.org to determine their eligibility for VPK services.✪

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.

BAT YAM-TEMPLE OF THE ISLANDS
Friday Shabbat at 7 p.m. www.batyam.org, 2050 Periwinkle Way, 579-0296.

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.

BREAD OF LIFE MINISTRIES
Sunday 10:30 a.m. 16581 McGregor Boulevard, 267-3166.

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.revtedalthouse@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.

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

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.

CYPRESS LAKE BAPTIST
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.

FIRST UNITED METHODIST CHURCH
Sunday 9:30 a.m. and 5:30 p.m. www.fumcftmyers.org, 2466 First Street, 332-1152.

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

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

FIRST PRESBYTERIAN CHURCH OF FORT MYERS

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

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

JESUS THE WORKER CATHOLIC
Friday and Saturday, 7 p.m.; Sunday 8, 10 a.m. and 6 p.m., 881 Nuna Avenue,

481-1143.

KINGDOM LIFE
Sunday 10:30 a.m., 2154 McGregor Boulevard, 218-8343.

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

NEW BEGINNINGS CENTER
Friday 6:30 and 7 p.m. nbcministry@embarqmail.com, facebook.com/nbcministry, 8505 Jenny Cae Lane, 656-0416.

NEW COVENANT EYES
Monthly 9 a.m., www.newcovenanteyes.com, 1900 Park Meadows Drive, 220-8519.

NEW HOPE BAPTIST
Sunday 11 a.m.; Wednesday 7 p.m. 16120 San Carlos Boulevard, Unit 10, 985-8503.

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.saintricholasmonastery.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 BETHEL 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.

THE NEW CHURCH
Sunday 11 a.m., www.newchurchflorida.com, 10811 Sunset Plaza Circle #401, 481-5535.

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

UNITY OF FORT MYERS
Sunday 10 a.m., www.unityoffortmyers.org, 11120 Ranchette Road, 278-1511.

WESTMINSTER PRESBYTERIAN CHURCH
Sunday 9:30 and 10:45 a.m., 9065 Ligon Court, 481-2125.

WORD OF LIFE
Sunday 10 a.m., Wednesday 7 p.m., 2120 Collier Avenue, 274-8881.

ZION LUTHERAN
Sunday 8, 9:30 and 10:45 a.m., www.zionfm.org, 7401 Winkler Road, 481-4040.

Email changes to press@riverweeklynews.com or call 395-1213.✪



Dorothy "Dot" Lee with Trouper, the blind raccoon photos provided



Trouper and Dot Lee staying safe

living things with respect. Presentations with Lee and Trouper are part of the project and include fun facts about raccoons.

You can schedule an interactive educational presentation for your school, summer camp, church or civic group, family gathering or birthday party. For more information, contact Dot Lee at 482-7176 or email dot@wildlifeeducationproject.org. Lee and Trouper are able to give presentations in person and virtually on Zoom.✱

Book A Program With Trouper, The Blind Raccoon

The Wildlife Education Project is inspired by the incredible true story of Wildlife Rehabilitator Dorothy "Dot" Lee and Trouper, the blind raccoon. Trouper is a federally licensed wildlife ambassador who helps teach the public to treat wildlife and all

From page 2

Historic Downtown

But a new hurricane season always poses the question: Has enough changed? Stay tuned.

Walk through downtown and imagine people floating down First Street in boats and cars blowing off the City Dock.

Then visit the following research centers to learn more about the many hurricanes that have blown through Fort Myers.

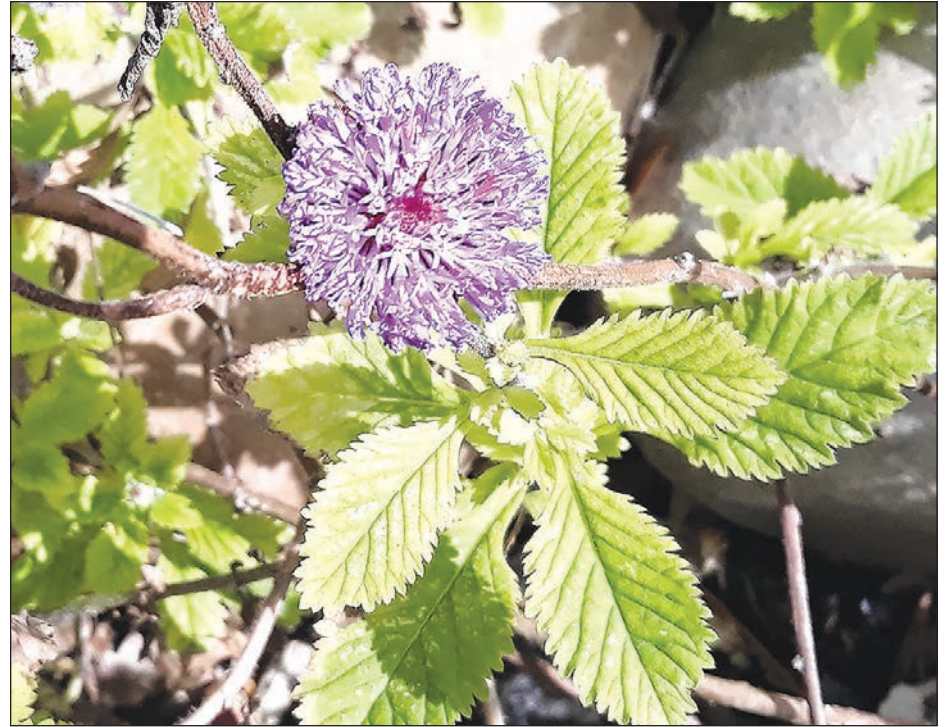
The Southwest Florida Historical Society is an all-volunteer, nonprofit organization open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m. It is located at 10091 McGregor Boulevard on the

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*, *The Story of Fort Myers* by Karl H. Grismer, and www.weather.gov.✱



Non-native larkdaisy attracts butterflies, bees and birds

photo by Gerri Reaves

Plant Smart

Larkdaisy

by Gerri Reaves

Larkdaisy (*Centratherum punctatum*) is a butterfly-friendly wildflower of the aster family.

This fast-growing herbaceous perennial is a native of Brazil, thus the alternate common names, Brazilian bachelor's button and Brazilian button.

In late spring to early fall, densely packed heads of five-petaled flowers bloom. Lavender, blue, or pink in color, they attract butterflies, bees and birds.

The frilly flowers measure about an inch across and are button-shaped, inspiring the common names.

The alternate serrated leaves are generally oval, fine textured, pleasantly aromatic and up to two inches long.

The plant takes a spreading form and grows to a height of two feet or so.

Use this wildflower as a groundcover, border, cascading pot plant, or as a specimen in a rock garden.

Give it full to partial sun in well-drained acidic soil. It sometimes self-sows or even volunteers in disturbed areas. In some parts of the world, it is considered weedy or invasive.

It is drought and heat tolerant but cannot survive frost.

Cultivate it with seeds from the dried flowerheads or with cuttings.

If it's blue or lavender you want for the garden, also check out native wildflowers such as blue mistflower (*Conoclinium coelestinum*) or blue jacquemontia (*Jacquemontia pentanthos*).

Sources: www.cabi.org, edis.ifas.ufl.edu, <http://www.missouribotanicalgarden.org>, and <http://www.plantsoftheworldonline.org>.

Plant Smart explores the diverse flora of South Florida.✱

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Summer Time Tactics



by Capt. Matt Mitchell

During this oppressive heat of summer, our fishing has begun to make that annual change. Most of shiners we usually fish with have all but disappeared, and grunts, pinfish and cut baits have become the go-to. Water temperatures creep in the 90s as we see lots of sea grass die off and float in large clumps. This makes fishing in the shallow eastern side of the sound almost impossible at times. Whether getting out early or late during the cooler times,

anglers will find fish are more active.

Tarpon fishing this week continued to be best in the northern end of the sound or from Redfish Pass north past Boca Grande. Making this run in the dark before the sun came up paid off with lots of shots at rolling fish. One morning over the weekend, we jumped three fish before 7 a.m. and managed to release one while fishing out of my new small skiff. Being the first boat to the fish is never a bad thing either, though boat traffic lets up during the week.

Pass fishing for snook and redfish is a great option that can be productive on either tide as long as the water is moving. Small pinfish and grunts rigged with just a large enough weight to keep them close to the bottom are deadly. Drifting the passes is a technique that covers lots of ground until you get the bite dialed in. You can always seem to find action all summer long when bouncing from pass to pass.

During the summer months we utilize bait traps to catch pinfish and grunts. Small pinfish traps can be found at most local tackle stores and can easily catch between 50 to 100 baits just over night. We like to set our traps in roughly four to six feet of water close to a grass flat. Frozen sardines seem to be the best bait in these traps. Having a few traps set throughout the sound makes it easy to stop and pick up fresh live bait anytime during the day with very little effort.

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.✱



Suzie "snook lady" Cullen of Sanibel with a quality snook caught while fishing with Capt. Matt Mitchell this week
photo provided

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CROW Case Of The Week:

Roseate Spoonbill



by Bob Petcher

The roseate spoonbill (*Platalea ajaja*) is a sight to behold. From its rosy pink feathering to its platypus-like bill, this wading bird can be called majestic and bizarre in the same

sentence.

Roseate spoonbills are the only species of spoonbill found in the U.S. The other five varieties – Eurasian, royal, African, black-faced and yellow-billed – take up residence in Asia, Africa, Europe and Australia.

Baby spoonbills do not immediately inherit their spoon-shaped bills. The bill begins to flatten in chicks roughly just over a week after hatching. By day 16, the bill begins to resemble a spoon shape and, by day 40, it usually grows to full size.

These bills come in handy when foraging for food. Roseate spoonbills sweep their bills in shallow water to feel for prey.

Juvenile roseate spoonbills differ from adults in color and head cover. Younger spoonbills are a paler pink color and have fully feathered heads, compared to adults that sport rose-colored bodies and bare heads.



Patient #20-2715 feeds during tub time at CROW

photo by Missy Fox

At CROW, a juvenile roseate spoonbill was admitted from Bonita Dog Beach in Bonita Springs. It was reported by the finder to possibly have sustained a broken leg. When it arrived at the clinic, the spoonbill was standing and did not have any evidence of a broken leg, but veterinarians did find that it had a keel fracture – a break in the sternum-like bone – during its exam. It was provided with anti-inflammatory and pain medications.

"In this case, we were able to treat this bird's fracture with pain medications

and strict cage rest," said Dr. Robin Bast, CROW staff veterinarian. "No additional bandaging or surgery was required."

The patient was first accommodated indoors and spent time in a bathtub to simulate its shallow water habitat.

"Shore and water birds get routine tub time as part of their daily treatments," said Dr. Bast. "This encourages normal preening/grooming behavior, eating behavior, and often allows them to do their own physical therapy in the water."

Nutrition was a big part of its care.

"Wading birds such as this one are

fed a combination of insect-based and fish-based diet in a shallow tub, to closely mimic how they feed in the wild," said Dr. Bast. "This spoonbill eats very well for us in a shallow tub or baby pool."

After a week in care, the spoonbill was eating on its own, but it remained very stressed. It was moved to an outdoor enclosure to continue its recovery.

"Like many of our wild patients, stress level is reduced even further in an outdoor environment – less noise from people or perceived predators. Outdoor enclosures encourage more natural behaviors, and thus reduce stress," said Dr. Bast. "The spoonbill (was moved to) a small outdoor enclosure to prevent excessive activity while the fractured keel heals. Soon, it will graduate to a larger enclosure where it can start to take short flights and work on building back muscle mass."

The patient will need a few more weeks to be healed enough for release.

"This spoonbill is stable and progressing well with its treatment. Based on the nature of the fracture, we anticipate it will be with us for a minimum of four weeks to allow for sufficient healing," said Dr. Bast. "Once it is flying strongly again, it will be cleared for release."

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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Local Businesses Are Writing Their Comeback Stories

submitted by
Michael Wynn



After facing the recent challenging months that resulted from COVID-19, Southwest Florida is ready to rebound.

While it is still early, there are clear signs we're moving in the right direction. Businesses were dealt a sudden blow, but their comeback stories all feature common elements – the ability to listen, learn and adapt.

I recently had an opportunity to share my thoughts with business and community leaders through Restart SWFL, FGCU's Economic Recovery Initiative. Like every business, Sunshine Ace has been impacted by the coronavirus, yet our company and team remain strong. Below are six factors that can help businesses continue their recovery in the weeks and months ahead:

Stay true to your values – A leader's character is revealed when they find themselves under pressure. Your business is a reflection of your leadership. Will you put profits over people? Will you cut too

deeply, and thus lose key talent or diminish the value and service your customers patronize you for? Leading in times of crisis is difficult. You are trying to balance protecting lives and protecting livelihoods. If you are honest and transparent with your team, they will trust you as you make the difficult decisions. Not only do we need to support other local businesses, but even in hard times, we need to find ways to give back and support those community organizations that provide for the most vulnerable among us. Making ethics a priority and caring for your neighbors has never been more important.

Safety first – Employees and customers are hyper-focused on their personal safety, and they will support businesses that do the same. Sunshine Ace requires our team to wear protective face masks. We have also installed sanitizing stations as well as plastic shields around cash registers and service counters, all visible signs that safety is paramount. Many retail stores and restaurants are dedicating extra hours so internal cleaning crews can have ample time to sanitize and disinfect floors, doors, cash registers, counters and other touchpoints. In addition to our own internal cleaning protocols, Sunshine Ace has hired uniformed, daytime cleaning crews that work during store hours, offering visual reassurance that the shopping and work environment is clean and sterile.

Listen to employees and customers – With decreased sales and increased tasks, time has never been a more precious commodity. However, we all have time

to slow down and listen. To be relevant in a business environment with rapidly shifting consumer behaviors and demands, we have to be receptive to new ideas and input. Listen to your team. Listen to your customers. Often the best ideas come from them. What requests are your team saying “no” to? What new services or conveniences are your customers willing to pay for? Listening to your two most important stakeholders is critical to rapidly reshape your post-COVID offerings and ensure your business's sustainability.

Adjust strategic plan – When 2020 began, we carefully laid out our goals and annual business plan. Insert a global pandemic, though, and many of those goals are no longer relevant. We can't change the challenges thrust upon us by COVID-19 or an economic recession. However, we can leverage the talent of our team, and be relentless in tackling each and every issue thrown at us through continuous innovation and embracing change. Whether that necessary change involves new products, services, partnerships, suppliers, curbside delivery or cleaning protocols, I have immense confidence in the entrepreneurs of Southwest Florida to make those tough calls and evolve into a stronger company.

Support local – Local and independent businesses understand the critical role they play in the local economy. A dollar spent with a local business will see roughly 67 cents stay in the local community. That's almost 60 percent more than a dollar spent at a national chain. Local and independent businesses are the lifeblood

of our community. However, while we often make a practice of encouraging our customers to shop local, we also need to be diligent in ensuring our spending is supporting local companies as well. When is the last time you reviewed your business purchases to ensure you were patronizing your fellow independents? That is something our company is sensitive to, whether it's making sure the meals we are purchasing for our team are directed to local, independent restaurants or verifying that we source from local companies for our day-to-day supplies. If all of us were united in that commitment, we would have a significant impact on our collective economic recovery.

Free resources – There is no pandemic playbook or business plan outlining a road map to success. However, our region is blessed with collective expertise. FGCU's Restart SWFL is offering free resources and webinars, and chambers of commerce also are providing information about government stimulus programs, safety protocols, employee benefits and back-to-business toolkits. Don't forget your peers as a resource, either. I have personally joined Zoom calls with local business leaders to share best practices and success stories.

Business is coming back in Southwest Florida, and it will be stronger than ever.

*Michael Wynn is president of Sunshine Ace Hardware, a locally owned company with nine locations in Collier, Lee, Charlotte and Pinellas counties, as well as two Crowder Bros. stores in Manatee County.**

Global Economist Provides Glimpse Into The Future



James Sweeney



Nabil Hanano

New York-based global economist James P. Sweeney who travels internationally to share economic insights with world business leaders, will be the keynote speaker at the Above Board Chamber of Florida's virtual webinar, Economic Recovery after COVID-19, on Thursday, July 9 from 4 to 5:30 p.m. Sweeney will provide the business community with his view of the current state of the economy here in Southwest Florida, the nation and globally and what we can likely expect the future to hold. Cost to attend the virtual event is \$30. Visit www.aboveboardchamber.com to register and pay online.

Sweeney is Credit Suisse's chief economist and regional CIO for the Americas. He manages a 35-person economics department spread worldwide. His written topics focus on the global and

U.S. economies, particularly on global industrial production and the workings of the global financial system. He is a member of the Council on Foreign Relations, the Economic Club of New York and the National Committee on the United States-China Relations. Sweeney received his master's degree from the London School of Economics and a bachelor's degree from Florida State University.

“We are extremely fortunate to have someone of this caliber speak to our business community about our economic outlook,” said Jeanne Sweeney, CEO of the Above Board Chamber of Florida and mother of James P. Sweeney. “Our community, like others around the world, have been severely impacted by the global coronavirus pandemic, and (people) want to know what the future of our economy may be in order to be better prepared.”

Nabil Hanano, a vice president of T. Rowe Price Group, Inc., T. Rowe Price International Funds and T. Rowe Price International, Ltd of Boston, will serve as guest emcee. Hanano is also associate portfolio manager of the Global Focused Equity Strategy in the U.S. Equity Division for the company. He manages approximately \$15.1 billion in assets primarily for institutional investors. Overall, T. Rowe Price has managed approximately \$1 trillion in assets through March of this year.

Sponsors for the virtual event are Conditioned Air, CONRIC PR & Marketing, Quest Resources, Storm Smart, Sunshine Ace Hardware and Trinity Janitorial Services.*

Business Relaunch Grants End Friday

Businesses have a final opportunity to apply for help through the LeeCARES Business Relaunch grant program through Friday, June 26 at 8 p.m. Then, the county will move to its next phase of assistance to businesses.

Under the business relaunch program, assistance is available to businesses with one to 25 employees as of March 1 that were closed by Gov. Ron DeSantis' Safer at Home Order.

The one-time, \$5,000 relaunch grants are to help offset the unintended costs of reopening or relaunching a small business, such as sanitation, signage or marketing. Funds can only be used to reimburse the costs of business interruption caused by the required closures that are not covered by insurance or another federal program. Applicants must be Lee County residents.

On July 6, Lee County will launch its COVID-19 business assistance program for job creation. The program, referred to as “business rehire,” will:

Provide grant funding to small businesses for rehiring full-time equivalent (FTE) positions that were on the payroll as of March 1, 2020. Eligible positions must be rehired on or after July 6, 2020.

Provide grants of \$5,000 per full-time equivalent positions rehired, up to \$10,000 for businesses with 10 or fewer employees or up to \$20,000 for larger qualified businesses with fewer than 250 employees (501(c)3 and 501(c)19 organizations are eligible).

Allows grants to be used for operating expenses not covered by other resources,

including working capital, professional services or employee training.

Applications and eligibility requirements will be available at www.leeflcares.com or by appointment by calling 533-2273.

Both the business relaunch and the business rehire programs are part of the Lee Board of County Commissioners plans to allocate about \$134.5 million from the federal Coronavirus Aid, Relief and Economic Security (CARES) Act. The funding includes:

\$45 million to human services programs including the Individual Assistance

\$25 million to business relaunch and rehire programs and personal protective equipment (PPE)

\$23,950,000 for public safety and Medial expenses, including contact tracing, EMS transport, quarantine housing, etc

\$20 million for Governmental COVID-19 direct expenses for Lee County and Constitutional offices, including PPE, facility safety, public education and messaging, data collection, elections, telework, etc

\$20.5 million for general reserves for COVID-19 costs

A dashboard that shows assistance statistics is available at www.leeflcares.com transparency.

Visit www.leeflcares.com for additional information about all available programs.

Application instructions also are available in Spanish by calling 533-2273; applicants without internet access can also call the number. Hours are 8 a.m. to 5 p.m. weekdays.

Updates about the county's response to coronavirus can be found at www.leegov.com/covid-19.*



Noelle Branning



Jerry Elliott



Cora Molloy



Andrea Kershaw

United Way Elects New Officers And Board Members

New officers and four new board members were elected at the recent annual meeting of the United Way of Lee, Hendry, Glades, and Okeechobee. Officers and executive committee members for 2020-21 are as follows:

Board Chair – Robert Shearman, Henderson, Franklin, Starnes, & Holt, PA
Vice Chair – Roger Desjarlais, Lee Board of County Commissioners
Treasurer – Cynthia Hawkins, Wiltshire Whitley Richardson & English PA
Assistant Treasurer – Craig Folk, Miller, Helms & Folk PA

Secretary – Mary Vlasak Snell, Pavese Law Firm

Immediate Past Chair – Beth Hendry, Iberiabank

Joining the United Way Board of Directors are the following:

Noelle Branning, Lee County Tax Collector

Jerry Elliott, McGriff Insurance Services
Cora Molloy, Morgan & Morgan
Andrea McNiff Kershaw, Enterprise Holdings

All money raised in the United Way campaign stays in the local community to help support the local human service network. United Way partner agencies and initiatives like Alvin A. Dubin Alzheimer's Resource Center, Children's Advocacy Center, Harry Chapin Food Bank, ACT, LARC and United Way 211 serve a diverse range of needs in our community such as nurturing children and youth, strengthening families and meeting critical needs such as helping the elderly and disabled live independently, and empowering communities by bringing health and human services to neighborhoods.

In addition to raising funds for human service organizations in the community, the United Way promotes partnerships and collaborations among agencies and initiatives, helping them to work together focusing on issues and solutions that continue to improve lives.

The United Way of Lee, Hendry,

Glades, and Okeechobee has raised and distributed over \$188 million since it was established in 1957. For more information, call United Way at 433-2000 or visit www.unitedwaylee.org.✱

Clerk Selected For Pilot Program

The Lee County Clerk of Courts was recently selected to participate in a pilot program to evaluate how to conduct civil jury trials remotely. The initiative is designed to help reduce jurors' exposure to COVID-19 while serving.

There are five different methods of remote jury trials being tested across to the state to help the courts determine what works best. In Lee County, prospective jurors will receive a traditional jury summons and will report in person to a location outside the courthouse for the selection process on June 29, June 30 and July 2. If selected, they will receive instructions on how to log into the trial via Zoom, a video conferencing program.

"Access to justice starts with our jurors," said Linda Doggett, Lee County Clerk of Court. "To ensure the judicial process runs smoothly, we've taken several measures to protect their health and well-being throughout their service. Our goal is to keep our jurors safe."

When entering the courthouse, jurors and courthouse visitors must wear masks, have their temperatures checked and stay six feet from others. Commons areas, including the jury assembly room and restrooms, are also frequently deep cleaned.

To participate in the pilot program, the plaintiff and defendant must agree to conduct the trial remotely.

The pilot program includes five judicial circuits composed of 15 counties throughout the state. The circuits were selected by the COVID-19 Workgroup created by Chief Justice Charles T. Canady to advise him on court operations. The circuits were selected based on their geography, local infection rates and technological ability.

Criminal cases are not being considered for the trial pilot program since they typically involve more complex issues of constitutional rights.

Earlier this month, Chief Justice Canady suspended in-person jury duty and jury trials through July 17. For more information, visit www.leeclerk.org.✱

Grant To Save Homeless Pets

Lee County Domestic Animal Services received a Rachael Ray Save Them All COVID-19 Relief Grant from Best Friends Animal Society to help the agency save the lives of homeless pets living in Lee County.

Pet owners in need of assistance with pet food or veterinary services can visit www.leeadoptpets.com or call 533-7387.

The Rachael Ray Save Them All COVID-19 Relief Program provides relief grants to shelters and rescue groups across the country. The foundation helps animals in need and is funded by a portion of proceeds from each sale of Ray's pet food, Nutrish.✱

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Book Review

Blood Moon Rising



by Di Saggau
 Sanibel author Richard Conrath is author of The Cooper Mystery Series. His first book in the trilogy, *Cooper's Moon*, finds Cooper involved in cases about missing

young children. There's a reason for that. His 7-year-old son Maxie was kidnapped several years earlier, and he is always searching for him. It's a good read. In *Blood Moon Rising*, book No. 2, we follow Cooper in his quest. By the way, while this book stands alone, I always enjoy reading all the books in a trilogy. It's now been eight years since Maxie disappeared from the front lawn of his home in Ohio. The disappearance left a huge dark and painful hole in his marriage. It crumbled, even though Cooper and his wife Jillie still love one another. Cooper, who left his college teaching job to become a homicide detective in the Miami Police Department, is now discovering the seedy side of Miami.

He gets a call from an old friend who wants Coop to clear him from having anything to do with the death

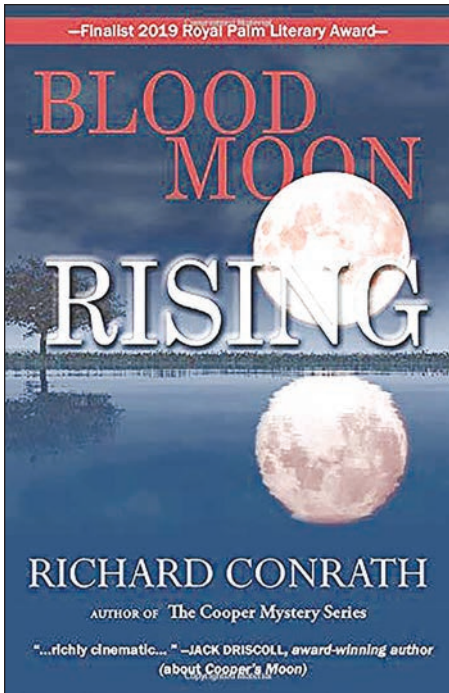


image provided

of a student of his... with whom he was having an affair. It soon comes to light that the young woman, April, was taking part in drug trials. Often students at her college take part in the trials to pick up extra cash. Soon there is another body, also a college student. Cooper, with his motley crew, dive into the terrifying world of human trafficking and the sale of body parts along with other threatening global issues. Coop's crew involves Richie, a mob enforcer; Huxter Crow, a Seminole alligator hunter;

Louise Delgado, a Miami detective; and Leo Federovich, a Russian KGB agent and grandfather of one of the missing students. The crew ends up in Little Moscow in the Miami area searching for some very bad men and one extremely evil woman.

Blood Moon Rising won the Royal Palm Literary Silver Medal Award in the mystery category. It is well written with vivid descriptions, and the story includes locations in Florida readers can relate to. For example, "We cut off I-75 at

the Florida Turnpike near the Villages, one of the world's largest retirement communities. Good place to play golf every day until you died." It's fascinating reading about how Cooper and his gang search Miami, the Everglades and the Florida Straits to find missing children who fall prey to kidnappers. Cooper dreams constantly about finding Maxie, but so far, he has not found his son. The final book in the trilogy, *A Cold Copper Moon*, will be out soon. I look forward to reading it.*

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, I know that kids need strong academic skills to be successful in life, and we have been working on academics now all

year. I know that there are other non-academic skills that are just as important as academic ones, and I thought I would help my kids with those this summer. What do you think are the more important skills I could help them with so that they can be successful?

Toni A, Fort Myers

Toni,

You are correct in thinking that academic skills are not the only thing a child needs to succeed in life. Children need a range of experiences to learn about themselves, and the world. They need to know how to pay attention, carry out tasks and understand their own feelings and emotions as well as understanding how to view another person's point of view. The University of Chicago Consortium for Education has recently examined this question and, drawing on research from many fields, theory and practice to identify building blocks for life success, their report establishes a framework to help answer that question.

First of all, the authors defined success and have described success as that, "young adults have the potential to fulfill their goals." They identified these behaviors, based on their research, as the ones that lead to success which include the ability "to influence the world around them and having a clear sense of who they are – an "integrated identity." While these behaviors are a bit vague, they have also identified some underlying skills that are critical. The report suggested that children's lives include many diverse experiences to develop the following four qualities:

Self-regulation – the awareness of oneself and one's surroundings, and management of one's attention, emotions and behaviors to achieve goals.

Knowledge and Skills – information or understanding about oneself, other people and the world, and the ability to carry out tasks.

Mindsets – beliefs and attitudes about oneself, the world and the interaction

between the two. They are the lenses individuals use to process everyday experiences.

Values – enduring, often culturally defined, beliefs about what is good or bad and what one thinks is important in life.

These qualities grow and reinforce each other through life, but some are especially important to develop during certain stages of childhood because they lay the groundwork for successful development in the next.

In summary, the key developmental tasks during early stages of development are:

Early childhood (ages 3 to 5) – Self-regulation; interpersonal (social-emotional) knowledge and skills

Middle childhood (ages 6 to 10) – Self-regulation (self-awareness and self-control); learning-related skills and knowledge; interpersonal skills

Early adolescence (ages 11 to 14) – Group-based identity; emerging mindsets

Middle adolescence (ages 15 to 18) – Sense of values; individuated identity

Young adulthood (ages 19 to 22) – Integrated identity

As parents, we all want our children to succeed and be the best they can be and we often think we need to buy special items, gear and games to stimulate our child's development, but that is not true. While having the latest games and gear is great and may provide interesting experiences, it is more important to provide the following, every-day activities you can do with your child to encourage development.

Give your child lots of love and attention. No matter what a child's age, holding, hugging and listening are important ways to show your child they matter.

Interact as much as possible with your children by talking, playing, eating, reading and spending time outside in nature. Your children will grow up feeling special and important to you. You will also learn a lot about your child's interests and skills.

Read, read, read. Research has shown that children who are read to by their parents have a larger vocabulary than other children. Reading also provides children with new perspectives about the world we live in.

The most important parenting skills are having consistent rules, rewarding behaviors you want to see your child do more of and having consequences for inappropriate behavior. Use these parenting skills in order to teach your child to learn how to behave.

Monitor and limit TV and screen

continued on page 13

Help SCCF Bring Back the Barn Owls

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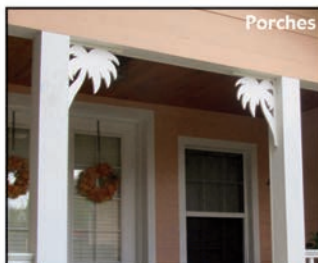
Or consider not using any rat poisons at all. Instead, seal all entry points to your home.



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New Education Intern At CROW

Alison Reece has joined the Clinic for the Rehabilitation of Wildlife (CROW) as its newest conservation education and marketing intern. The six-month internship began on June 1.



Alison Reece

Reece, who grew up in Cambridge City, Indiana, is currently attending Indiana State University and is entering her junior year. She is pursuing a bachelor's degree in marketing with a minor in sustainability. Once graduated, Reece hopes to work as a marketing manager in a field geared toward educating others about the environment.

The Conservation Education and Marketing Internship is a six-month program designed for those interested in pursuing careers in environmental conservation, communication or other related fields. Interns learn about CROW on an organizational level and apply the information through public speaking engagements and outreach events. They also learn about the impact of communication through social media outlets and community partnerships with local newspaper and media companies.

"I'm hoping to gain more knowledge about the wildlife on Sanibel and to help educate others on the importance of how their actions can affect wildlife," said Reece. "I also hope to learn more about helping to market for nonprofit organizations."

Reece will be assisting with presentations, leading tours of CROW's

hospital and engaging with visitors to the education center and events. She will also be helping develop content for CROW's social media pages, website, advertisements and exhibits in the education center.

If you would like to learn more about internships and externships offered at CROW, visit www.crowclinic.org/articles.student-programs.✱

Marketing Firm Promotes Coordinator

Pushing the Envelope, Inc., (PTE) a strategic marketing communication firm based in Fort Myers, has promoted Annelise Przywara to senior communication coordinator. In her new role, Przywara will lead implementation of marketing and communication plans, as well as act as a liaison with clients.

Building on her more than two years with PTE, Przywara will continue to assist with executing public relations and marketing services, including, but not limited to: publicity, media relations, strategic community outreach, reputation management and digital communication for a variety of clients/industries.

Przywara holds a bachelor of arts degree in communication studies with a focus on strategic communication/public relations from Wilkes University and a master's degree in strategic communication from American University.✱



Annelise Przywara

ongoing opportunities to reach their potential.

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.✱

Florida Bar Committee Chair

The Florida Bar President, Honorable Dori Foster-Morales, recently appointed Regional Counsel Ita M. Neymotin as chair of the Committee on Professionalism. Neymotin oversees 14 counties within the Second District Court of Appeal and manages 140 attorneys and staff. In addition to being regional counsel, she will begin her new voluntary appointed position on July 1.

The Florida Bar is the organization of all lawyers licensed by the Supreme Court of Florida to practice law in the state. The Florida Bar's core functions are to regulate the practice of law in Florida, ensure the highest standards of legal professionalism, protect the public by prosecuting unethical attorneys and prevent the unlicensed practice of law. Currently, there are more than 107,000 attorneys licensed in the state of Florida.

Neymotin was appointed by Governor Rick Scott in 2011 and confirmed by the full Florida Senate. At age 38, she is the youngest and the first appointed female to hold a position as regional counsel in the



Ita Neymotin

state of Florida. Neymotin was also appointed by the chief judge of the Twentieth Judicial Circuit to chair the professionalism panel for the past five years. In addition, Neymotin has worked tirelessly as a member of the Standing Committee of Professionalism by helping to educate attorneys on the "Ideas and Goals of Professionalism." In her role as chair of The Florida Bar Committee on Professionalism, Neymotin will champion other licensed attorneys in the state of Florida to advance professionalism and civility in the practice of law. The function of the committee is to assist the Henry T. Latimer Center for Professionalism in implementing programs, events and activities to promote professionalism throughout the state.

Neymotin will work with Rebecca Bandy, the director for the Henry T. Latimer Center for Professionalism, and the other members of this committee. She is honored that Foster-Morales has the utmost confidence in her leadership skills and abilities to handle this incredible appointment.

"I believe that professionalism and civility together are the true heart of the legal profession because without those crucial values, the legal profession's integrity suffers," Neymotin said. "This appointment gives me the opportunity to help ensure that professionalism is growing towards the highest ideals and standards outlined by The Supreme Court of Florida, and I can work with my colleagues to ensure that civility and professionalism are raised to the highest standards of 'excellence'."✱

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Google U



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

Several years ago, when my mother was first diagnosed with acute myelodysplastic leukemia, the first thing that I did was search Google to learn more about the disease. The more I searched, the more confusing everything became. There was a lot of information from various sources, which all appeared credible. The problem with Internet searches is that without specific knowledge about the issue you’re searching, you might take something out of context. You also don’t know if the source of the information you’re finding has any bias, or how credible that source might be.

When we find information on the Internet related to medical issues, we usually bring that information to our treating physician and ask her about what we’ve found. That’s largely due to the complex science associated with our condition, whatever that may be. We realize that we need guidance when dealing within a specialized field.

For some reason, however, I’ve found in my more than 30 years of practice that some laymen don’t have the same regard for the law. In other words, they’ll run a few searches on the Internet, take what they’ve found as the gospel, providing many with confidence that they can self-diagnose and solve a legal issue, like estate planning.

I call these people Google U graduates. FYI, that degree isn’t worth much! Because each one of us is so different, the application of legal strategies will likely have different outcomes. Consider, for example, the husband and wife in a second marriage, with each having children from a prior marriage. Husband searches Google and finds that he can create a “marital trust” for wife that will provide her income for life, but then at her death, revert back to his children.

Perfect! That’s what he wants! So he logs on to LegalZoom and creates a trust. No need for expensive lawyers, right? But there’s some crucial questions Husband should have investigated. What kind of assets will be held by the trust? Is he designating an IRA or 401(k) there? In all likelihood, that plan won’t accomplish his goals because of Inherited IRA distribution requirements.

In that scenario, a few problems may arise, such as the acceleration of income tax, Wife not getting sufficient income, or all of the asset consumed before Wife’s death, leaving nothing for Husband’s children.

Who is going to be trustee over the marital trust? Is it Wife? Will she invest the funds to favor income over growth for his children? If she does, could she face a lawsuit from the children for breach of fiduciary duty?

What if there is a bunch of vacant land in the marital trust? The Internal Revenue Code mandates for a trust to qualify for the marital deduction, the beneficiary must demand that the trust invest in “productive” assets. By definition, vacant land doesn’t usually meet that criteria. Can Wife as beneficiary force whomever the trustee is to sell the vacant land? What if that land is in the path of development and may increase significantly in value over the next several years, but it hasn’t yet?

How about the homestead? Can we grant Wife a life estate without violating Florida’s constitutional and statutory homestead descent and devise rules? What happens if Husband’s Last Will and Testament contains an invalid devise of the homestead? In such case, Husband’s children have an immediate legal interest in the residence. What can happen now? What if one of the children is undergoing a divorce? Could this become a problem for Wife?

All of these questions revolve around one single scenario, a Husband trying to provide for his Wife and then leave everything to his children upon her death. There might be hundreds of different scenarios in your estate plan. Without the proper education, training and experience, you’re unlikely to recognize all of the legal and tax issues that apply to your situation, and therefore you can’t possibly select the type of plan and the provisions it requires to accomplish your goals.

I like to tell my clients that estate planning is just as much of an art as it is a science. The best planners are creative, in that they first listen to their clients’ goals and concerns, then, considering the types and worth of the assets owned, fashions a plan to meet those goals.

No one knows what the future brings, either. Tax laws change. Family dynamics plays into the equation. Consider a situation where a client’s son and daughter don’t get along. What can go wrong in the client’s estate plan when he suffers from dementia or Alzheimer’s? How might the distrust amongst the siblings become a big problem?

In the end, take Google U for what it’s worth, a starting point. For best results, take what you’ve learned from it and ask guidance from a seasoned professional.

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Bank Awards Grant To Help With Relief Efforts

Lee Health Foundation has received \$25,000 from community partner Fifth Third Bank to help address the immediate and evolving needs arising as a result of the COVID-19 pandemic in Southwest Florida. While the needs are changing on a daily basis and long-term effects of the novel coronavirus are unknown, supportive funding has been crucial to providing necessary equipment, support and assistance to employees, patients and families.

“We are making this \$25,000 donation to support Lee Health and Golisano Children’s Hospital, who need additional resources to support patients and frontline staff who have been impacted by the virus,” said David Call, regional president of Fifth Third Bank. “This pandemic is impacting all segments of the population, especially the most vulnerable members of our communities who may be disproportionately affected by current events.”

Lee Health is using donations to the Helping Frontline Heroes fund to work through the continued challenges presented by the pandemic. While the nonprofit healthcare system is on the frontline of the health crisis, facing its own economic challenges, it continues to serve the community, caring for its safety and wellbeing, physically and emotionally. Donations have supported critical resources such as additional medical equipment and supplies, personal protective equipment, employee relief and increased technology including iPads to keep employees and patients connected with family.

“This pandemic struck quickly and

affected all elements of our Southwest Florida community, but especially the health and wellbeing of our residents,” said Chris Simoneau, chief foundation and development officer at Lee Health. “When we reached out to our friends and colleagues at Fifth Third Bank for their help in responding to this medical crisis, they immediately responded affirmatively, like the great partner that they are. We are truly grateful for their support.”

To learn more about making a local impact by supporting Lee Health, visit www.LeeHealthFoundation.org.✧

Lee County Adjustments For July 4 Holiday

The Fourth of July holiday will result in some closures and schedule changes for Lee County operations. Lee County administrative offices will be closed on Friday, July 3, and will reopen on Monday, July 6. The following are adjustments due to Independence Day falling on Saturday:

Solid Waste – There will be no change to residential garbage, recycling and yard waste collections in unincorporated Lee County, the City of Bonita Springs, the Village of Estero and the Town of Fort Myers Beach.

The Resource Recovery Facility on Buckingham Road will be open to accept waste from 6:30 a.m. to 5 p.m. on Friday, July 3. The Resource Recovery Facility will be closed on July 4.

All Solid Waste offices and the Household Chemical Waste Collection Facility, 6441 Topaz Court, will be closed both Friday and Saturday, July 3 and 4.

The Household Chemical Waste Collection Facility, which is normally open

on the first Saturday of each month, will instead be open 8 a.m. to noon Saturday, July 13.

The Solid Waste Department urges all residents to recycle the plastic, metal and glass from their Independence Day celebrations.

Parks & Recreation – Lee County’s parks, splash pads and preserves remain open Friday, July 3, and through the holiday weekend. Pools are open Friday and Saturday, July 3 and 4. Pools are closed Sunday and Monday, July 5 and 6 and will re-open Tuesday, July 7. Visitors are asked to observe Centers for Disease Control guidelines, including social distancing.

Recreation Centers will be open for the summer camp program Friday, July 3, but remain closed for all other activities. Rec Centers will re-open Monday, July 6, for the summer camp program only. Administration offices will be closed.

Animal Services – LCDAS, 5600 Banner Drive, Fort Myers, will be closed on Friday, July 3. Normal business hours will resume Monday, July 6. The lobby will resume Saturday adoptions and lobby hours on July 11.

LeeTran – Service will operate on July 3. LeeTran will not run bus, trolley or paratransit service on Saturday, July 4. Service will resume Sunday, July 5.

Library System – On Friday, July 3, the following libraries will be open with limited in-branch services: Bonita Springs Public Library, Cape Coral Lee County Library, East County Regional Library, Fort Myers Regional Library, Lakes Regional Library, North Fort Myers Public Library, Northwest Regional Library and South County Regional Library.

Libraries will be closed Saturday, July 4, including curbside pickup.

On Monday, July 6, the previously listed libraries will resume their schedule. Please note, some library branches remain

closed because of the county’s phased in approach during the COVID-19 response.

Library administrative offices will be closed on Friday, July 3. Library online resources are available 24/7 at www.leegov.com/library/online.

For more information, visit www.leegov.com or on Facebook: Lee County government.✧

From page 1

Alliance Market

sanitizer stations for themselves and their patrons;

No sampling of products will be allowed at the market;

Vendors will be spaced out to follow physical distancing guidelines;

Patrons are asked to wear masks, pay in exact change and not linger on property (public restrooms will not be available);

Patrons and vendors not feeling well are asked to stay home;

The Wednesday drive-through pickup service initiated when the market closed in response to COVID-19, will remain in operation.

Produce, food and beverage vendors participating in the July market include Aloha Breeze Kona Coffee, Art by Jen, Britton Farms, DoTERRA, Flying Eagle Kombucha, Gina’s Tamales, Green Paradise Eco Farms, Quality Cheese, Chef Ruth Cohen, Lee Bee Queen, Vegan Tropicals, Venus Veggies, and Yen Bell.

Other vendors include HP Landscaping, Kiki Boho, Moringa Splendour, Sparkle Girls Jewelry, and Zen Massage.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information, visit www.artinlee.org/greenmarket or call 939-2787. To order online for Wednesday drive-through pickup, customers can visit www.artinlee.org/drivethru.✧

Superior Interiors

Create A Home Learning Space For Children



by Trinetta Nelson

With many parents currently expected to homeschool their children while working from home, life can seem a little crazy at the moment. The good news is you are not

alone. Many parents across the country can relate to what seems like continuously busy, never-ending days.

The even better news? There are a few simple home design and decor tips that can help you create a learning environment for your kids with ease. No more setting up separate work sections around the dinner table... finally you can transform that unused living area into a space that is inspiring, motivating and stylish.

Looking for a weekend project to pass the time? Here's how you can create a lively learning space for your kids in the comfort of your home:

1. Choose the room – Take a look around your house and decide which area becomes the new study space. Do you have an empty room that is craving some attention? Do you want to keep it small and cozy utilizing a nook in your living area? The space you choose will be based on how well your kids work in a more public or private setting.

2. Declutter and stay organized – Once you choose the new learning space, declutter it completely so you can start

with a fresh canvas. Remember, keeping this space organized regularly allows your kids to keep their minds organized as well.

3. Involve the kids – Since this living space is dedicated to the children, make sure they are involved throughout the redesign process. Give them leverage in choosing colors, accessories and furniture for the room, but don't let things get out of hand... we'll touch on this in the next point.

4. Make it a visual space, but free of distractions – You want to create a study space that your kids enjoy being in, but the last thing you need is another playroom. Keep the area bright with colors and other visual decorations but make sure it is not a distracting space. Leave the television and toys out of the room and try to keep the decorative items educational.

5. Keep things nice and lit – A bright and inviting room is great for the mind, so make sure to take advantage of whatever amount of natural lighting you can let into the space. Lighting is something to keep in mind at night as well if your kids tend to stay up later to study and finish homework. Make sure they have the proper lighting at their desk or study area.

There's no telling how much longer the kids will be learning at home, so now's the perfect time to transform some space in your home to establish the ideal learning environment that allows them to thrive and get creative throughout the day. If you are intimidated by the thought of taking on this project on your own and you need some assistance, contact a design professional. Your kids will be so excited to learn about this fun project that's just for them.

*Trinetta Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindceden.com.**

Supporting Local Food Security Organizations

The Lee Board of County Commissioners recently approved a plan to allocate \$3 million of federal funds from the CARES Act to support local food security organizations and to continue phasing in operations previously suspended due to the COVID-19 pandemic.

The \$3 million allocated to food security organizations benefitting citizens in need includes:

- \$1.55 million to the Harry Chapin Food Bank of Southwest Florida
- \$425,000 to the Midwest Food Bank
- \$225,000 to Community Cooperative
- \$500,000 to Lee County food pantries through \$5,000 individual grants
- \$300,000 to reserves.

In addition, programs utilizing funds from the federal Coronavirus Aid, Relief and Economic Security (CARES) Act have resulted in:

13,871 applications started for Individual Assistance, which includes

payments directly to utility companies, landlords and mortgage companies. 4,923 applications have been completed.

4,576 applications for the Business Relaunch Program

More than 1,000 kits of personal protective equipment, including masks, gloves and hand sanitizer set to go to businesses with fewer than 25 employees. This includes more than 250,000 masks, 500,000 gloves and more than 5,000 gallons of hand sanitizer

United Way partner agencies establishing childcare scholarship programs

For more information, visit www.leefcares.com.

Recovery transit service adjustments include:

Bus service running from Monday through Saturday will follow a typical Saturday service schedule.

Service on Sundays will run on a Sunday schedule. Routes that do not have Sunday schedules will not run on Sundays.

Routes 80 and 160 will remain out of service until further notice. The service changes are part of the county's phased approach to reopening businesses and

services in Lee County.

LeeTran bus services were initially reduced due to declines in ridership and staffing during the Governor's Safer At Home Order. Ridership has increased as the Safer at Home Order has been relaxed and LeeTran is increasing services throughout the county to meet demand.

Also beginning Friday, LeeTran will reopen its lobby from 8 a.m. to 5 p.m. Monday through Friday at 3401 Metro Parkway in Fort Myers. However, the application process for ADA Passport will remain an over-the-phone-only service until further notice; call 239-533-0300.

Riders can access schedules for each active route at www.leegov.com/leetran/how-to-ride/maps-schedules. To follow service-related updates, visit www.rideleetran.com. Riders are asked to follow CDC guidelines and use rear entry to buses.

Library adjustments include:

The Lee County Library System will open additional locations on June 15 and will begin operating at 50 percent capacity.

Branches currently open include: Cape Coral Lee County Library; East County Regional Library; Fort Myers Regional Library; Northwest Regional Library; and South County Regional Library

Opening June 15 are: Bonita Springs Public Library; Lakes Regional Library; and North Fort Myers Public Library.

All hours are 10 a.m. to 6 p.m. Monday to Wednesday and 10 a.m. to

4 p.m. Thursday to Saturday. Curbside pickup will continue at all locations.

Signage is posted for following CDC guidelines and are marked to indicate spacing for social distancing. Plexiglas shields are installed at all public service desks, and hand sanitizer and wipes will be provided to the public. The county has removed some furniture to encourage patrons to keep visits brief so that more patrons can enjoy the libraries.

Computer use is limited to one hour per person per day. Play items in the youth areas have been removed, as has gaming equipment in the teen areas. Study rooms and meeting rooms are not open at this time. Patrons are encouraged to sign up for the Imagine Your Story Virtual Summer Reading Program.

Parks & Recreation adjustments include:

Lee County Parks & Recreation has requested that youth sports leagues submit safety plans for resuming play; 31 plans have been submitted and approved to date. Practices are resuming this week.

Registration for the remaining spots at summer camps reopened Monday. All camps will be operated at a ratio of nine campers per one staff member.

Recreation centers remain closed at this time; they will be used for summer camp, which begins June 15. All other parks facilities, sites and preserves are open. Pools are operating at reduced capacity for fitness only.

For future updates and further information, visit www.leegov.com/covid-19.

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Frankly Speaking



by Howard Prager

What concerns you most about sports today? The health of players during this COVID-19 pandemic? Racial injustices that continue? The lack of meaningful statistics in sports this season? The fact that some players will opt out of playing to stay safe? Or an inverted Triple Crown, which started with Tiz the Law (interesting name given what's happening) winning the Belmont Stakes?

All of these are valid concerns, and something that I think players, the leagues and the NCAA need to think long and hard about before "restarting," despite their plans and desire to open for business. The headlines are every day: 30 players from Louisiana State University have been quarantined; 13 players from the University of Texas football team tested positive as did several players from the Tampa Bay Bucs and Dallas Cowboys; several players and staff testing positive at the Philadelphia Phillies spring training facility in Clearwater; and shutting down all spring training facilities in Florida and Arizona. The list goes on each day. Dr. Anthony Fauci says he does not see football happening at all this year. Yet, the NFL has not slowed down their plan for restarting. And the NBA is full speed ahead with many pages of rules and regs for their comeback in late July with

no team practices before teams get to Orlando later in July. And it won't be held against any player if they decide to opt out of the season.

That's a tough decision for some of these players, given the amount of money they could be earning. The average career of most pro athletes is only five years, so losing a year is 20 percent of their earning potential. Former Chicago Bears tight end Emery Moorehead, whom I interviewed earlier this year, said he thinks it's only 50-50 that they will play football this year at all. He said knowing what he knows now, he wouldn't play, but as a player in his prime, who's to say?

The first team sport to restart is women's soccer, which has its first game scheduled for this Saturday, June 27. But as of June 20, they already had one player testing positive for COVID-19. Now what? What will teams do if more players test positive? The player quarantines for 14 days and teammates are regularly tested, but we know the long incubation period for this virus. Before the player can even return, others could be infected. Then what?

And with Major League Baseball (MLB) and the players association going back and forth for three months, the owners just voted to institute a 60-game season. Where's Monty Hall or current TV host Wayne Brady saying "Let's make a deal?" How many asterisks do we put behind this year's stats? In the meantime, do you know what changes were being proposed? I call it the "Manfred Rules" which the players rejected and included these changes that I believe are not happening: designated hitters in both leagues, allowing free substitutions as many times as a team

likes, starting with a runner on second base in extra innings. Really? My biggest concern is with the batter, catcher and umpire being in close proximity for much of the game, perhaps they should consider electronic ball and strike calls or having the home plate umpire watch in the broadcast booth.

What about racial equity, how do pro sports deal with that? There are still crazies around. The team for Bubba Wallace, the only full-time African-American driver in NASCAR, reported a noose was found in his garage. "We are angry and outraged, and cannot state strongly enough how seriously we take this heinous act," NASCAR's statement read. "We have launched an immediate investigation, and will do everything we can to identify the person(s) responsible and eliminate them from the sport. This only strengthens our resolve to make the sport open and welcoming to all."

There's no reason why every team and league shouldn't start some immediate actions. When I Googled racial equity and sports, I found articles dating back to 1993, and I know I just scratched the surface. This isn't new. We need meaningful discussions and actions. Some Women's National Basketball Association (WNBA) players are taking leaves of absence to do just that. What about everyone else? The co-hosts of the *ESPY Awards*, Seahawks QB Russell Jackson, soccer star Megan Rapinoe and the WNBA's Sue Bird all addressed it on the special.

And the *ESPY Awards* brings us our good news story of the week, where Twins DH Nelson Cruz won the Muhammad Ali Sports Humanitarian of the Year award. A six-time all-star, Cruz was honored for his off-the-field contributions. "The award is given to an athlete who has had an impact in his or her community through sports while sharing the same principles that Ali did, including confidence, conviction, dedication and respect." Cruz has been donating food and medical supplies to the needy and donated a fire truck and built a police station for his hometown of Las Matas De Santa Cruz in the Dominican Republic. He dreams of building an education and wellness center for the children there. "I definitely feel blessed," Cruz said. "I don't think we do it to be recognized. We do it because we feel it is the right thing to do. That is what our heart is telling us to do. It's always nice to be recognized when what you are doing is the right thing."

As we deal with the coronavirus, restart major team sports and continue the struggle to gain greater racial equity, it's nice to see athletes selflessly giving of themselves to help others. Stay safe Floridians, and be careful.

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.✴

From page 1

Tournament

in cooperation with many local businesses for the enjoyment and education of children. Sponsors include Bonita Bill's Waterfront Café, Key West Express, First Citizens Bank, Dixie Fish Co., Mom's Restaurant, Tarpon Hunters Club, Bean Whitaker Lutz & Kareh – a Division of CES, Inc., and Pete's Time Out.

Children ages 3 to 15, assisted by parents, grandparents, or other family members, are challenged to catch the most, the longest and the heaviest catch. Award winners will receive trophies and prizes.

The young fisherman will be assisted by members of the Tarpon Hunters Club, and will be treated to watermelon throughout the morning.

"The goal of this event is to bring families together and introduce our children to the excitement and wonder of our marine life," said Joanne Semmer, president of Ostego Bay Foundation, Inc. "With lessons learned, they shared the beauty of our natural area. We are grateful to all our community partners who share our ideals and continue their support every year, which makes this event possible and creates lasting childhood memories."

The fishing tournament is always held the Saturday before Independence Day and has become a family tradition on San Carlos Island.

Founded in 1991, the Ostego Bay Foundation, Inc. is a self-funded 501(c)3 nonprofit educational organization. The mission of the Ostego Bay Foundation, Inc. is to promote the understanding, preservation and enhancement of the unique marine environment through education, research and community involvement. Visit www.ostegobay.org to learn how you can become a member or call 765-8101 to learn more about the Ostego Bay Foundation Marine Science Center.✴

YOUR NEUROLOGICAL SYMPTOMS MAY HAVE A STRUCTURAL CAUSE!

- Balance problems
- Blurred vision
- Dizziness / vertigo
- Fainting / drop attacks
- Swallowing or speaking difficulties
- Tinnitus or hearing problems
- Torticollis / cervical dystonia
- And many more!

The Hauser Neck Center at Caring Medical Florida specializes in unique, dynamic diagnostic tests that find what traditional MRI scans can miss, and Comprehensive H3 Prolotherapy to treat the underlying structural cause of chronic neck pain, migraines, and neurological symptoms.



Ross Hauser, MD

Learn more at **CaringMedical.com** and contact our team to review your case!

Hauser Neck Center
Caring Medical Florida
9738 Commerce Center Ct.
Fort Myers, FL 33908
(239) 308-4725
DrHauser@CaringMedical.com



HELPING THE WORLD SEE CERVICAL INSTABILITY WITH 2020 VISION!

SPORTS QUIZ

1. In 1982, the California Angels retired No. 26 in honor of the Major League Baseball franchise's first owner. Who was he?
2. In Super Bowl XXVII, the Dallas Cowboys' Leon Lett was enroute to a fumble return touchdown, but he had the ball swatted away before he crossed the goal line, resulting in a touchback. What speedy Buffalo Bills receiver forced Lett's fumble?
3. In the final round of the 1995 Open Championship, what Italian golfer sunk a 60-foot putt on the 18th hole to force a playoff with eventual winner John Daly?
4. In what team sport would you find two "bails" balanced atop three stumps?
5. How many home runs did Jose Canseco's identical twin brother, Ozzie, hit during his 24 Major League Baseball game appearances?
6. Syracuse University basketball standout Rony Seikaly was the first draft pick ever selected by what NBA expansion team in 1988?
7. In 1999, the New Orleans Saints traded eight draft picks to the Washington Redskins in order to select what Heisman Trophy winner from the University of Texas?

ANSWERS

1. Gene Autry. 2. Don Beebe. 3. Costantino Rocca. 4. Cricket. 5. Zero. 6. The Miami Heat. 7. Ricky Williams.

dearRPharmacist

The Truth About Iodine Deficiency



by Suzy Cohen, RPh

Dear Readers:

Iodine, a purplish-grey mineral, is needed for our survival. There is a lot of confusion surrounding this supplement because people assume iodine is a drug, but that's not true. It's

as natural to your body as magnesium or calcium. A shellfish allergy translates to an iodine allergy in only about two or three percent of people. Most people avoid iodine their whole life because they do not know this. A shellfish allergy has to do with you being allergic to a protein in the fish, not iodine, which is needed for your very survival.

Here are five signs of possible iodine deficiency:

1. Goiter – You may have an enlarged thyroid, and it will look like a lump at the base of your neck. Goiters are sometimes treated with iodine supplementation prior to surgically removing the thyroid gland. Not all goiters are related to low iodine, however, iodine deficiency is the most common cause of goiters and nodules in the thyroid gland. Sadly, some physicians surgically remove the thyroid gland instead of trying iodine. The issue is that you are still deficient in iodine and a thyroidectomy doesn't correct that, besides symptoms within the breast will show up next! I have a whole chapter on goiters in my best-selling book *Thyroid Healthy: Lose Weight, Look Beautiful and Live the Life You Imagine*.

2. Breast Pain or Cancer – Iodine deficiency causes tiny benign (noncancerous) cysts to begin forming in the breasts, and the condition is termed Fibrocystic Breast Disease. Women with this condition have slightly lumpy breasts and breast tenderness. Sometimes it's hard to enjoy a hug because the pain is so bad. Continued iodine insufficiency may increase risk for breast cancer as well.

3. Feeling Tired or Weak – Low iodine always leads to low levels of thyroid hormone. That's because your thyroid gland requires iodine to produce thyroxine, your thyroid hormone. This is the hormone that makes you feel strong, energetic and full of vitality.

4. Dry Skin – Iodine is needed for soft skin and healthy skin. Eczema is sometimes related to low iodine or hypothyroidism. When iodine levels are low, skin cell regeneration doesn't occur as often as it should and this leads to dull, itchy, dry skin.

5. Pregnancy and Baby's Brain – People underestimate iodine's power on the brain. If you're deficient in iodine, risk for miscarriage is increased. But there are implications to the baby too, if mother is not a seafood lover, or has iodine deficiency for some other reason.

When mother's iodine is deficient, she has what we call "hypothyroxinemia,"

which damages the developing brain. The baby may be born with neonatal hypothyroidism, or may have cretinism, a severe cognitive disorder.

Since doctors now tell women to limit seafood due to mercury concerns (and a dirty ocean full of plastics and phthalates), I urge you to talk to your practitioner to see if a clean supplement of iodine is something you should take in advance of pregnancy or during it. Creative brands of iodine contain both iodine and iodide, two different isomers of the molecule that feed and nourish your thyroid gland and breasts. You can find this in one capsule if you look for high-quality brands.

Understanding the pathogenesis of hypothyroidism and its connection to impaired iodine status in the body has allowed us to look at all of these symptoms and to realize they are not always a new "disease." Sometimes a symptom is tied to a natural mineral that has become deficient for one reason or another. Causes include our genes, or poor diet, sometimes a medication (i.e., a drug mugger) and more. It's important to find the underlying cause of your symptoms, rather than layering on the drugs.

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.✱

From page 1

Backpacks

poverty rate for children in Harlem Heights is more than twice the county average. Parents are out of work due to the COVID-19 crisis and cannot provide all the things their student will need. We want to send our students back to school, ready to learn."

The wish list includes new backpacks, 8 to 16 GB USB flash drives, three-ring binders, basic and scientific calculators, colored pencils, composition books, crayons, dictionaries, dividers, earbuds/headphones, cap and block erasers, filler paper, folders, glue bottles and sticks, highlighters, index cards, markers, notebooks, pencil cases, pencil sharpeners, pencils, pens, rulers and scissors.

"We are looking for organizations whose members can band together to meet the need," said Melissa Barlow, outreach coordinator. "The 500 backpacks are the largest investment, costing more than \$7,000 and supplies for each student cost \$50. A business may be able to sponsor the backpacks, a church or philanthropic organization could sponsor crayons, markers or notebooks. Because of COVID-19, we appreciate monetary donations more than ever. We can order in bulk and stretch the dollars even further."

Donations can be dropped off Monday through Friday from 8 a.m. to 5 p.m. until July 23 at The Heights Center, 15570 Hagie Drive, Fort Myers. All donations are tax-deductible. Monetary donations can be made online at www.heightsfoundation.org/donate or mailed to The Heights Center, 15570 Hagie Drive, Fort Myers, FL 33908. For more information, call 482-7706 or email melissa@heightsfoundation.org.✱

Doctor and Dietician

Is Prolotherapy The Same As Cortisone?

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

Caring Medical Florida is known for a unique method of prolotherapy, termed H3 Prolotherapy. It is named after doctors who pioneered and advanced the most comprehensive injection technique of prolotherapy: Drs. Hackett, Hemwall and Hauser. We are frequently asked about how H3 Prolotherapy and other regenerative injection treatments, like platelet rich plasma (PRP) and stem cells, compare, as well as if these are the same as other pain treatments like physical therapy and cortisone injections.

How is prolotherapy different from physical therapy? While these treatments pair very well together, physical therapy (PT) primarily concentrates on strengthening muscles, and prolotherapy strengthens and repairs ligaments and tendons. At the root of chronic pain is joint instability, which is caused by loose ligaments (the structures that hold joints together). It is not only a muscle problem, though muscles become involved eventually to help stabilize the joint because the

ligaments are too loose. Loose ligaments cause destructive joint forces, resulting in symptoms like chronic pain, bone spurs, joint swelling and muscle spasms. Ultimately, the destructive joint forces cause cellular death and joint/cartilage/disc/labrum/meniscus degeneration.

How is prolotherapy different than cortisone? In short, cortisone accelerates joint damage, whereas prolotherapy strengthens joint structures. Cortisone covers up pain signals and decreases inflammation. When you block pain, your body cannot tell you it hurts. This creates a vicious cycle of joint damage because you will not alter your activity level and end up doing additional damage to your joints because there isn't a pain signal trying to warn you about further damage happening in the joint. Many medical studies explain the degenerative effects of cortisone, and most surgeons will admit that during surgery, they can tell the difference between a joint that has received cortisone injections and one that has not.

Prolotherapy aims to correct joint instability, thereby alleviating pain and destructive joint motion. Instability is progressive, meaning if left untreated, the instability gets worse! When the instability gets worse, so does the pain. Therefore, cortisone shots do not cure most pain – they simply cover it up while the joint damage accelerates. If you have a hard time moving, add PT to your prolotherapy regime, but we would recommend running away from the cortisone shots. Bottom line: We want to see you out there on the bike path pain-free and with strong stable joints.

This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@carimgmedical.com.✱

Doctors Join Hope Program

Hope Healthcare has named Dr. Claudia Lenis and Dr. Elisabeth Broderick as physicians for Hope PACE (Program of All-Inclusive Care for the Elderly), which provides comprehensive medical and therapeutic care, medications, social activities and meals at special PACE centers to keep Lee and Collier seniors at risk for nursing homes healthy, comfortable and independent in their own homes.

Dr. Lenis, who will provide care in Lee County, has worked at the Healthcare Network of Southwest Florida. Dr. Broderick, who was the medical director and primary care physician of a PACE program in Massachusetts, will serve Hope PACE participants in Naples.

"Dr. Lenis' and Dr. Broderick's expertise supports Hope PACE's goal of keeping our Southwest Florida seniors healthy, engaged and connected in their communities," said Samira K. Beckwith, president and CEO of Hope Healthcare. "Our innovative, personal approach ensures they safely receive the care they deserve in the place they call home and helps avoid unnecessary hospitalizations."

Hope Healthcare is a not-for-profit health care organization dedicated to providing care and comfort to every individual and their loved ones as they fulfill life's journey. For more information, call 482-4673 or visit www.hopehcs.org.✱

Chronic Pain Workshops

Lee Health is offering a free six-week workshop, entitled Chronic Pain Self-Management. Learn how to better manage chronic pain conditions such as arthritis, fibromyalgia, back pain and headaches. The virtual sessions will be held on Wednesdays, beginning July 29 from 9:30 a.m. to 12:30 p.m.

The research-based program originally developed by Stanford University will contain information to help participants become empowered to improve their quality of life. Learn how to more easily manage your medications; understand the benefits of exercise; manage symptoms of stress, pain and fatigue; and make smarter decisions related to healthy eating. Participants will also receive a copy of the book *Living a Healthy Life with Chronic Pain*.

For more information, call 343-9264.✱



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 - United Daughters of the Confederacy	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@riverweekly.com

My Stars ★★★★★

FOR WEEK OF JUNE 22, 2020

Aries (March 21 to April 19) A plan you've kept on hold for a long time finally could be greenlighted. But in typical Aries form, you'll need to be sure that everything is in place before you hit the "start" button.

Taurus (April 20 to May 20) Others might urge you to act more quickly on your ideas. But you'd be wise to follow your Bovine instincts and get more facts to bolster your position when you finally present it.

Gemini (May 21 to June 20) You might be tempted to accept the well-meaning offer of a friend to act as an intermediary in a dispute. But you know best what it's about, and you can handle the challenge. Good luck.

Cancer (June 21 to July 22) Entertainment can play an important role this week. Enjoy some well-earned diversion with people you care about. Something especially wonderful might come from this well-spent time.

Leo (July 23 to August 22) Catnaps and playtime are in order for Leos and Leonas who need to take some time off from their hectic schedules to restore their energies and rebuild their mental muscles. Have fun.

Virgo (August 23 to September 22) Virgos will need to keep an open mind this week about choices that seem improbable. A closer study might well reveal possibilities that might have been overlooked. Stay with it.

Libra (September 23 to October 22) A disappointing outcome of a well-intentioned effort should be seen as a lesson in how to do it right the next time. Note all your changes and have your new plan set up by week's end.

Scorpio (October 23 to November 21) Creative projects might have to go on standby as you tackle other matters making demands on your time and energy. Things should ease by the middle of next week.

Sagittarius (November 22 to December 21) Your honest approach to an unsettling experience draws admiration from others. Use their positive feedback to build support for your program to introduce needed changes.

Capricorn (December 22 to January 19) A workplace goal that suddenly seems out of reach is no problem for the sure-footed Goat, who moves steadily forward despite any obstacles placed in his or her way.

Aquarius (January 20 to February 18) A job-related situation could provide an opportunity you hadn't considered before. Look it over carefully and see where and how you can tailor it to fit your needs.

Pisces (February 19 to March 20) Showing strength as well as sympathy helps you deal with a difficult personal matter. It also helps you set an example for others when it's their turn to get involved in the situation.

Born This Week: You have a way of making people feel comfortable without losing one whit of your own dignity in the process.

MOMENTS IN TIME

• On July 4, 1776, in Philadelphia, the Continental Congress adopts the Declaration of Independence, which proclaims the independence of a new United States of America from Great Britain. The declaration came 442 days after the first shots of the American Revolution.

• On July 2, 1937, the Lockheed aircraft carrying American aviator Amelia Earhart and navigator Frederick Noonan is reported missing in the Pacific. No trace of Earhart or Noonan was found. However, photos taken years later in the Marshall Islands were believed to be of Earhart and Noonan.

• On July 3, 1958, President Dwight Eisenhower signs the Rivers and Harbors Flood Control Bill, which allocates funds to improve flood-control and water-storage systems. The bill was introduced in the wake of disastrous hurricanes that hit the U.S. in 1955.

• On June 30, 1974, Soviet dancer Mikhail Baryshnikov defects from U.S.S.R. after four years of planning. While touring in Canada, Baryshnikov evaded his KGB handlers at the end of a performance, disappearing into the crowd outside. He hid until he was granted political asylum.

• On July 1, 1984, the Motion Picture Association of America introduces a new movie rating, PG-13. The action film *Red Dawn* became the first-ever PG-13 movie.

• On June 29, 1995, the American space shuttle Atlantis docks with the Russian space station Mir to form the largest man-made satellite ever to orbit the Earth. It marked the 100th human space mission in American history.

• On July 5, 2003, the World Health Organization (WHO) announces that all person-to-person transmission of Severe Acute Respiratory Syndrome (SARS) has ceased. In the previous eight months, the disease had killed 775 people in 29 countries. The first cases of SARS, caused by the SARS coronavirus, appeared in China in November 2002, and soon spread around the world via air travel.

NOW HERE'S A TIP

• "It's easy to get the stains out of coffee mugs without using a harsh cleaner. Try a little bit of baking soda on a sponge for scrubbing, then rinse with a little bit of vinegar to foam out the smell. I have been able to bring back mugs that looked terrible!" – YS in California

• Use a lint roller to remove dust from a lampshade with fabric that is flat but textured. If your lampshade has pleats, your best bet is a clean soft paintbrush.

• "I have perfectly timed the fabric softener cycle on my washing machine. I set a timer for 23 minutes, and it's just the right time to add liquid softener. Just saying that this has greatly enhanced the quality of my life, because my clothes feel softer and smell nice." – LB in Georgia

• Here's another laundry tip: "Can you believe I miss washing my daughter's white softball pants because spring season was canceled? If you have a kid playing sports in white pants – why? – get a bar of Fels Naptha soap. You just rub it into the stained spots, and launder. It takes out grass and clay. It should be issued with the uniform for turf sports." – M

• A work from home, or work anywhere tip: If you are having trouble focusing, it might be because you are avoiding a difficult task. If there's a dreaded task on your to-do list, tackle it first. Even if you can't get it completed, you'll make progress and it will make everything else seem easy by comparison.

• Lemons and limes last longer in the cooler. Say that three times fast, and stick your citrus in the fridge!

STRANGE BUT TRUE

• Following the BP oil spill in the Gulf of Mexico, thousands of hairstylists and alpaca farmers donated over 19 warehouses worth of cut hair to help absorb the spilled oil.

• Los Angeles' full name is "El Pueblo Nuestra Senora la Reina de los Angeles de Porciuncula," or "Town of Our Lady the Queen of Angels of the River Porciuncula." Now you know why people usually just call it "LA"

• Sex expert Dr. Ruth was trained as a sniper by the Israeli military.

• Looking for the perfect gift for the object of

continued on page 22

PUZZLES

Answers on page 23

Super Crossword

VOWEL LANGUAGE

- ACROSS**
- 1 Painter of limp watches
5 By the day, as payment
12 "It doesn't matter"
20 Moran of "Happy Days"
21 The tiniest bit
22 Hot pepper
23 Group of wolves decide which hockey disk to use?
25 Brought upon oneself
26 USNA frosh
27 "— Miz"
28 Bring in
30 Moniker, in Marseilles
31 Mervyn of film
33 Misplaced the most recent catalog?
38 Sun circlers
41 Braga of film
42 Nervous —
43 Notice folks quarreling about a skewer?
45 Kind of latte
47 Sportswriter Pasquarelli
48 Name of 12 popes
- 49 Folksy denial
50 Parisian "to be"
51 Actor Robert De —
52 Six-legged scurrier
53 Gift add-ons
55 Farm structure is built in Switzerland's capital?
59 Liam of "Nell"
61 Raises up
63 Yemen's largest city
64 — time (never)
66 Give a big speech
67 Baseball Hall of Famer Waite —
69 Preside
71 Students
74 To no avail
78 Put a clump of tree-trunk greenery in disarray?
80 Bath powder
82 Philosopher Lao- —
83 Optic layer
84 Throw easily
85 Paddle's kin
86 Stuff in ale
87 Rev.'s talk
88 City on I-80
- 89 Group working on a jackdaw's gullet?
94 Slate clearer
96 Miller rival
97 Optometrist
98 Knock out a pier-dwelling mallard?
101 "— good you let him know": Hamlet
102 "My country, — ..."
103 Lock fastener
104 Plant seeds
105 Shuts noisily
109 Preserve
112 Exited the elevator to the high-ceilinged SoHo flat?
116 How keyless music is written
117 Quito locale
118 Like — of sunshine
119 Little jaunt on a little horse
120 Cyclone
121 Where Coca-Cola is "KO"
- DOWN**
- 1 Johnny of "Ed Wood"
2 Central Asia's — Sea
3 Pooch pests
4 Rorschach test features
5 Luau chow
6 Hemming in
7 Type in anew
8 See 95- Down
9 Bettor's note
10 Series-ending abbr.
11 Succeeds
12 Spin around
13 — -Barbera
14 "The Middle" network
15 Poked fun at
16 Register
17 Indiana county whose name is a red color
18 Afore
19 Gun, in slang
24 Parts of hammers
29 — good clip
32 Ice-T's style
33 Hack
34 — roll (lucky)
35 Deriding look
36 — Nevada
37 Partner of a mortise
38 Hearing airer
39 Share a view
40 Artery
- 41 Minneapolis-to-Dallas dir.
44 Hit with a zapping gun
45 The Beatles' "Let —"
46 Collision
50 Register for
51 Hoops cable channel
53 Pole carving
54 Advice giver
55 Yankee Yogi
56 Bob — restaurants
57 Per-unit costs
58 "Bye Bye Bye" boy band
60 Rumba's kin
62 Garden soils
65 Johnny who cried "Come on down!"
68 OPEC fuel
69 Idolize
70 Keystroke or mouse click
72 Canadian gas brand
73 Detached, in mus.
75 Old game console
76 Lanai and Skye, say
77 Product label wds.
78 Ruminated
- 79 County in New Mexico
81 Tree once associated with bow wielders
85 Pained cries
86 "Dirty Sexy Money" actress Zoe
88 Symbol atop the Kremlin
89 Pair of poetic lines
90 Mythical bird
91 Mork's planet
92 Pitching whiz
93 Sausage, in Stuttgart
95 With 8- Down, swims without a suit
96 They made LPs passé
99 Kid
100 West with 21 Grammys
101 — lie (fibbed)
104 Funny Laurel
106 Gossamer
107 Degr. for playwrights
108 Eye malady
109 GPS drawing
110 From — B
111 Ring legend
113 Prefix with law or tourist
114 Cat coat
115 Swing to and —

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King Crossword

- ACROSS**
- 1 St. Louis landmark
5 Hostel
8 Grime
12 Silver salmon
13 Kan. neighbor
14 Sandwich cookie
15 Destruction
16 Thrilling
18 Passage
20 Idles
21 Still
22 "You've got mail" co.
23 Really fun time
26 Leave out
30 Thither
31 Beer cousin
32 Queue
33 Shout out
36 Co-star with Ball, Arnaz and Frawley
38 Branch
39 Dine
40 Larynx output
43 Surpasses
47 "My bad"
49 By word of mouth
50 Night light?
51 Atmosphere
52 Loosen
53 Paquin or Quindlen
54 Final (Abbr.)
- 55 Exam
56 Exam
57 Exam
58 Exam
59 Exam
60 Exam
61 Exam
62 Exam
63 Exam
64 Exam
65 Exam
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110 Exam
111 Exam
112 Exam
113 Exam
114 Exam
115 Exam
116 Exam
117 Exam
118 Exam
119 Exam
120 Exam
121 Exam
- 17 Sporty Camaro (Abbr.)
19 Emeritus (Abbr.)
22 Chopper
23 "See ya"
24 Bagel topping
25 Anti-apartheid org.
26 Shade source
27 Samovar
28 "What's up, — ?"
29 Ram's mate
31 Intent
34 Gap
- 35 War god
36 Carpet cleaner, for short
37 Went to a restaurant
39 Put forth, as energy
40 — cava
41 The yoke's on them
42 PC picture
43 Painter Nolde
44 Sea eagle
45 June honorees
46 Coin aperture
48 Water (Fr.)
- DOWN**
- 1 Land measure
2 Sauce thickener
3 Stylish
4 Sweethearts
5 Klutzy
6 Adjoining
7 Leno's net-work
8 "Is that so?"
9 Eye part
10 Landlord's due
11 Garb

MAGIC MAZE ● WELL-AGED WORDS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: ACT OF TRAVELING BY WATER

Acreage	Average	Cottage	Page
Agency	Bagel	Damage	Reagent
Agenda	Carriage	Eager	Stage
Agent	Cartilage	Gage	



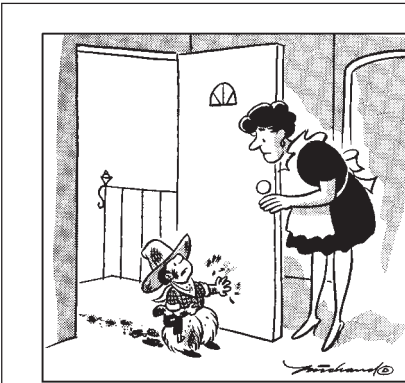
Boiled Peanut Hummus
2 cups Boiled Peanuts, shelled
1 (15 ounce) can chickpeas, do not drain

- 2-3 tablespoons tahini
 - 2/3 cup olive oil (or more as needed)
 - 1 lemon, zested and juiced
 - 3 tablespoons barbecue sauce (your favorite)
 - 1 tablespoon all-purpose seasoning (such as Everglades)
 - 1/2 teaspoon liquid smoke
 - 3-5 tablespoons cold water (or more as needed)
 - Fresh herbs for garnish (such as chives, cilantro, or parsley)
- Place all ingredients, except the oil and herbs, into a food processor or blender. Turn on low and slowly drizzle in oil. Scrape down sides as needed, increase speed to high and blend until smooth. If hummus is to thick add 1 tablespoon



Boiled Peanut Hummus
water at a time until smooth. Garnish with fresh herbs, olive oil, or topping of choice. Serve chilled with vegetables and crackers. Store in refrigerator for up to seven days.**
photo courtesy Fresh From Florida

PUZZLES Answers on page 23



"My friend's _____ are forming a posse to bring me in."

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!

Away
STABEN

Border
ARMING

Archaic
BOYENG

Abstain
WEECHS

TODAY'S WORD

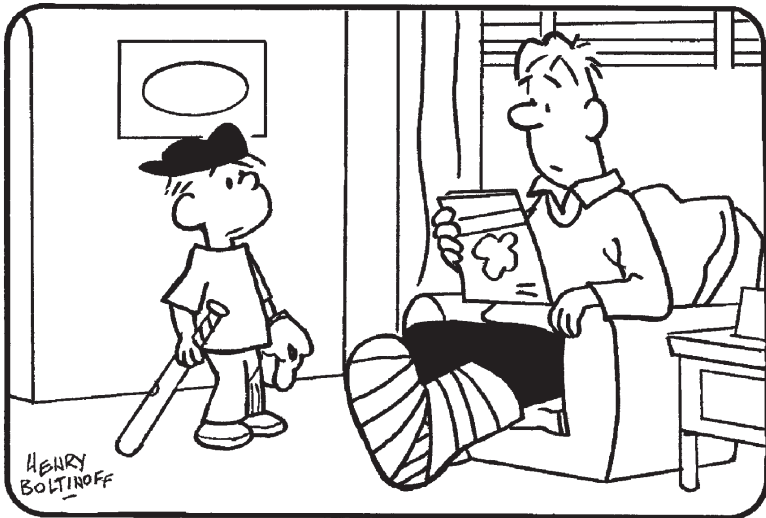
	9			4		7		
2			9				1	
		5			6			3
	6				3		8	
		3	5			9		
4				9				7
		7	3			1		
	1			2			7	
9					8			5

SUDOKU

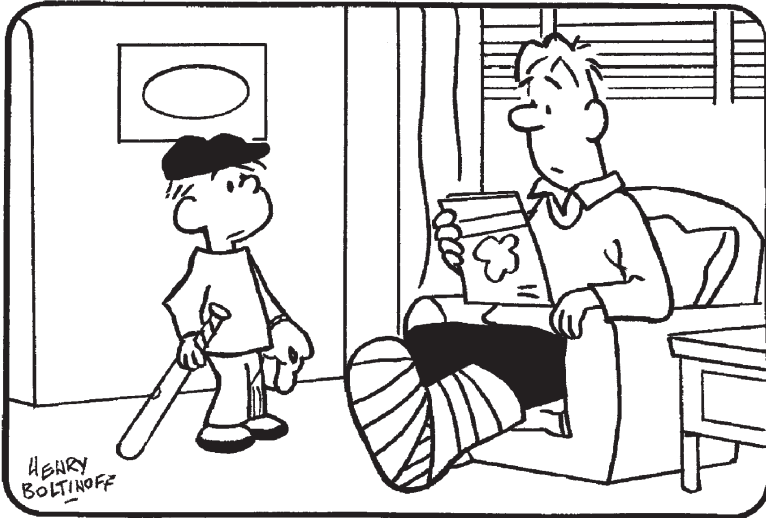
To play Sudoku:
Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Blinds are longer. 2. Picture is missing from table. 3. Boy's shoes are different. 4. Cap is turned. 5. Pillow is smaller. 6. Boy's shirt has long sleeves.



FRIDAY
Mostly Cloudy
High: 87 Low: 79



SATURDAY
Mostly Sunny
High: 88 Low: 80



SUNDAY
Mostly Cloudy
High: 89 Low: 81



MONDAY
Partly Cloudy
High: 91 Low: 83



TUESDAY
Partly Cloudy
High: 93 Low: 81



WEDNESDAY
Mostly Cloudy
High: 90 Low: 82



THURSDAY
Partly Cloudy
High: 89 Low: 81

Redfish Pass Tides

Day	High	Low	High	Low
Fri	7:17 am	10:37 am	5:08 pm	None
Sat	7:50 am	12:35 am	6:26 pm	12:18 pm
Sun	8:23 am	1:21 am	8:01 pm	1:58 pm
Mon	8:57 am	2:05 am	9:47 pm	3:25 pm
Tue	9:33 am	2:46 am	11:30 pm	4:39 pm
Wed	10:11 am	3:23 am	None	5:41 pm
Thu	1:02 am	3:58 am	10:52 am	6:37 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	6:22 am	10:39 am	4:13 pm	None
Sat	6:55 am	12:37 am	5:31 pm	12:20 pm
Sun	7:28 am	1:23 am	7:06 pm	2:00 pm
Mon	8:02 am	2:07 am	8:52 pm	3:27 pm
Tue	8:38 am	2:48 am	10:35 pm	4:41 pm
Wed	9:16 am	3:25 am	None	5:43 pm
Thu	12:07 am	4:00 am	9:57 am	6:39 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	6:41 am	12:00 am	5:51 pm	11:35 am
Sat	7:17 am	12:46 am	6:56 pm	12:44 pm
Sun	7:50 am	1:36 am	8:02 pm	2:01 pm
Mon	8:21 am	2:22 am	9:06 pm	3:04 pm
Tue	8:52 am	3:04 am	10:17 pm	4:02 pm
Wed	9:25 am	3:43 am	11:38 pm	5:03 pm
Thu	10:11 am	4:24 am	None	6:06 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	9:27 am	3:05 am	7:18 pm	1:53 pm
Sat	10:00 am	3:51 am	8:36 pm	3:34 pm
Sun	10:33 am	4:37 am	10:11 pm	5:14 pm
Mon	11:07 am	5:21 am	11:57 pm	6:41 pm
Tue	11:43 am	6:02 am	None	7:55 pm
Wed	1:40 am	6:39 am	12:21 pm	8:57 pm
Thu	3:12 am	7:14 am	1:02 pm	9:53 pm

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THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

Harry Chapin Food Bank
OF SOUTHWEST FLORIDA

PETS OF THE WEEK



Iris ID# A820842 photos provided
Lee Lee County Domestic Animal Services

Iris And Teddy

Hello, my name is Iris. I am a 2-month-old female domestic shorthair who is at the shelter with my two siblings – Isabella and Donny. I am definitely the most outgoing of the trio. As soon as I saw the camera, I was the only one that stopped to pose. Of course, with my stunning good looks, why wouldn't I want to show them off? With the adopt



Teddy ID#: A763176

one, get a feline friend at no additional charge program, you can take me home with my favorite sibling.
My adoption fee is \$50, with the option of a second feline friend at no additional charge.
Hi, I'm Teddy. I am a 4-year-old male pit bull mix and a sweet low-rider who seems to be drawn to males. But, I will honestly go to anyone that will give me affection. My favorite thing to do is lean against you while you pet me and wiggle my back side the entire time. Just one look into my adoring eyes and you will no doubt fall in love. Even though my first adoption failed, through no fault of my own, I am still one of the most trusting

and loyal dogs you will find.
My adoption fee is \$75.
Lee County Domestic Animal Services adoption center has reopened by appointment only. Visit www.leelostpets.com to complete an online adoption application prior to calling 533-7387 to make an appointment. The shelter is open Monday through Friday from 10 a.m. to 4 p.m.
The shelter is located at 5600 Banner Drive in Fort Myers. For information, visit Lee County Domestic Animal Services at www.leegov.com/animalservices or call 533-7387.

Strange But True

your affection? How about a toilet seat? Don't laugh – that's what Ben Affleck gave Jennifer Lopez when the two were a hot item. Of course, this particular "throne" cost \$105,000 and was covered in diamonds, rubies and sapphires!
• Astronaut Neil Armstrong threatened legal action against his barber for selling his hair to a collector for \$3,000.
• The Benguet of northwestern Philippines blindfold their dead and place them next to the main entrance of the house.
• Mr. and Mrs. Curry, of New York City, got married inside a

120,000-gallon shark tank. The bride wore a white wetsuit and the groom wore black, saying their "I do's" while circled by different types of sharks and eels. Both were experienced divers but had to broadcast their vows to the wedding officiant, family and friends, since (unsurprisingly) none of them possessed equal nerve to enter the tank.
• Jewish diarist and Holocaust victim Anne Frank was posthumously baptized "by proxy" into Mormonism at least nine times.
• Boxer Mike Tyson once bribed a zoo worker to open the attraction for just him and his wife. During the visit, he also tried to bribe an attendant to let him fight a gorilla. The employee said no. (One wonders who would have won.)

THOUGHT FOR THE DAY

"So long as we are loved by others I should say that we are almost indispensable; and no man is useless while he has a friend."
– Robert Louis Stevenson

TRIVIA TEST

1. **U.S. States:** Bay Staters hail from which U.S. state?
2. **Geography:** What is the capital of Lebanon?
3. **History:** Which major World War II battle was known by the code name "Operation Detachment"?
4. **Music:** Which rock group had a

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Shore Fishing:



Don't Harm The Fish
by Capt. Matt Mitchell

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

- 1960s hit with the song *Incense and Peppermints*?
- 5. **Measurements:** What does a chronometer measure?
 - 6. **Advertising Slogans:** Which automotive company had the slogan, "Quality is Job 1"?
 - 7. **Movies:** Which movie won the 1991 Oscar for Best Picture?
 - 8. **Science:** What kind of adaptation allows an organism to blend into its environment?
 - 9. **Language:** What does the Latin phrase "amor vincit omnia" mean?
 - 10. **Television:** What is the capital of the Seven Kingdoms in *Game of Thrones*?

TRIVIA ANSWERS

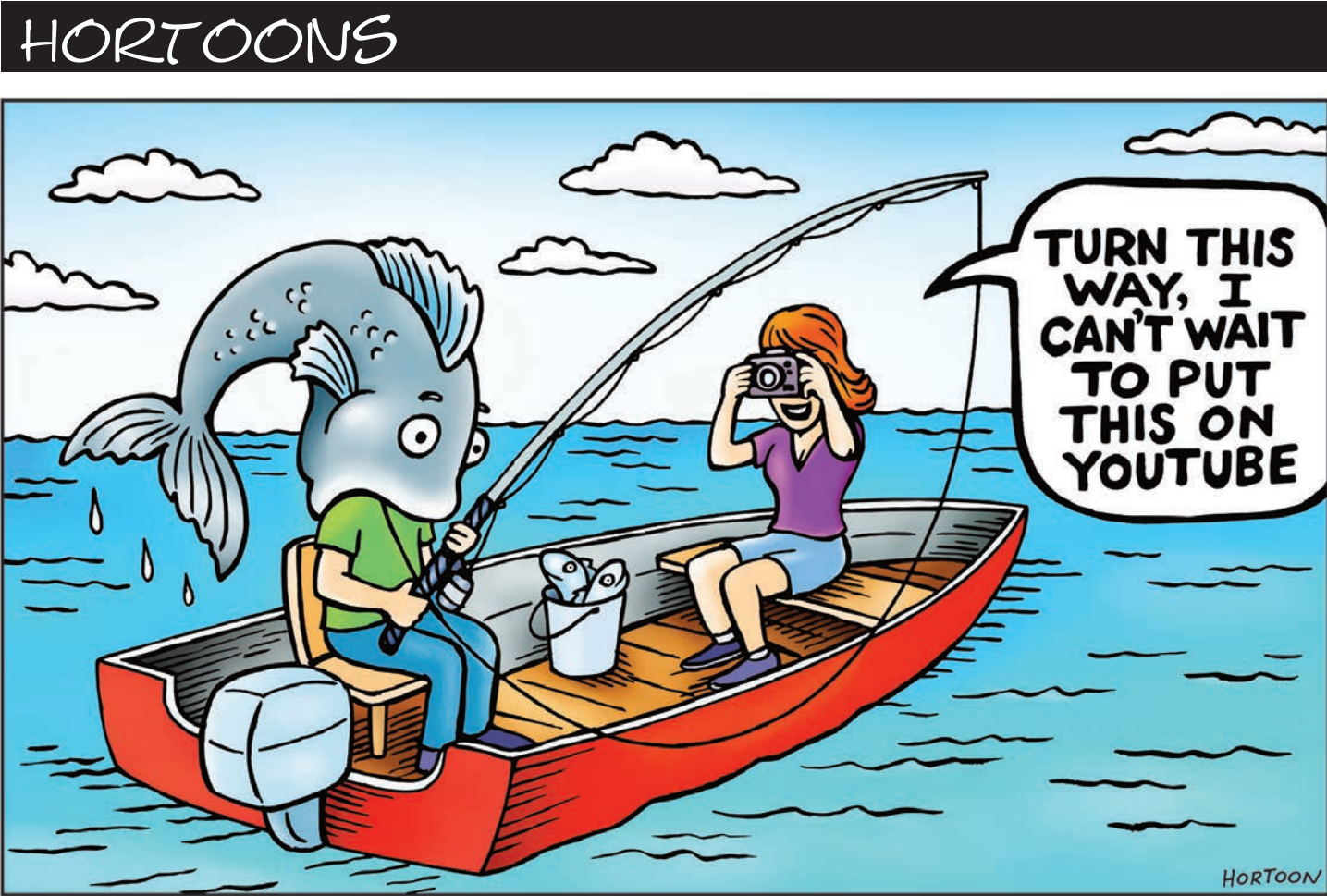
1. Massachusetts 2. Beirut 3. Invasion of Iwo Jima 4. Strawberry Alarm Clock 5. Time 6. Ford Motor Co. 7. Dances With Wolves 8. Camouflage 9. Love conquers all 10. King's Landing

SCRAMBLERS

1. Absent; 2. Margin; 3. Bygone; 4. Eschew

Today's Word

MOTHERS



PUZZLE ANSWERS

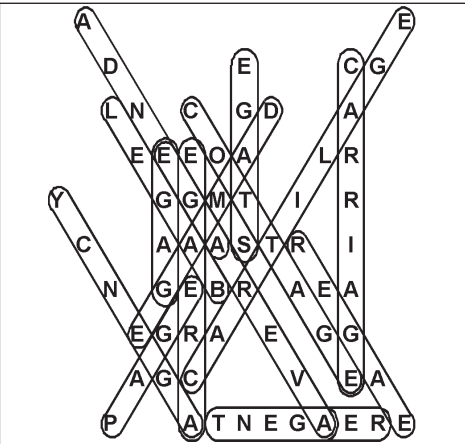
SUPER CROSSWORD

DALI	PERDIEM	WHATEVER
ERIN	ONEIOTA	HABANERO
PACK	PICKPUCK	INCURRED
PLEBE	LES	EARNNOM
LEROY	LOSTLAST	LIST
CORONAS	SONIA	NELLIE
SPOTS	PITSPAT	ICEDLEN
PIUS	NAW	ETRENIRO
ANT	TAGS	BERNBARNBORN
NEESON	ELEVATES	SANA
ATNO	ORATE	HOYT
RULE	LEARNERS	INVAIN
MESS	MOSSMASS	TALCTSE
UVEA	TOSS	OAR
SER	RENO	CROWCRAWCREW
ERASER	COORS	OCULIST
DECKDOCK	DUCK	TWERE
TIS	HASP	SOW
MAINTAIN	LEFTLOFT	LIFT
ATONALLY	ECUADOR	ARAY
PONYRIDE	TORNADO	NYSE

KING CROSSWORD

ARCH	INN	DIRT
COHO	NEB	OREO
RUIN	EXCITING	
EXCERPT	RESTS	
	YET	AOL
BLAST	EXCLUDE	
YON	ALE	ROW
EXCLAIM	VANCE	
	ARM	EAT
VOICE	EXCEEDS	
EXCUSEME	ORAL	
NEON	AIR	UNDO
ANNA	ULT	TEST

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Upper Captiva Shores	Upper Captiva	1994	4,431	\$3,700,000	\$2,500,000	421
Bonita Beach	Bonita Springs	1995	4,000	\$3,499,000	\$3,325,000	14
Caprini	Miromar Lakes	2020	3,145	\$1,571,735	\$1,535,000	77
Cape Harbour	Cape Coral	2000	2,432	\$1,087,000	\$975,000	3
Cape Coral	Cape Coral	2007	3,268	\$995,000	\$901,000	73
Cape Coral	Cape Coral	2020	2,801	\$989,900	\$950,000	27
Imperial Shores	Bonita Springs	1988	2,107	\$985,000	\$890,000	217
Town And River	Fort Myers	1993	2,801	\$975,000	\$930,000	367
Woodlake At Bonita Bay	Bonita Springs	1987	2,370	\$899,000	\$899,000	83
Sea Oats	Sanibel	1996	2,436	\$850,000	\$760,000	190



Randy Wallace White ©

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