



Python Tracking Under Way In Southern Florida

The U.S. Geological Survey (USGS), U.S. National Park Service (NPS), U.S. Fish and Wildlife Service (FWS) and Conservancy of Southwest Florida have teamed up to radio-track Burmese pythons in Big Cypress National Preserve, Crocodile Lake National Wildlife Refuge and other areas of Southwest Florida. This new effort marks the first time pythons are being tracked in so many different habitats to better understand python biology across the region and ultimately find ways to more effectively control this invasive species.

"Our experts are committed to using innovative methods and technologies to track invasive pythons," said U.S. Secretary of the Interior David L. Bernhardt. "This partnership will further aid in our efforts to eliminate this growing threat to South Florida's ecosystem and biodiversity."

Invasive Burmese pythons are established throughout South Florida, but



Biologists remove a large Burmese python from the wild

photo provided

they are extremely secretive and difficult to find, even though they can reach 18 feet in length. Individual agencies and organizations have used radiotelemetry

since 2006 to locate, remove and study Burmese pythons, but those efforts have typically been intermittent and local. The year-round data acquired through

these new unified efforts will help land and resource managers improve python management.

"Burmese pythons have established themselves as an apex predator throughout the Greater Everglades Ecosystem, and they literally are eating their way through native wildlife," said Rob Moher, president and CEO of the Conservancy of Southwest Florida. "We have to stop their population growth and protect native animals before it's too late, but I'm encouraged that our research team and partners have identified a viable way to reduce the number of adult Burmese pythons in critical areas."

The Burmese python is now estimated to have a breeding population in Florida in the tens of thousands. These fast-breeding and long-lived constrictor snakes are highly adaptable to new environments and have already done tremendous ecological damage in the state of Florida, where they consume a wide variety of prey including mammals, amphibians, lizards, and threatened and endangered bird species. In one study, scientists collected more than 300 Burmese pythons in Everglades National Park and found that birds, from

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John Gowdy with his 2019 winning solo sculpture *Soul Reunion - It's a Matter of Time*

photo by Shayne Wolfe

Sand Sculpting Championship May Go Virtual

The 34th annual American Sand Sculpting Championship on Fort Myers Beach has been postponed. Coordinators said it has been difficult to move forward with plans for the annual November event given the uncertainty that is currently surrounding outdoor events and festivals.

"We are extremely disappointed to be

making this announcement," said Fort Myers Beach Chamber of Commerce Executive Director Jacki Liszak. "The popularity of this event and the growing interest in it has made this decision very difficult to make."

"Planning and running this event takes a year of preparation and teamwork from all of the event partners. Given the current challenges with COVID-19, we feel that postponing the event and looking forward to 2021 is in the best interest of everyone involved."

Plans are under way for a potential

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Powerboat Races To Be Postponed



Miss Geico racing boat among the field during a previous competition

photo provided

Organizers for the 2020 Roar Offshore Fort Myers Beach Powerboat Races announced that races will be postponed until next year, due to the impact from the COVID-19 pandemic. This decision follows suit with five other race venues that are part of the 2020 APBA Offshore Championship Series.

Local organizers, Tim and Cyndee Hill, along with Mike Sheperd, said, "It is with great disappointment that we have to make this announcement, however, at this point we feel there is no way to guarantee the safety and wellbeing of race teams and fans. We also feel strongly that asking for financial support from our sponsors and

our local government would not be received well, understanding how hard they have all been hit financially by the pandemic."

Currently, Lee County is not accepting or reviewing any large special event permits, however, despite postponing the race until next year, organizers do plan to hold a Powerboat Fun Run that same weekend of October 10. The event would be open to race teams, race fans and all recreational boaters. Details for this new event are still being finalized and will be announced in the coming weeks. Some areas, within the Fun Run route, will remain offshore so that race teams who participate will have an opportunity to "stretch their

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Historic Downtown Fort Myers, Then And Now:

First Woman Mayor... 70 Years Ago



by Gerri Reaves, PhD

The August primary and November presidential elections are fast approaching. Throw into the mix the COVID-19 epidemic, and we have tumultuous times. But history teaches us that even confusing and politically contentious times do eventually pass, and it's comforting to think, "Well, at least we don't have to deal with that." For example, look back seven decades to one of the most controversial and downright fascinating political episodes in Fort Myers political life: the brief term of Mayor Florence Irene Fritz, the first and only woman to hold that office.

She was elected on October 24, 1950, defeating Earl Bobbitt, a city councilman, by 46 votes and took office on November 7. *The Tampa Tribune* noted her "unmarried" state and wished her well in demonstrating "the ability of your sex to take a place in man's government."

Sources suggest that 49-year-old Fritz was an accomplished woman, so it's easy to understand her success, even though in 1950 few women held elected office. A native of Virginia, Fritz had come to Fort Myers in the 1920s with her brother, a consulting engineer. She left the area but returned in 1935 to settle permanently. She was a state welfare worker, an administrator for the Lee County Red Cross and a nationally published freelance writer. In 1944, she started a successful local magazine, *Hello, Stranger!*, principally aimed at servicemen stationed in the area wanting to know where to go and what to do.

The newcomer to politics had been elected mayor with financial help from a few friends, hard work and savvy. She worked from a card table at home without a campaign manager and relied especially on WINK radio appearances to reach voters. In her post-election thank-you speech, she focused on the perennial optimistic goals: looking to the future rather than the past, working together and the wonder of the nation's democratic process.

Despite the optimism, her tenure lasted less than a year, ending with a recall of her and the all-male city council. At the end of 1951, *The News-Press* staff unanimously named the recall the most important story of the year.

Both *The News-Press* and *The Tampa Tribune* are invaluable in tracking this complicated chapter in history and, in some ways, they are counterpoints. The day after the election, a *Tribune* headline read, "Ft. Myers Councilmen Snub Their New Spinster Mayor," a contrast to *The News-Press's* rather bland one, "City Elects Woman As Mayor."

Hundreds of people called or telegraphed the new mayor to congratulate her, the *Tribune* stated, but not a single councilman was among them. It added that "she defeated an organized clique of politicians." Reportedly, one or two councilmen had indicated during the campaign that were she elected she would get no cooperation from the council. That turned out to be largely true, and there was an impasse from the start. The majority of the council would hold that she was difficult to work with and was incompetent.

Foremost in Fritz's reform campaign had been "Sound Operation of City Finances," and her allegations that the council had misused public funds was bound to make her two-year term a difficult one, especially since the council terms were for four years and hers for two. Even after the next election, a majority-proof bloc of three recalcitrant councilmen would remain in office, so it was a daunting job from the start.

She contended that various violations of the city charter were taking place, including "fund switching," which disguised shortfalls and debts, thus making the city finances appear rosier than they were. In addition, some councilmen were working as employees while in office and being paid for both jobs. Employees were buying personal goods without approval through the city to obtain discounts and avoid taxes. It was common to make payments without proper approvals.

By January 1951, Fritz was consulting State Attorney General Richard Ervin about

whether the councilmen had usurped her duties by, to name just one example, quickly making department-head appointments before she was sworn in. Apparently, Fritz was onto something, for in early February, 10 county and city officials were indicted for "buying supplies from their own member," as the *Tribune* put it.

Among those charged with misdemeanors were four current councilmen (except William Carmine), as well as the previous one Fritz had defeated. The four councilmen pleaded "no contest," received suspended sentences and remained in office. Carmine was subsequently charged similarly, but he contested it and was cleared in May.

Soon, the council was considering an odd, work-around to oust Fritz: letting voters decide whether to abolish the mayor-council form of government, thus eliminating her office and establishing a city manager-council one instead. The council would appoint one of their own as manager.

However, they ultimately decided to delay that vote to the end of the mayor's term. Then, the newly formed Better City Government League's petition to recall obtained sufficient signatures and the recall vote was set for August 28. The league, whose president was James E. Hendry, urged voters to retain Fritz and Carmine but to recall Elmo Ballard, John Schultz and Fred Skinner. The league stated that the three had obstructed the mayor in the performance of her duties, thereby opposing the will of the people and losing the confidence of citizens.

Leading up to the recall vote, the mayor continued to focus on numerous examples of what she and others regarded as the council's violations of the city charter and mismanagement of funds. Fritz had wanted an out-of-city audit of the city's finances, which hadn't been done in 20 years. Only Councilman Carmine, an attorney, agreed, at least in the main, with Fritz. Elmo Ballard, head of the finance committee, did not share the mayor's view.

The recall result was a clean sweep, all six out, with Fritz and Carmine recalled by significantly smaller margins than the other four.

On August 30, all councilmen and the mayor stepped down, and an interim government took office by an ad hoc procedure conducted by City Attorney Norwood Strayhorn. Frank Prather served as interim mayor.

Fritz objected to the irregular manner of the installation of a new council, calling it a "puppet" one, but didn't have the funds to legally challenge it. So, history moved on.

But she didn't fade away or stay idle after the debacle, remaining active in the community and serving as the president of the Southwest Florida Historical Society in its early years and as an officer of the Fort Myers Camera Club. She went into the real estate business and wrote several books, including *Unknown Florida*, *Try Florida Ways for Happier Days* and *Unknown Story of Sanibel and Captiva*.

She died in May 1969 at age 68 and was buried in Fort Myers.

Visit the following research centers to learn more about dramatic political episodes in Fort Myers history.

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



Florence Fritz was the only woman to be elected mayor of Fort Myers but served less than a year of her two-year term after she and five city councilmen were recalled

photo courtesy SWFL Historical Society

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Ann Carson and Miriam Ortiz representing Gladiolus Food Pantry photo provided

Raising Funds For Local Food Pantry

submitted by John Schwandke

Kelly Greens Golf and Country Club came up with an interesting and fun way to raise some much-needed money for the Gladiolus Food Pantry. Borrowing an idea from friend Joe Pazdera, the PGA Pro at Cypress Lake Golf Club, Julie Carse and the Pro Shop staff at Kelly Greens organized the Drive to End Hunger Challenge at Kelly Greens.

Food banks and pantries have been heavily impacted by the coronavirus, with twice as much people needing help.

All three of the PGA Professionals at Kelly Greens – Carse, Mark Hamstra,

and Zach Hammerberg – donated private lessons to be used as prizes for the challenge. Donators of \$50 or more were automatically registered for the drawing. During the challenge round, the three staff professionals agreed to donate their own funds to the cause based on how they did. They pledged \$1 for every stroke, plus \$5 for any bogies scored.

Golf Shop Manager Penny Patton jumped on board by pledging \$10 for every par Carse could make. From there, it didn't take long for the resident members to chime in with their support, and the challenge was off and running.

How gratifying it was when the staff at Kelly Greens was able to present a check for \$13,000 to the Gladiolus Food Pantry recently. Congratulations to all and thank you for participating.✪

Exhibitions At Centers For The Arts Bonita

The Centers for the Arts Bonita Springs (CFABS) currently has two unique art exhibitions, Corona Contemplation and Celebrate Our Students, on display through July 30.

These art exhibitions highlight the centers' goals and values, in that art is therapeutic, encourages positive attitudes and helps individuals cope with change. According to CFABS President Susan Bridges, "Now more than ever, the centers hopes to meet those needs and brighten the world of our patrons, members and artists."

The Corona Contemplation art exhibition showcases art created in the time of the coronavirus. Exhibiting artists were challenged to visually express their experience and that of others due to the coronavirus. "Themes range from hope and trust, or a call to action, anger and despair. These artists are doing their best to help themselves and us cope with what's happening to us and around us," said Bridges.

Exhibition winners include:
Best of Show – *I Am Okay* by Gilberto M. Sanchez
First Place – *Ode To Joy* by Janis McCracken
Second Place – *Cloud Control 17* by Steve Johnson

Third Place – *A Question of Balance* by Joel Shapses

Fourth Place – *Caged* by Loretta Miller

Fifth Place – *Nesting Catbird* by

Tammy Cox

This exhibition is free to the public and is on display in the main gallery at the Center for Visual Arts.

The Celebrate Our Students is an annual exhibition and showcases three local high school art students' works. Scholarships were awarded to these graduating students who chose to pursue a degree in the arts. "The centers and our generous donors are pleased to present these exceptional works and recognize these local students who, even in these very difficult times, wrote us, shared their portfolios and career aspirations. We're very proud of our local talents," said Bridges.

Scholarship recipients for 2020 include:

President's Scholarship – Madelyn Kellum

Loretta Sturgis Memorial Scholarship – Kimberly Sarabia

Maxine Carter/Faculty Scholarship – Maggie Chiu

This exhibition is free to the public and is on display in the Tranovich Gallery at the Center for Visual Arts. Based on current conditions, all attendees are asked to wear masks and practice safe, social distancing.

The Centers for Visual Arts campus is located at 26100 Old 41 Road in Bonita Springs. For more information, call 495-8989 or visit www.artcenterbonita.org/exhibitions.✪

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Fort Myers Art:

The Challenge Of An Elite Actor Training Program



by Tom Hall

Imani Lee Williams loves a challenge. Good thing, because she's going to be challenged incessantly for the next three years at the FSU/Asolo Conservatory for Actor Training. She's part of the

incoming class. The class of 2023.

Williams learned recently that she is one of 13 students accepted into the elite three-year graduate program which culminates in a master of fine arts (MFA) degree. At last listing, it was ranked 6th among MFA acting programs in the United States by *U.S. News & World Report*.

Only 12 students are chosen most years from more than a thousand candidates who audition nationwide. The program was initiated by the Florida State University School of Theatre in Tallahassee in 1968 and moved to Sarasota five years later to establish a permanent relationship with the Asolo Repertory Theatre.

Williams has been challenging herself to become a better actor since elementary



Imani Lee Williams

photo courtesy www.artswfl.com

school. In eighth grade, she joined YEA (Youth Ensemble Atlanta), the South's premiere African-American youth theater company.

"I was a part of YEA five years, eighth grade through high school," she said. "That's where I really learned discipline and connection to my roots as an African American. It was an amazing experience. I got to challenge myself. I got to meet and work with other young people. They expected the best of us and that's what they got."

Williams performed in 12 touring musicals during her tenure at YEA as a member of its HAMWAM (Hot and Awesome Music with a Message) music production program. That's a side of her that few Southwest Florida theatergoers have seen – they know her primarily through her work in *Vampire Lesbians of Sodom*, *The Crucible* and *The Legend of Georgia McBride* (in which she did not sing a single note). "Honestly, I do

not peg myself as a singer. At least I kept telling myself I wasn't a singer, but I was training as a singer and was also dancing – although I especially valued the acting."

While YEA may have provided the air beneath Williams' extended wings, DeKalb Center for Performing Arts provided the grounding through a full complement of academic subjects as well as drama, dance, vocal and instrumental music, visual arts, video technology, creative writing, multimedia and design and production.

The Asolo program expects students to be completely consumed with their craft.

For the first year, Conservatory students go back to the basics, spending every day from 9 a.m. to 5:30 p.m. in the classroom studying all aspects of acting, vocal control, body control and movement, and textual analysis. Outside the classroom, they're expected to provide tech support for the second-year productions and prep as understudies for Asolo's main stage. This means attending long rehearsals and memorizing complicated blocking and line delivery for performances they will likely never have a chance to give. But it's not only about experience, but making lifelong connections in the performing arts industry.

Second-year students continue classes, but also take part in a four-play season. Ranging from classical to contemporary, the productions are performed solely by second-year students on the Conservatory's fabled Cook Stage. And when the season ends, the students fly to London for a six-week, all-expenses-paid session of advanced training and immersion in the London theater scene.

The first two months of year three are dedicated to learning 50-minute Shakespearian adaptations designed to be staged in any setting. The students then take these productions on the road in high schools and community centers throughout the state.

Their road tour ends just in time for the Asolo Rep season. Back home in the Ringling complex, the third-year students and newest members of the Asolo Repertory Theatre Company are put to work on two to four main stage productions – not as tech or crew, but as full-fledged performing artists.

With their Actor's Equity Association card, FSU/Asolo Conservatory graduates enter the ranks of this country's most highly regarded professional artists. To help them land roles in storied venues, the program's director, Greg Leaming, works with his students to put together showcase scenes that will serve as their résumé for casting directors.

The showcase gives Conservatory grads a decided advantage, especially in a post-COVID-19 world, where more and more casting directors will be looking for means to avoid or shorten long lines of actors showing up in person to audition for roles.

Leaming and his team audition between 1,200 and 1,500 candidates each year for the 12 slots allocated to the incoming class. Auditions are held in New York, Chicago and San Francisco. Williams' audition was in New York, which can be imposing in its own right for a girl raised in Stone Mountain, Georgia.

At present, Williams' focus is preparing for the challenge of navigating the deep and fast-flowing waters of the FSU/Asolo program. "Staying vulnerable and accepting criticism that will take me to the next level keeps my fear of the unknown in check," she humbly proclaimed.

She is looking forward to meeting her fellow students and the Conservatory's devoted faculty and staff. She's looking forward to improving her craft by leaps and bounds in the immediate future and over the course of the three-year MFA program. And she's looking forward to appearing in Conservatory and Asolo Rep productions, both here and in London.

After all, Williams loves a good challenge. But the FSU/Asolo Conservatory for Actor Training isn't the end-all of challenges. Rather, it's a portal into a calling filled with bigger, better and badder challenges – and responding in proportion.

*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.**

WiFi Parking Lots For Students

Florida SouthWestern State College (FSW) will create WiFi parking lots at each of its four locations. These WiFi parking lots will assist FSW students who might not have access to the Internet, spotty coverage, or less than ideal bandwidth. FSW student login credentials are required to access the WiFi.

"It is our goal to ensure FSW students have access to the technology necessary to succeed at FSW," said Jason Dudley, chief information officer/associate vice president of IT and eLearning. "The parking lots will allow FSW students to pull into a parking space or social distance outside and connect their devices using their FSW student login credentials to complete assignments, access online learning platforms, learning materials and more."

WiFi parking lots will be available in the following locations: FSW Charlotte Campus Parking Lot 4; FSW Collier Campus Parking Lot 6; FSW Lee Campus Parking Lot 8; and all parking lots at FSW Hendry/Glades Curtis Center.*

From page 2

Historic Downtown

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 News-Press* and *The Tampa Tribune*.*

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Cancer Survivor Reports Habitat Changed Her Life

submitted by Amber Wellsted

Housing is the biggest monthly expense for everyone I know. Whether they rent or own, monthly housing payments often exceed transportation, utilities, food, Internet and cell phone bills put together.

Before I learned about Habitat for Humanity, I was paying \$1,700 per month to rent an apartment for myself and my three children. It wasn't an extravagant home, but it was safe. Even though I had a great job, we were always one missed paycheck away from being in a really bad situation.

The stress can be overwhelming, so I began crunching the numbers. It seemed like no matter how hard I worked or how much we sacrificed, the cost of housing was decimating my opportunity to build personal and economic stability – \$1,700 a month was simply too much for a single mom working one job.

Florida Realtors reported the median sale price for a single-family home in Lee County was \$274,495 during the first quarter. That's a 7.6 percent increase over the same period last year. Home prices are rising faster than our salaries, leaving everyone further behind.

Thankfully, I discovered Habitat for Humanity of Lee and Hendry Counties. The nonprofit partners with hardworking



Amber Wellsted at work photo provided

residents of this community to provide safe, affordable homeownership opportunities. Requirements of the program include attending educational courses on home maintenance and financial literacy, making a payment toward closing costs, contributing "sweat equity" by helping build the home, and committing to paying an affordable monthly mortgage, which is capped at 30 percent of household income. The last part is critical. According to Harvard's Joint Center for Housing Studies, 54.1 percent of renters in Lee County are considered "cost burdened,"

and this stat most certainly will increase because of COVID-19's impact on the local workforce.

My \$1,700 a month rental became an \$876 monthly mortgage payment on a brand-new 3-bedroom, 2-bathroom home in Fort Myers. I'm building equity and was able to create a small financial cushion to protect my family in case of an emergency.

That emergency came sooner than I anticipated. I was diagnosed with cancer last year and had to stop working for a month after the surgery took place. That meant I had no income at a time when expenses were mounting. However, I cut my housing expense in half through Habitat and was able to tap into my savings to cover the unexpected costs. Now, I am back at work full-time, saving money each month and pursuing a degree in radiologic technology at Florida SouthWestern State College, an opportunity to advance my career that was made possible through affordable homeownership.

So many Southwest Floridians are out of work right now, or working less hours. Times are tough, but this is the perfect opportunity for our community to prioritize the development of affordable housing, because through affordable housing, families can build personal stability and economic resiliency.

Amber Wellsted is a client relations specialist for Property Debt Research, which has contributed volunteer sweat equity hours to her and other grateful families. For more information, visit www.habitat4humanity.org.

Nonstop Flights To West Coast Coming This Fall

The Lee County Port Authority announced that Alaska Airlines will begin service to Fort Myers in November. Alaska Airlines will bring the first nonstop service from Los Angeles International Airport (LAX) and Seattle-Tacoma International Airport (SEA) to Southwest Florida International Airport (RSW) on November 20. Both flights to LAX and SEA will operate four times weekly on a 737 aircraft.

"We will be extremely pleased to welcome Alaska Airlines to Southwest Florida International Airport this fall. Not only is it exciting to have a new air carrier in our market, but they will offer flights for the first time from RSW to Los Angeles and Seattle," said Ben Siegel, acting executive director for the Lee County Port Authority. "These flights give our community something they have wanted for a long time, nonstop service to the west coast of the United States."

For flight reservations, visit www.alaskaair.com. For more information about Southwest Florida International Airport, visit www.flylcpa.com.

Dean's List

Emily Worth of Buckingham has been named to the spring 2020 Deans' List at Bryant University in Smithfield, Rhode Island.

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Jehovah’s Witnesses Event Moves To Virtual

In a world where achieving a state of sustained joy may seem elusive, even impossible for many, millions of Jehovah’s Witnesses and their invited guests in some 240 lands will take part in a global convention this summer via a streaming platform

With the theme Always Rejoice, Jehovah’s Witnesses have moved this highly anticipated annual event to a virtual format. Congregations, families and guests will view the program during July and August. Those interested in viewing the convention can contact their local congregation or access the program on www.jw.org under the “library” tab.

The program is being released in six installments, each corresponding to a morning or afternoon session of what would have been three successive convention days. Many congregations and families viewed the first convention session during the weekend of July 11 and 12. The final weekend of the virtual event is scheduled for August 29 and 30.

Typically, these conventions are held in stadiums, arenas, conference halls and smaller gathering places around the world. Locally, the convention was scheduled to be held first in English on July 3 through 5 and July 10 through 12 followed by Spanish on August 7 through 9 and August 14 through 16 at the Hertz Arena in Estero. The convention was canceled



A highlight of the annual convention of Jehovah’s Witnesses is the live baptism that usually happens during the Saturday program. In 2020, local arrangements will be made to baptize all candidates in a dignified and safe environment, streaming it live to family friends.

photo provided

in April in response to the COVID 19 pandemic.

“Our worship is centered on our mutual love for our God and for each other, irrespective of where we are physically,” said Robert Hendriks, U.S. spokesman for Jehovah’s Witnesses. “This year’s convention program underscores the unity of our international family and the joy that people can have against a backdrop of stress and despair.”

The two Christian principles guiding the Witnesses’ historic decision are respect for the sanctity of life and love of

neighbor. “As much as we long to meet together, life is far too precious to put at risk,” said Hendriks. “The virtual meetings we have held over the past four months have proved to all of us that it’s not about where we are physically. It’s about where we are spiritually. In many ways we are closer as a spiritual family than ever before.”

The program explores questions like: What contributes to finding and sustaining joy? How can you cultivate joy in the family? How can you remain joyful in difficult times? A key feature will be

a Bible-based drama that considers the life of Nehemiah and how he helped the ancient nation of Israel find joy in their worship of God.

There is no charge for viewing the convention.

Each year, many who are not Jehovah’s Witnesses attend the annual conventions. There are more than 8.6 million active Witnesses worldwide, yet the 2019 conventions had a peak attendance of more than 14 million. With the program available online in hundreds of languages, this may be the most attended convention of Jehovah’s Witnesses to date.✠✠

Lee Republican Women To Meet

Lee Republican Women Federated will hold a dinner meeting at KJ’s Steakhouse on Monday, August 10. It kicks off with a social at 5:15 p.m. with dinner and program to follow.

August’s program will be a State Representative Candidate Forum featuring: Jenna Persons and Roger Lolly; Jason Maughan and Adam Botana; and Mike Giallombardo and Bryan Blackwell. Cost is \$25.

KJ’s Steakhouse is located at 10950 South Cleveland Avenue in Fort Myers. For reservations, visit www.leerepublicanwomen.com/productcategory/register, call or text Ashley Winstel at 602-708-8663 or email acwinstel@gmail.com before Thursday, August 6 at noon.✠✠

Churches/Temples

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

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

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

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

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

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

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

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

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

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

CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

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

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

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

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

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

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

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

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

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

FIRST PRESBYTERIAN CHURCH OF FORT MYERS
11 a.m. Sunday, www.fpcforymyers.org, 2438 Second Street, 329-334-2261

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

ZION LUTHERAN
Sunday 8, 9:30 and 10:45 a.m., www.zionfm.org, 7401 Winkler Road, 481-4040.
Email changes to press@islandsunnews.com or call 395-1213.✠✠

Plant Smart

Avocado

by Gerri Reaves

Most people are familiar with the California- or Mexico-grown avocados readily in grocery stores. Small with bumpy or “warty” skin, they are the preferred type for making guacamole.

But there’s a Florida-grown avocado too, called the Florida or West Indian avocado (*Persea americana*). Larger and more smooth-skinned, it has moister “meat.”

Like the mango, it has long been an important agricultural crop in South Florida, but neither are native to the state.

It is believed that this species has been cultivated since 8,000 BC and, before that, was eaten from the wild.

Thought to be native to Mexico and Central America, archaeological records date it to 10,000 BC in Coxcatlan, Mexico.

A member of the laurel family, it is in the same genus as native red bay (*Persea borbonia*). At least three “races” of this species exist, but further research is needed to fully understand the classifications.

Fast-growing Florida avocado takes shrub or tree form and can live as long as 50 years. It can grow as tall as 60 feet but usually no more than 40 in South Florida.



Avocado trees are not native to Florida but are valued for their delicious and nutritious fruit, and the shade they provide

photos by Gerri Reaves

It has a rounded symmetrical crown and can be used as a shade tree.

The aromatic leaves are alternate and four to eight inches long. Leathery in texture, they have long stems and are dull green on the upper side and paler



Avocado trees usually reach no more than 40 feet tall in South Florida

underneath. Clusters of small greenish white flowers appear at the branch ends.

Interestingly, a tree produces both male and female flowers, but they mature at different rates to minimize self-fertilization. If you hope to cultivate avocados, plant

more than a single tree.

The skin of the large pear-shaped varies from dull green to purplish and can be rough or bright green and shiny.

The oily and nutritious fruit contains a single large seed encased in the green to yellow buttery flesh.

The fruit’s weight varies with type but can be as much as three pounds.

Give this tree deep well-drained soil in sun to partial shade. It is subject to various pests and diseases, and the wood is prone to breakage, so keep it away from the house.

It is moderately drought tolerant but not salt tolerant. Many varieties have been developed in Florida, including one that does well as a container plant.

The seed’s base can be suspended in a glass of water, often with toothpicks, to sprout it and start a new plant.

Take care with avocado, for the fruits, leaves, stems and seeds are toxic to many animals and birds. Some people are allergic to the fruit.

The plant has several medicinal uses, including the treatment of malaria.

Sources: *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehen; Florida, *My Eden* by Frederic B. Stresau; <https://hort.ifas.ufl.edu>; and www.plantsoftheworldonline.org.

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

Free Parking And Pool Admission

In recognition of National Park and Recreation Month, Lee County Parks & Recreation will offer free pool admission and free parking on Saturday, July 25 and Sunday, July 26.

Lee County Parks & Recreation sites offering free swimming or free parking include:

Parks – Lakes Park, Manatee Park, Hickey Creek Mitigation Park, Caloosahatchee Regional Park, Six Mile Cypress Slough Preserve, Caloosahatchee Creeks Preserve

Beach sites – Bonita Beach Accesses No. 1 and No. 10, Bonita Beach Park, Bowditch Point Park and Lynn Hall Memorial Park, San Carlos Bay-Bunche Beach Preserve, Bowman’s Beach and Turner Beach (north side only of Blind Pass)

Boat ramps – Punta Rassa, Matlacha, Davis, Pine Island Commercial Marina and Imperial River

Pools – Lehigh Community Pool, North Fort Myers Community Pool, Pine Island Community Pool and San Carlos Community Pool

Other recreational sites within Lee County that are owned or maintained by other government entities are not included in the free swim/free parking weekend. These include: Barefoot Beach, beach access points managed by the Town of Fort Myers Beach and City of Sanibel sites, including the south side of Blind Pass.

This July, Lee County Parks & Recreation has been celebrating with the theme We Are Parks and Recreation. Throughout the month on Facebook and Instagram, the department is spotlighting patrons enjoying the variety of amenities and activities offered at Lee County’s parks. Community members are encouraged to share their own photos and experiences in the parks using the hashtag #WeAreParksAndRec.

For more information about Lee County Parks & Recreation locations, amenities and other special events, visit www.leeparks.org, call 533-7275 or email leeparks@leegov.com.*

Lee County: Florida’s Top Recycling Spot

The amount of material Lee County residents recycled in 2019 would be enough to fill 138 football fields with material 70 feet high – as high as the Sanibel Causeway Bridge.

Lee County received credit for recycling 1.8 million tons of the total 2.27 million tons of waste generated locally in 2019, according to numbers recently released by the Florida Department of Environmental Protection. This brings the county’s recycling rate to 80 percent.

“Lee County is one of only three

counties that met Florida’s recycling goal of 75 percent by 2020,” Solid Waste Director Doug Whitehead said. “Strong participation by both residents and businesses has enabled Lee County to meet and exceed the state’s recycling goal.”

This is the fifth time Lee County has led the state in recycling since Florida began tracking in 2000.

Recycling credits include curbside recycling by residents as well as business recycling of materials such as cardboard, yard waste, scrap metal and construction and demolition debris, among other items. Lee County also receives recycling credit for energy produced from garbage processed at the waste-to-energy plant in Buckingham.*

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Find The Fry Bait And You Find The Fish



by Capt. Matt Mitchell

For the past few weeks throughout the sound and the passes, there is a massive amount of what I like to call fry bait. This small bait is around all summer and is a mix of shiners, glass minnows and threadfin herring. What this bait lacks in size it make up for by covering huge areas that has to number in the millions.

Once you locate this bait, it's just a matter of making a few throws of a small mesh cast net and it's time to go catching. I've been catching this bait up on top of shallow grass flats all through the sound. Then, move out to the deeper water and flats in the five- to seven-foot depth range, anchor up and start chumming. My go-to rig has been a small 1/0 light wire circle hook, a piece of 20-pound leader and a popping cork.

The amount of trout we are catching has to be experienced to be believed – with quite a few going over 20 inches. Along with the trout, mangrove snapper, ladyfish, mackerel and small blacktip sharks have all been keeping the rods bent. Once you get this bite started, it's been almost nonstop action. Some of the most productive places for me this week have been between Chino Island and Red Light Shoals, Captiva Rocks and the outside of Wulfert Keys.

The one drawback of this small fry bait is that, with such hot water temperatures, it only lives for a few hours in the live well. I've been starting off my trips with this type of fast-paced fishing then, by mid morning, I'm switching it up for snook and redfish. After catching big numbers of fish out on the flats, I have either been heading to the passes or going mangrove fishing.

During the lower tides, I've been drifting the passes with the pinfish and grunts that outlive the fry bait. Then, during the higher tides, I've been taking the ladyfish that where caught on the flats with the fry bait, and pitching chunks of it up under the trees. Bait management during these hotter summer months is key to catching fish all day.

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.✱



Big trout have become more and more common over the past few weeks

photo provided

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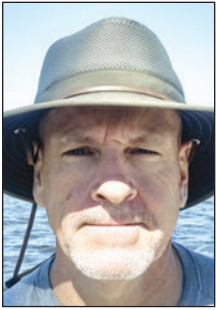
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CROW Case Of The Week:

Eastern Meadowlark



by Bob Petcher

The eastern meadowlark (*Sturnella magna*) is mainly known for its flute-like whistle and not so much for its ability to be a ground nester. Strangely, this songbird is not in the lark family,

but rather it's a member of the blackbird family, which includes orioles.

At CROW, a fledgling eastern meadowlark was admitted from Cape Coral after being found in the middle of the street. Due to its land preference, a juvenile meadowlark can be confused with a young bird that has fallen from a tree.

"Meadowlarks are different from other birds because they do not nest in trees. Instead, they form woven nests with grass growing from the ground," said CROW Wildlife/Admissions Specialist Morgan Hester. "Some nests can even have roofs and tunnels – they can be quite elaborate. A female may even find a hoof print that she uses as the nest which has good foliage coverage around it."

While there were no reported significant injuries, it was noted that the bird was open mouth breathing without wheezing or crackling in the lungs, likely from the



Patient #20-3316 is doing better and less stressed

photo by Breanna Frankel

stress of being captured and handled. The bird was placed into an oxygen chamber for a single day to help with its breathing patterns.

"Sometimes the stress of being caught or chased can lead to increased respiratory effort," said CROW Rehabilitation Manager Breanna Frankel. "(The patient) settled down relatively quickly and began to eat almost instantaneously. We introduced natural grasses to its cage when admitted, to provide a natural environment, and he/she has been playing with the provided grasses ever since."

Rehabilitation staff continue to monitor the patient, feeding it nine times a day

every one and a half hours. Once old enough and able to fly, the bird will be released.

"The young begin to leave their nest just 12 days after hatching, and the parents follow them around supplement feeding them until they are able to find enough food on their own. At this young age, they are primarily eating insects," said Hester. "Due to being raised partially in captivity, it will take longer for this one to become independent since we can't actively teach it how to be a meadowlark like the parents can."

Frankel said the eastern meadowlark is an infrequent patient at the clinic with

seven so far in 2020, only three last year and zero in 2018.

"(While) they are commonly seen in Southwest Florida, our clinic just doesn't get many admitted," she said.

While a finder believes he/she is doing the right thing, a phone call should be made before other action.

"If you encounter a bird that nests on the ground, it should be in the nest until it is able to hop around quite easily. If you are unsure whether a baby is in trouble, please call your local rehab center and confirm it needs medical attention," said Hester. "A majority of the babies that are found on the ground are supposed to be there, based on their development. Be cautious when approaching any animal nest, as female meadowlarks may actually abandon the nest if forced off."

Meanwhile, this CROW patient appears to be feeling better.

"We are offering about eight supplement feeds a day, and it enjoys eating worms," said Frankel. "He/she has started making short flights in the indoor cage it lives in. Once it's off supplemental feeds, it will be moved outside for some flight conditioning. It will be released back into an area with a good meadowlark population."

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.

Virtual Candidate Forums For The 2020 Elections

The League of Women Voters of Lee County, in partnership with the Alliance for the Arts are presenting virtual candidate forums.

The following forums are now available for free public viewing at www.artinlee.org/virtualforums: Lee County School Board Districts 2 and 3; Lee County School Board District 7; Lee County Sheriff; Lee County Commissioner Districts 1 and 5; Lee County Commissioner District 3; Fort Myers City Council Ward 6; and Fort Myers City Council Ward 4.

Upcoming forums include: Fort Myers

Mayor; Fort Myers Ward 2 (Postponed until after Primary); Cape Coral City Council Districts 2, 3 and 7; Florida House Seat 76; Florida House Seat 78; Florida Senate District 27; Lee County Property Appraiser; U.S. House Seat 19.

Canceled forums are: Cape Coral District 5; Florida House Seat 77; and Florida House Seat 79.

Virtual candidate forums are available to the public, for free, by visiting www.lwvlee.org, vote411.org and www.artinlee.org/virtualforums.

For the August 18 Primary Election, the deadline to request a Vote-By-Mail Ballot is August 8. All voters should verify their registration status. Voters may contact Lee County Elections at 533-8683 or www.lee.vote for voting and registration information.✱



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Health First

Six Strategies To Improve Your Mindset



by Julie Rosenberg, MD

The COVID-19 pandemic has brought significant changes to the way in which most of us live our lives. We face uncertainty, altered daily routines, financial pressures

and social isolation. We are fearful of getting sick. We are overwhelmed with information – some of which is actually rumor or misinformation. Our lives may feel out of control.

Everyone reacts differently to difficult situations. Being aware of your mindset allows you to take better control of your life, especially during challenging circumstances. Your mindset refers to the attitude you have about your life in general. Your attitude has a huge impact on how well you deal with things. A positive mindset attracts positive energy

that helps to create a calm and peaceful environment for you and those around you. On the other hand, a negative mindset draws in negative energy that prevents you from truly enjoying life.

Here are six ways to improve your mindset and your life.

Set an intention for the day. Shortly after you awaken each morning, set an intention as to how you want the day to end. This doesn't have to take a lot of effort. Think of one thing you can do during the day that will make you feel good at the end of the day. Revisit your intention throughout the day. Reminding yourself of what you want will actually help you reach your goal.

Practice positive self-talk. Pay attention to the things you tell yourself. Are they positive or negative? When you find yourself in a negative thought spiral, practice reframing your negative thoughts in a more positive way. For example, instead of saying, "I messed up," reframe your thoughts and tell yourself, "that was challenging. I know I will do better next time." Studies have shown that even a small shift in the way you talk to yourself can enhance your ability to regulate your feelings, thoughts and behavior during times of stress.

Practice gratitude. There is always something to be grateful for such as a loving family, a nice home, a new puppy, or even smaller things like a walk in the

woods or eating your favorite flavor of ice cream. When negative feelings start to take over your thoughts, you can shift to a more positive mindset by thinking about the things in your life for which you are grateful. I suggest that you keep a small notepad by your bed and write down three things for which you are grateful each night before going to sleep. The goal of this simple practice is to remember a good experience, person or thing in your life – no matter how small – then enjoy the good emotions that come with it. Over time, you will create a long list that will help put bad things in perspective and thus help you sustain a positive mindset.

Do something good for others. Giving of ourselves to others activates the areas of our brain associated with pleasure, social connection and trust. Altruistic behavior releases endorphins (feel good hormones) and boosts our own happiness. Take time each day to support others. Not only will they feel good about your gesture – you will too.

Engage in stimulating conversation. During this time of social distancing and meetings on virtual platforms, engaging in stimulating conversations with family, friends or co-workers can turn a negative attitude into a positive one. Set ground rules for the conversation – keep the discussion focused on things that make you happy and that bring joy and meaning to your life. These types of conversations

help to support a more positive outlook and optimistic attitude.

Relax and recharge. Set aside time for yourself each day. Even a few minutes of quiet time can be refreshing and help to quiet your mind and renew your energy. I often suggest practices such as deep breathing, yoga or meditation. These practices can be short – as little as 15 minutes – with good benefit. Other things that may help you relax and recharge include taking a bubble bath, listening to music or reading a good book. Choose a technique that works for you and practice it regularly. Taking care of yourself in this way will support a positive mindset.

In conclusion, being aware of your mindset allows you to intentionally choose how you want to live instead of just moving through the motions of life. When you feel negativity creeping in, take a few minutes to pause and reset in order to replace those thoughts with positive ones. These efforts will help you feel better about yourself and your life in any circumstance.

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

Options For Reopening Lee County Schools

submitted by
Chris Patricca



I have been so grateful for the outpouring of communication from all stakeholders since the School District of Lee County announced its plan for reopening schools.

Families have four options:

Full time, face-to-face instruction;

Lee Home Connect – live, synchronous virtual instruction;

Lee Virtual School – module based, self-paced virtual instruction;

Homeschooling.

Hundreds of families and district employees have asked questions about safety measures, working conditions, the specifics of the educational options, training, pay, budgeting, contact tracing, quarantine requirements and classroom or school closures. Our community is to be commended for its positive, thoughtful participation in this process.

Rest assured that the district is hard at work, rolling out a communication plan that will address these questions and concerns. Short videos, Facebook live events, one pagers, podcasts and radio communications are just a few of the mediums that will be used to disseminate information.

A central theme will be agility, which will be the primary focus of all

considerations for reopening schools. We will continue to work closely with Lee Health and the Lee County Department of Health. The district is continuously communicating with them, discussing the impact of changing COVID-19 conditions so that we can make the safest decisions.

At the same time, agility is key to reopening successfully. We must ensure that we have the appropriate safety measures, equipment and supplies in place; that teachers and staff are properly trained; and that parents and students are properly prepared for whichever educational option they choose. This will take time.

Although we are confident that we can complete this by our scheduled August 10 opening, we are also flexible enough to recognize that the opening date may be pushed back. Staff is working on alternative plans to push back our reopening date, in the event that becomes necessary.

Unexpected contingencies have become a way of life. We experience them every day in our homes, at our jobs and in our lives. Something new seems to come our way every day that requires us to change the way we shop or travel or go to church. Returning to school will require the same types of adjustments.

Whether you choose face-to-face or Lee Home Connect, teaching and learning will be different this school year. Whether you ride the bus or join the parent pickup line, school will not be the same. One thing is quite certain, though. The district will provide safe, rigorous, comprehensive educational programs to our students. Together, with our community's support and participation, we will have a great, albeit different, school year.

Chris Patricca is a member of the Lee County School Board, representing District 3.✱

Nonprofits Join Forces At Big Backpack Event

Community Cooperative and Blessings in a Backpack of Southwest Florida have joined The Multicultural Centre of Southwest Florida to provide backpacks, school supplies and food to Lee County children during the 21st annual Big Backpack Event from 11 a.m. to 2 p.m. Sunday, July 26 at the Fort Myers Skatium, located at 2250 Broadway.

Each family that comes through the carline to receive free backpacks for their children ages 5 to 12 will also receive a grocery bag full of kid-friendly food such as peanut butter, jelly, pop tarts, box of oatmeal packets, macaroni and cheese, tuna, SpaghettiOs, pasta and spaghetti sauce thanks to the generosity of Community Cooperative.

For the fifth straight year, Neal Communities has stepped up to become the presenting sponsor of the annual BIG Backpack Event. Neal Communities set an initial fundraising goal of \$10,000 and easily surpassed that goal to present the Multicultural Centre of Southwest Florida with an initial check for \$14,400. Since then, more donations have come in, and Neal Communities is quickly gaining on its record-breaking amount of \$20,000 set last year.

Blessings in a Backpack of Southwest Florida stepped up to donate a pallette of school supplies for 1,500 of the 2,000 students being served.

Because every precaution is being taken to protect families and volunteers, this will be a drive-thru curbside event at the Skatium. Families will remain in their

vehicles, stop at designated locations and volunteers will load backpacks full of school supplies and other giveaways, as well as a grocery bag full of food into each family's trunk. Volunteers will be wearing gloves and masks as they load items in vehicles in order to maintain safety for all.

"Multicultural Centre of Southwest Florida feels fortunate to work with these incredible local organizations that share our same goal of serving families and children in need," said Leonardo Garcia, executive director of the Multicultural Centre of Southwest Florida.

No event activities will be held inside the Skatium and no parking will be permitted. Families who arrive by bus or on foot will be able to receive backpacks for their children in a designated area clearly marked that will provide social distancing of six feet between each family. Masks are required.

Nearly 40,000 backpacks have been distributed to families over the event's 20-year history. An estimated 80 percent of Lee County children currently qualify for free or reduced meal programs at their schools, and that was prior to the impact of the COVID-19 pandemic.

Sponsors for this year's event include Neal Communities, WINK, Comcast, Blessings in a Backpack of Southwest Florida, Community Cooperative, *The News-Press*, WellCare Children's Medical Services Health Plan, CONRIC PR & Marketing, Lee County Family News, Lee County School District, Fort Myers Police Department, City of Fort Myers, Fort Myers Skatium, Lee County Sheriff's Office and The Faith Center.

For more information about the event, sponsorship opportunities or to become a volunteer, visit www.multicultural-centre.org or email info@multicultural-centre.org.✱



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Book Review

The Vanishing Half



by Di Saggau

The *Vanishing Half* by Brit Bennett is breathtaking. A small southern community called Mallard was founded to be a town of light-skinned black people. They work hard to keep it that way. The

Vignes sisters, Stella and Desiree, are identical twins and extremely close. They are the daughters of a lynched man. Running away from home at age 16, their lives eventually take separate paths. We learn early on about their lives. Desiree, who is “the color of sand barely wet,” marries “the darkest man she could find.” Meanwhile, Stella runs away from Desiree and begins passing for white. She marries a wealthy white man in a gated community in Los Angeles. Their daughter, Kennedy, is a blonde with violet blue eyes.

Meanwhile, Desiree has a child named Jude who is “blueback, like she flown direct from Africa.” Her husband is abusive so she leaves him and goes back home to Mallard to raise her daughter. Desiree has no way to reach Stella, but she still holds out hope that one day she will hear from her. While Desiree tries to help Jude endure malicious comments from her classmates, Stella is dreading the fact that

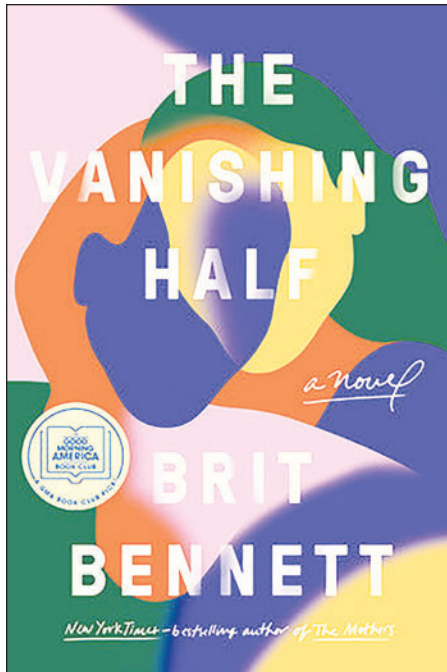


image provided

a black family is moving across the street. She’s afraid they will see her for what she is. They move in and, at first, she tries to befriend the wife and later she reverses her decision.

When Stella is found out, it’s not by another black family in her neighborhood. Jude, a student at UCLA, has met Kennedy and she discovers her mother’s missing half when she attends a function also attended by Stella. As the daughters’ lives intersect, the story grows very interesting.

There are some wonderful characters

playing a major part, and we get to know all of them. Bennett weaves together multiple strands and generations, from the Deep South to California, from the 1950s to the 1990s. *The Vanishing Half* is a riveting, emotional family story and a brilliant exploration of race, gender and identity. One of the best summaries comes from author Bernardine Evaristo, who said, “*The Vanishing Half* is an utterly

mesmerizing novel, which gripped me from the first word to the last. It seduces with its literary flair, surprises with its breathtaking plot twists, delights with its psychological insights and challenges us to consider the corrupting consequences of racism on different communities and individual lives. I absolutely loved this book.” Her words, and I agree with them all.*

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, I’m not sure yet if I will send my kids to school or do home schooling with them, or some other combination for the next school year. In any case, I

know we tend to become very disorganized almost immediately after school begins. It happens every year even though we try to stay organized. Do you have any strategies to help with organization for kids and parents?

Erin P, Fort Myers Beach

Erin,

With our busy lives, it is difficult to stay organized but there are strategies that both you and your kids can use to keep track of things from class work to sports gear. One easy way to keep track of things is through the use of color-coding. Color-coding is a system for displaying information by using different colors. You then can assign each family member/subject/activity its own color and quickly see the who and what of your stuff. Here are some suggestions.

Color-code the family calendar – Consider investing in a giant wall calendar. You can use a different color for each family member as you write in events. For example, one child’s lessons and appointments could be marked in green and another child’s in purple. Your own meetings and classes might be red, and so forth. This can make it easier for your child to focus on what their own commitments are and to learn to keep their schedules straight. And use color-coded round stickers to highlight the dates of tests and due dates for assignments on a wall calendar. If your family uses a joint digital calendar, you can also assign colors to events. Check under “settings” to learn how to assign colors.

Use different-colored supplies for each school subject – When each class has its own color, it can make it easier for your children to see if they have everything they need in their backpack. Use red, for example for reading folders, textbook cover and notebook. Blue could be for math, and so on. Older kids can also use color-coding on digital folders on their computers.

Encourage your children to take notes in “home” and “school” colors – Some kids find it helpful to distinguish what they learned in class from the teacher from what they learned studying at home. Whether your children take notes by hand or on the computer, suggest that they use different colors. For example, they could use a black pen or font for class notes and blue for notes taken at home. That way if

your kids have a question about something in their notes, they know where they learned it.

Create a highlighter or color-coded underlining system for note-taking – When each color has a specific purpose, your children can scan a page and know where to look for what they need. For example, they can mark all new terms or vocabulary words in yellow, the main topic in green and each subtopic in pink. This works whether they’re studying textbooks, handwritten notes or printed-out notes. This approach tends to work best for shorter assignments. It could be visually overwhelming to do this throughout big chunks of text. Most word-processing software has highlighter functions, so they can use this technique on the computer, too.

Other ways to use color coding for learning – If your kids don’t want to have a notebook for each subject, they can use color-coded tabs in one notebook to keep their notes for each subject separate. They may also want to keep their work for each class in its own color-coded folder. Using colored sticky flags to mark the beginning and end of reading assignments helps kids understand the scope of their work.

Use different-colored bags for different kinds of gear – Try organizing your kids’ activities by color. Use large washable sacks in different colors. For example, you can keep all soccer supplies in a yellow bag, the ballet gear in a red one, and so on. To make the contents even more recognizable, you can customize each bag with the name of its sport or activity. This makes it even easier for your child to know she’s grabbing the right one on her way to practice.

Setting up all these color-coding strategies will take some time. So now before school actually begins and you have some extra moments, it is a great time to implement these processes. The results will be worth it.

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.*

From page 1

Sand Sculpting

virtual event that will give fans an opportunity to watch the sculptors at work in a live remote feed via Facebook. More details will be announced as plans continue to evolve.

For updated information, visit www.fmsandsculpting.com or www.facebook.com/americansandsculpting.*

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THOMAS P. HALL
ROBIN C. TUTHILL, EDITOR

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

Superior Interiors

How To Achieve Simple Elegance



by Marcia Feeney

Simple elegance in home design is all about understanding how less is more. The right mixture of clean lines, soft hues and organization make the vibe of a room feel pure and straightforward.

Without going over the top, elegant design shows serenity and sophistication, while bringing joy and comfort to a living space that all can appreciate.

Having a high-end looking home isn't as difficult as you'd think. A combination of simple solutions can transform your living room, foyer and any other space in your house with ease. Achieving this timeless look can be accomplished with a few relatively simple steps.

The right color can bring complete elegance to any room in your home. Plus, a fresh coat of paint adds instant energy to what was once a dull living space. Shades of white make the perfect choice when creating clean, fine lines. You can also accent with black to create an ideal focal point and set off a lavish feel.

There's something oh-so opulent and stately about a bed that's loaded with pillows. It's reminiscent of the vibe you

catch on a weekend getaway in a lofted hotel in the big city. Fill your own bedroom as well as the guest room with enough pillows to wow your loved ones. The sofa can benefit from dozens of throw pillows as well; this adds another layer of style and comfort to a high traffic living space.

Carpeting may add an extra layer of comfort to a living space, but hardwood flooring gives off an elegant vibe that you can't pass up. Choose a dark color to exude luxury from one room to the next.

You don't have to ditch the look and feel of carpeting altogether. Instead, invest in soft area rugs to disperse throughout your home. This simple piece of decor can make a huge statement and control the entire vibe of a living space. Choose exhilarating fabric like faux fur to wow and comfort your guests.

Standard sconces won't do your home any justice if you're trying to achieve elegant design. Modern chandeliers can add charm without going overboard. Choose table and floor lamps that compliment your main lighting fixtures to bring the rooms together in addition to adding a degree of ambiance when desired.

If you want to enjoy the beautiful scenery through your windows and privacy isn't an issue, forgo the window treatments. If, however, you want to take in the great outdoors and filter the natural light in, use sheer drapery that allows the soft, bright hues of the room to take center stage without artificial illumination.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coindeden.com.

Electric Company Hires Risk Officer

Lee County Electric Cooperative (LCEC) recently hired Eric Scott as its new director of governance risk and compliance chief risk/compliance officer.

In this role, Scott will serve as a strategic partner and advisor to the CEO, senior leadership team and the LCEC Board of Directors on matters pertaining



Eric Scott

to governance, risk and compliance for the cooperative. Additionally, Scott will provide leadership in key fundamental areas such as regulatory; policy development, management and administration; business continuity in all industry and environmental conditions; compliance and controls; insurance programs and claims; internal audit; and power supply. Scott's 21 years of utility experience include working for the Ameren Corporation as the director of reliability standards and compliance oversight since 2008.

Prior to that, Scott worked for nine years with Associated Electric Cooperative. He has a bachelor of science degree in both finance and accounting and a master of business administration degree in computer information systems from Missouri State University.

Bank Promotion For New Branch

Sanibel Captiva Community Bank recently promoted Ken Segura to office manager at the bank's new Bridge Branch, located at 9311 College Parkway, in Fort Myers. Segura will manage daily operations and customer relationships, including business and consumer banking.



Ken Segura

"Ken has been an effective leader for us, and we are excited to have him lead our new Bridge Branch," said Lana Hollier, Sanibel Captiva Community Bank senior vice president and director of deposit operations.

Segura has been with the bank for nearly four years, serving most recently as the office manager at the College Parkway Branch at 7500 College Parkway. He previously served as the branch's assistant office manager and also worked in treasury management. Prior to joining Sanibel Captiva Community Bank, he worked at a national bank and is a graduate of Florida Gulf Coast University.

Founded in 2003, Sanibel Captiva Community Bank has two locations on Sanibel Island and five more locations throughout Lee County.

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What To Do With The Black Sheep Beneficiary



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

Most families have black sheep. You know what I'm talking about. There might be three siblings but one of them doesn't play well with the other two. It's been that way since they were in elementary school, but the strain in the relationships lasted, if not became amplified, well into adulthood.

A parent may love all her children equally and want to treat all the same in the estate plan. But is this wise? Another issue is what to do about the black sheep who estranged himself from everyone in the family, including the parents? Should the

parents continue to include that beneficiary in the estate plan?

Let's first examine more deeply the first issue, where we have a parent who loves all her children, but they don't get along. Commonly, my clients express a desire to name all their children together to act as successor trustee, personal representative (executor) and health care surrogate. When you have children who don't get along, this could be a huge mistake.

Keep in mind that when a parent falling critically ill or even dying may create an emotionally charged situation. Sibling grievances long suppressed tend to bubble to the surface. Add into the situation that many crucial decisions must be made, and you have a recipe for disaster.

Consequently, when dealing with financial issues, such as wills and trusts, it is prudent to carefully consider who you'll name as your successor trustee and personal representative. I've seen situations in the past where one of the children is named as the financial trustee, and who works diligently, spending many hours taking care of her parents' affairs, only to be accused of swindling or wasting money.

The adult children who are not involved in the day-to-day financial decisions don't commonly understand the burden, nor do they understand the costs of critical care, particularly nursing home care at the end of a parent's life. What was once a large estate could dwindle in the face of those expenses.

One potential solution is to name a corporate trustee or co-trustee with one of the children. Having a bank or trust company serving as trustee adds a layer of assurance that the trust terms are adhered to and that no trustee is improperly taking assets for his or her personal benefit.

Upon the parent's death, there are more complex administrative matters to consider. Having a corporate trustee present to help with the "heavy lifting" oftentimes takes a burden off an already stressed adult child. Another option is to engage a good estate attorney who is well versed in the various duties and laws associated with the responsibility of administering an estate and that has the manpower to deal with the daily issues that arise.

What to do about our second issue – the black sheep that has estranged himself from the family? Oftentimes, clients will ask me whether it would be best to disinherit that beneficiary, leave him a fixed dollar amount, or a smaller percentage of the estate.

The answer is – it depends. If you feel that the adult child should receive some portion of the estate, a fixed dollar amount is easier to deal with from an administrative standpoint than is a percentage of the estate. Once the fixed dollar amount has been distributed, the beneficiary is not entitled to any accountings. A beneficiary entitled to a percentage of the estate, even a de minimis percentage such as 2 percent, is entitled to all the documents and accountings that a beneficiary with a significant interest is entitled to.

Keep in mind, however, that a bequest of a fixed dollar amount usually has priority and is paid out first before the percentage beneficiaries. In other words, if you leave \$100,000 to Beneficiary A, and then 50 percent of the remainder to Beneficiary B and 50 percent to Beneficiary C, if all you have left in the estate is \$200,000 at your death, Beneficiary A gets his \$100,000, but Beneficiary B and C will only receive \$50,000 each. If you want to limit the amount of the specific bequest to a percentage of the estate, you can do so without giving that beneficiary access to the accountings and documents.

If you feel that you would rather disinherit the black sheep beneficiary, it is better to completely disinherit him as opposed to leaving a stated dollar amount such as \$1, it is always best to simply disinherit completely. Even bequeathing a small amount gives the beneficiary legal rights that he otherwise would not have had.

Black sheep beneficiaries are never easy to deal with. Nevertheless, when they exist, it's always a good idea to limit the damage that they can do within any administration.

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Cash In Coins To Help With National Shortage

Due to a national coin shortage caused by the coronavirus pandemic, Sanibel Captiva Community Bank is asking customers to turn in their coins for cash dollars. Existing customers also have the option to direct deposit the funds into their accounts. Coins do not need to be rolled in order to be turned in.

Prolonged business closures and a reduction in coin production and circulation associated with the COVID-19 pandemic is resulting in a limited availability of coins required by banks to serve customers. The shortage is affecting local restaurants and businesses that accept and provide change in cash.

"Coin counting for paper currency or direct deposit is always free for our customers, and we are asking for their assistance in helping us increase coin circulation," said Lana Hollier, senior vice president and director of deposit operations at Sanibel Captiva Community Bank. "Coin-counting allows us to assist both individuals who would like to turn in their coins and local businesses that in need of getting more coins into circulation to complete transactions."

Consumers interested in having coins counted and exchanged can visit the following Sanibel Captiva Community Bank branches: 2475 Library Way on Sanibel, and 7040 Winkler Road, 15975 McGregor Boulevard, 11691 Gateway Boulevard and 9311 College Parkway in

Fort Myers. Bank lobbies and branches are currently open with social distancing and safety measures in place. For more information, call 472-6100.✪

From page 1

Python Tracking

the five-inch-long house wren to the four-foot-long great blue heron, accounted for 25 percent of the python's diet in the Everglades.

Department of the Interior researchers, with the help of many partners, implant pythons with radio transmitters and then track them to understand python movements, breeding behaviors and other characteristics. Adult male "scout" pythons are especially useful, as tracking males during the winter breeding season can lead biologists to breeding aggregations consisting of multiple males and a single large female that would otherwise be nearly impossible to find.

This technique may improve removal rates of large breeding females, which are the most important individuals to target for population reduction. During the 2019-20 breeding season, scout python tracking efforts resulted in the removal of 86 adult pythons that together weighed approximately 5,000 pounds, including 53 reproductive females with more than 2,500 developing eggs.

This effort complements federal and state programs that use volunteer agents and paid contractors to remove pythons. Most pythons removed by agents and contractors are close to roads and levees. Scout snakes help locate pythons in remote areas that can be difficult to access, requiring researchers to trek long distances in the backcountry to remove breeding aggregations. Using a combination of

methods widens the area where pythons are being located and removed.

To distinguish valuable scout snakes from those without transmitters, fluorescent orange tags and highly visible scale marks are placed on each animal. If anyone finds a python with any of these marks, they should take a photo, leave the snake where they found it, and report the sighting location to the email address printed on the orange tag. In fiscal year 2020, the Department of the Interior is investing more than \$142 million in invasive species management activities, including prevention, early detection and rapid response, control and research. The USGS, FWS and NPS are working together to conserve and protect the nation's natural heritage for the continuing benefit of the American people. Collectively, the agencies are committed to a collaborative approach to developing and testing novel control tools and technologies to prevent the establishment and further spread of other invasive species, including Asian carps and zebra mussels. This collaboration has also provided forecasting and early detection tools for bio-surveillance of numerous invasive species nationwide.

These efforts are representative of those more broadly taken by the Department of the Interior with nonfederal partners to protect human health, local economies and ecosystems from the harm caused by invasive species. Great strides have been made by the Trump Administration to reduce and overcome the ongoing threat of the spread of invasive species to the native biodiversity, specifically:

Under this administration, Interior officials took unprecedented steps to advance coordination among bureaus through establishing unified regions to

more effectively address interjurisdictional issues such as invasive species.

After 20 years without a clear and achievable sense of direction, Interior officials worked on an interdepartmental basis through the National Invasive Species Council, which Interior officials co-chair with the U.S. Departments of Agriculture and Commerce, to set annual shared priorities for the federal government to make real and measurable progress on common invasive species challenges.

Through coordination efforts such as its Safeguarding the West initiative, Interior officials enhanced collaborative efforts with states and sister federal agencies to prevent, contain and control quagga and zebra mussels that threaten western hydropower, irrigation systems, municipal water supply, recreation and aquatic ecosystems.

Interior officials are also accelerating efforts to protect the environment from invasive species by streamlining environmental compliance for invasive species control projects.

In addition, numerous programs and projects are under way to restore, conserve and enhance the vitality of the Everglades. For example:

More than \$20 billion has been authorized to restore the South Florida ecosystem;

The Department of the Interior has directly invested more than \$258 million in addition to other indirect support;

\$100 million has been invested to fight back against red tide toxic algae;

The Central Everglades Planning Project is under way at an estimated cost of \$5 billion; and

More than \$514 million has been allocated to accelerate rehabilitation of the Herbert Hoover Dike.✪



Dr. Jennifer Carrion



Dr. Arieal Felix



Dr. Jaime Hall



Dr. Aruna Khan

Family Medicine Residents Graduate

Lee Health recently celebrated the graduation of the Class of 2020 of The Florida State University College of Medicine Family Medicine Residency Program and Global Health Fellowship. The residency program, based at Lee Memorial Hospital, was created to address an expected national shortage of primary care physicians. This issue is compounded locally by a rapidly growing aging population.

"Congratulations to this year's graduates. It's very exciting to celebrate our sixth graduating class of the program," said Alfred Gitu, MD, program director of the residency program and global health fellowship at Lee Health. "Southwest Florida is underserved when it comes to the number of primary care physicians. We are proud to report that six of the eight graduates from the class of 2020 are staying to practice medicine locally."

This year's graduates include:

Dr. Jennifer Carrion, who will join the Lee Physician Group at the Surfside location in Cape Coral;

Dr. Jaime Hall, who will join the Lee Physician Group at the Plantation location in Fort Myers;

Dr. Murilo Lima, who will join Shell Point Retirement Community in Fort Myers;

Dr. Christine Norton, who will join the Primary Care Sports Medicine Fellowship in Greenwood, South Carolina;

Dr. Kristen Noud, who will join the Lee Physician Group Sanctuary location in Fort Myers;

Dr. Hannah Schrubbe, who plans to remain in Fort Myers to practice Family Medicine;

Dr. Shayna Smallwood, who will join NCH Family Medicine in Naples;

Dr. Arieal Felix, who will join Cherokee Health Systems in Knoxville, Tennessee;



Dr. Murilo Lima



Dr. Christine Norton



Dr. Kristen Noud



Dr. Hannah Schrubbe



Dr. Shayna Smallwood



Dr. Hailon Wong

Dr. Aruna Khan, Global Health Fellow, who will join the Cleveland Clinic Martin Health System in Port St. Lucie;

Dr. Hailon Wong, Global Health Fellow, who will join the Lee Physician Group Residency Faculty in Fort Myers;

The Florida State University College of Medicine Family Medicine Residency Program at Lee Health provides 36 months of training, which is divided into four-week blocks. These rotations are completed at Lee Memorial Hospital, HealthPark Medical Center and Golisano

Children's Hospital of Southwest Florida. The program began with its inaugural class in July 2014.

In December 2016, the residency program was approved for expansion from 18 residents to 24 and received continued accreditation from the Accreditation Council for Graduate Medical Education (ACGME) for the next 10 years. This year's graduating class brings the total number of graduates to 32, with 18 physicians choosing to continue practice in Southwest Florida.*

Hope Hospice Extends Program For Chronic Illness

With a year-long extension of its Hope Choices program, Hope Hospice will be able to continue offering special access to additional, personalized care for Medicare participants receiving curative treatment for chronic illness – along with counseling, education, family support and respite to ensure their caregivers and loved ones receive help.

In 2018, Hope was among a select number of hospices in the country chosen by the Centers for Medicare & Medicaid Services to offer the Medicare Care Choices Model (MCCM). Through the recent MCCM extension, Hope Choices will continue allowing more Medicare beneficiaries to receive supportive care.

For people with cancer, congestive heart failure, chronic obstructive pulmonary disease, or human immunodeficiency

virus, Hope develops a specialized plan with their physician and coordinates care through a combination of in-person visits and 24/7 telephone access. The program is a step forward for Medicare, and an option already available for many people with private insurance.

"With Hope Choices, people can receive special care and support earlier, while still pursuing treatments," said Samira K. Beckwith, president and CEO of Hope Healthcare. "We are happy to have the opportunity to continue adding more hope and quality of life to every day."

Hope Choices is available at no cost; all services are covered for Medicare beneficiaries. To learn more about the program, call 482-4673.*

Take Action When An Addict Needs Help

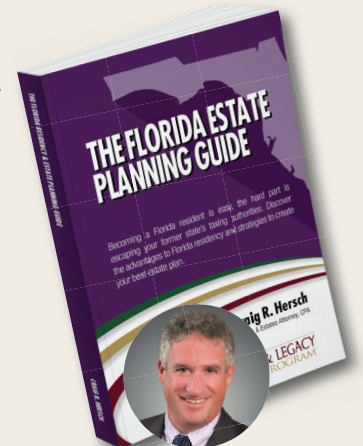
Narconon warns friends and families that the window period of desperation when an addict reaches for help is very short-lived. Knowing this is important when dealing with an addict needing treatment. It is a life or death situation and the next pill, hit, shot or drink could very well be their last. Do not wait for that to happen, act accordingly. No addict deserves to die.

For more information on time importance, visit www.narconon-suncoast.org/blog/time-kills-addicts.html. Call 1-877-841-5509 for a no cost screening or referral.*

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

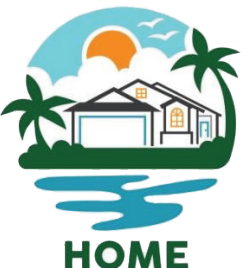
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Frankly Speaking



by Howard Prager

Play ball! By the time you're reading this column, Major League Baseball will have officially started. The National Basketball Association begins games the following week, and National

Football League practice is supposed to start then as well, although there is still a lot left on the table for them to negotiate with the players union on safety and preseason games. We will see how it all progresses and how far we get. Then, there's Major League Soccer (MLS), the first men's league to have their tournament under the "Disney bubble."

I had the chance to talk with Bill Manning, president of both MLS' Toronto FC and the Toronto Argonauts of the Canadian Football League. He has spent his career in sports management and was with the Philadelphia Eagles from 2004 to 2008, including the 2004 Super Bowl. When we spoke, he recently celebrated the third hat trick in MLS history by a player under 21, 20-year old Toronto player Ayo Akinola who grew up just outside Toronto. I asked Manning what is his goal and more importantly, how do they get there? I hadn't thought about the different "sides" of sports. "Our goal is to win. The biggest key to that is having everyone aligned. The team president, GM and coach have to

be aligned. The sporting side and business side must be aligned. Frequently, I see silos where one side doesn't respect the other. The business side is about making money. Selling more tickets. Having more advertisers. Getting more sponsorships. When we do this, the sports side can do things such as purchasing more free agents. If something on the business side takes away from the team winning (such as holding concerts and events at the park that may be hard on the field), we don't do it. I copied the lessons I learned from the Eagles and their owner, Jeff Lurie. When you have alignment, both sides respect each other and work together."

What's been the highlight of your career? "I've been president or GM in charge of the entire operation for 17 seasons and won three championships. Only two of us have won MLS cups for two different teams. It is so difficult to win the big ones. I feel I've failed 14 times. That drives me. Fear of losing is what drives me. I expect to win."

What's the atmosphere in today's front office? "Sports has been prospering. It's a global business now. More networking, more going across leagues. We watch what's happening in Europe and around the world, constantly learning and benchmarking from each other. Sports is now an industry itself."

How is the bubble working for MLS? (The bubble is where players and teams stay separately away from others.) "MLS has done a very good job in challenging circumstances. There was lots of anxiety at first, and MLS lost two teams in the tournament because of COVID-19. After the first few days, everyone has settled

in and all see that safety is top priority. Each team has a whole floor of the hotel. We're in game mode now. Like training camp, it's very structured with practice time, therapy time, team time, etc. Not a lot of down time. One of the guys plays guitar, one reads a lot, they play video games and such. Everything is scheduled. I have called and spoken to our players. We created an environment where they all are in communication with each other. Right now, we're coming off a big victory (over Montreal) so everyone is feeling good about themselves."

What is MLS and Toronto doing about racial equity and social justice? "Justin Morrow, one of our players, is director of Black Players for Change in MLS. That's very good to see. Our GM also participates in that. I am very supportive and think it's important that these voices are heard. Our organizations must be supportive. We are hiring a senior vice president of diversity to develop as a company with all our Toronto teams, which includes the NHL Maple Leafs and NBA Champion Raptors. Sports is all about winning, and through that you see diversity and everyone coming together. As a former athlete it's a good thing to see."

However, business sides don't always do the right thing. *The Washington Post* reported that the former Washington Redskins has more to change than their

name. Fifteen women have stepped forward to accuse the team leadership of sexual harassment and mistreatment. Acting tough and macho on the football field is one thing but it's not acceptable in the office. As the team goes through identifying a new name, let's hope they take a hard look at their culture and environment and make the needed changes there as well.

Let's conclude today with some positive recognition. In an earlier column, I wrote that Nelson Cruz of the Twins won an ESPY award. The (Los Angeles) Dodgers Foundation won the 2020 Sports Humanitarian Team of the Year ESPY award for their tireless efforts to address the most pressing issues facing the Los Angeles community. The foundation has donated 279,280 meals and \$659,227 of in-kind donations to help vulnerable populations facing homelessness, food insecurity, lack of basic needs and significant anxiety due to the pandemic. So nice to see that happening. We all need to help and watch out for each other. Stay safe as you do so.

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.

Sponsors Sought For Red Sox Golf Tournament

As part of its continuing community outreach efforts, the Red Sox Foundation will hold its 9th annual Swings for the Sox golf tournament on Friday, October 2. The tournament will take place at the Tiburón Golf Club, located at 2620 Tiburón Drive in Naples.

A scramble format with prizes for the longest drive, putting, closest to the pin and other categories will begin at 8:30 a.m. after registration at 7:15 a.m. Lunch will be provided.

All proceeds from this year's tournament will benefit the Lee County Red Sox Scholarship program. Each year, the Red Sox Foundation awards a \$5,000 college scholarship to one deserving student from each of the 14 public high schools in Lee County.

Last year's efforts raised over \$88,000. In the past eight years, the

Red Sox Foundation has raised more than \$411,000 for local nonprofits and scholarships. This year's title sponsor is DLD Builders.

Tournament sponsorships are available from \$150 to \$5,000. Foursome player packages begin at \$1,000. If the tournament has to be canceled for any reason, all donations and entry fees will be fully refunded.

Raffle and silent auction items that can be used to aid in raising money for the Red Sox Foundation's scholarship fund, and additional funds for those in need throughout Southwest Florida are also being accepted.

The Red Sox Foundation is a 501(c)3 nonprofit organization and the official team charity of the Boston Red Sox. The foundation's primary focus locally is in serving the health, education, recreation and social service needs of children and families across Southwest Florida. The Red Sox Foundation is one of the most successful in all of Major League Baseball.

For more information, call 226-4783 or email swingsforthesox@redsox.com.

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!

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HELPING THE WORLD SEE CERVICAL INSTABILITY WITH 2020 VISION!

SPORTS QUIZ

1. The Washington Kastles, San Diego Aviators, Philadelphia Freedoms and Springfield Lasers are teams competing in what pro sports league?
2. Two Denver Nuggets players led the NBA in points per game for the 1982-83 season. Who were they?
3. NFL quarterback Tom Brady was selected in the 18th round of the 1995 Major League Baseball Draft by what team?
4. The likeness of golf great Chi Chi Rodriguez appeared on the cover of the 1978 single "Be Stiff" by what American new wave band?
5. What barnstorming basketball team was founded in 1952 by Louis "Red" Klotz?
6. What two NHL players scored the first playoff hat tricks of their careers in Game 2 of the 2009 Eastern Conference Semifinals?
7. In the lyrics to "The Super Bowl Shuffle," which member of the Chicago Bears Shufflin' Crew professed to "run like lightning, pass like thunder"?

ANSWERS

1. World Team Tennis. 2. Alex Ovechkin (No. 1) and Kili Vandeweghe. 3. The Montreal Expos. 4. Devo. 5. The Washington Generals. 6. Alex Ovechkin and Sidney Crosby. 7. Steve Fuller.

dearRPharmacist

Black Currants Help With Night Vision



by Suzy Cohen, RPh

Dear Readers: The retina is a delicate tissue that surrounds the back part of your eye, and it is easily harmed. Taking care of the retina is important for vision,

and black currants are rich in compounds that neutralize free radicals which would otherwise assault and destroy your retina. Then, you wouldn't be able to see. There's this compound called "rhodopsin." Have you heard of it?

Rhodopsin is imperative for light adaptation, so you need it to see in the dark. Black currant supplements are quite popular for this purpose.

Specifically, free radicals are neutralized in the presence of certain pigments (aka dyes) that are naturally found in colorful fruits. Black currants should be thought of as eye food. These can be eaten dried, raw, as jelly or in tea/supplements.

When you think of healthy fruits, you think of the darkest ones like blueberries, blackberries and black currants. These are often made into jams and preserves, which are truly delicious. But as you know, they can all be eaten raw in your cereal or fruit salad. You can bake with them too. It's the anthocyanins (a dark bluish black pigment) that impart the health benefits.

Black currant has been studied for its anti-viral properties, and it's been found to have a good effect on dry eyes. They also stimulate T helper cell activity, which is a great side benefit now that we're interested in our immune function.

Eating foods with black currants, or supplementing with an extract of it helps with dryness in the eye, as well as intraocular pressure. A study from a few years ago discovered how black currants increase blood flow to the optic nerve that enables vision.

In various studies, black currant anthocyanins were shown to increase nourishing blood flow to the eyes in

patients with glaucoma, reduce intraocular pressure in the eye and slow down visual field deterioration. Anthocyanins (again, dark fruits contain this dark pigment), have a relaxing effect on myopia. According to research, the compounds can read the blood-retinal barrier and have a relaxing effect on it. This can help treat myopia and glaucoma.

Please don't misconstrue this as a reason to stop your Xalatan, Vyzulta, Zioptan, Travatan or Lumigan. Those are brand names of prescription eye drops. But if you do take them, ask your doctor if black currants are good for you, and you can try an oral dietary supplement for your eyes that includes them, or eat them. I can't think of a reason why not, however, I'm not able to advise you on this. Like all supplements, there are pros and cons, just like with all medications. But I can't think of a reason as I write this, why it would be bad, unless you're allergic to them. I have a longer version of this article posted at my website if you're interested at www.suzycohen.com.

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.✱

Bank Promotion

Sanibel Captiva Community Bank recently promoted Diane Patterson to assistant office manager at its McGregor Branch, located at 15975 McGregor Boulevard.

Patterson will continue to assist with daily operations and customer relationships, including business and consumer banking. The Massachusetts native joined the bank in 2016 as a teller and customer service representative. She has lived in Southwest Florida for 17 years.

Founded in 2003, Sanibel Captiva Community Bank has two locations on Sanibel Island and six more locations throughout Lee County. To learn more, visit www.sancapbank.com.✱



Diane Patterson

States and 400 million households in 150 countries.

"This year has been a difficult year for all of us in the powerboat racing community," said Powerboat P1 CEO Azam Rangoonwala and OPA President Roland "Smitty" Smith. "This is yet another setback but it is to be expected with the recent COVID-19 spike in cases throughout Florida and the effects the virus has had around the world. We look forward to planning for next year's series and continuing the strong momentum we achieved in 2019."

Plans are already under way to bring the event back to Southwest Florida in 2021 as part of the APBA National Championship Series. For information on next year's race and this year's planned Fun Run, visit www.roaroffshore.com.✱

Doctor and Dietician

Health Benefits Of Mango



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

It is mango season in Southwest Florida. We are blessed with a mango-producing tree in our yard. Yes, we have a 20-foot extension mango picker too.

Many misconceptions exist about mangoes, such as "They are high in sugar" (not compared to a piece of chocolate cake!); "They make you poop" (you probably needed help anyway!); and "They cause your blood sugar to spike" (versus a donut?)

Mangoes are not only delicious, but they are loaded with nutrients and health benefits. Why not take advantage of these beautiful fruits that grow so abundantly on our trees?

Mangoes are low in calories and full of immune-boosting nutrients, including vitamin C and fiber, which help strengthen immune function, aid in iron absorption and help the body repair injured tissues such as those pain conditions we see at Caring Medical.

Mangoes are considered super antioxidants because they contain polyphenols (plant-based antioxidants), which are important in protecting our good cells against free radical damage that can lead to chronic disease, accelerated aging if not controlled.

Mangiferin (cool name, eh?) is the unique antioxidant contained in mangoes. Studies have shown that mangiferin may protect heart cells against inflammation, oxidative stress, and apoptosis (cell death.) More studies need to be done to confirm this. Mangoes are high in potassium and magnesium too.

One of the age-old questions is "how do I cut a mango?" We find the best way is to cut long vertical slices down the perimeter of the mango. But others like to cut the mango into a grid-like pattern and scoop it out. Either way, let the mango mania begin.

Here are some ideas for enjoying your mango crop: make mango salsa (our No. 1 favorite) – chopped mango, tomato, yellow/orange pepper, onion, garlic, cilantro, lime juice, salt/pepper and a few dashes of Mexican seasoning. Yum!

You may also want to add mango to cooked chicken or fish, slice it into a fruit salad, or make into a salad of mango/avocado/onion and lime juice. It's also tasty mixed into brown or black

rice or quinoa, added to green salads, and used in smoothies and "faux-ice cream." All so delicious! Okay, you want to know about the ice cream. Frozen banana and mango, blend with your milk of choice, add a touch of vanilla and lime zest/juice. Freeze. Yum! Let's get out there and pick those delicious, nutritious mangoes. Cheers!

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@caringmedical.com.✱

Call Volume Up At Lee Health Contact Centers

Lee Health contact centers are experiencing an influx of callers due to the COVID-19 pandemic. The increased call volume has led to prolonged hold times and has placed a strain on the health system's commitment to provide exceptional service to every patient.

Since the start of the pandemic, call volume has increased nearly 50 percent.

"As the largest healthcare provider in Southwest Florida, we are making technological adjustments as needed, and implementing the most effective strategies to utilize our current resources to serve the greater Southwest Florida population," said Michael Roveland, director of LPG contact center. "We appreciate the community's patience and understanding and thank them for their consideration as we all continue to navigate these unprecedented times."

To better serve the community and improve the patient experience, Lee Health is encouraging patients to use the MyChart application to directly access their medical records and get the answers they need related to their care such as lab results (including COVID-19 test results), prescription renewals and scheduling appointments.

MyChart can be used to make an appointment with your providers and send a message to your doctor and pay your bill. MyChart can be downloaded from your Apple or Android app store.

COVID-19 collection site appointments are not available through MyChart and require an order from your provider.

Patients can also visit www.leehealth.org to book an appointment or find answers to questions related to the coronavirus.

Lee Health is committed to providing safe, exceptional care to all patients who need it. When visiting a physician office, lab, radiology, convenient care or hospital, all patients are required to wear a mask to protect themselves and those around them.

For more information, visit www.leehealth.org.✱

From page 1

Powerboat Races

legs" and provide beachgoers on land a good vantage point.

In 2019, Roar Offshore saw the return of offshore powerboat racing to the famed Fort Myers Beach venue, which had not hosted a powerboat race in 13 years, bringing with it the largest boat count in almost two decades. The 2019 Roar Offshore National Championship race was a tremendous success, not only for offshore racing but also for the local economy, generating an economic impact of \$18.5 million and a direct total impact of \$16.7 million in expenditures. CBS Sports and Fox Sports aired an hour-long, post-race program reaching approximately 65 million homes within the United



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 JULY 20, 2020

Aries (March 21 to April 19) Starting something new is always exciting for the adventurous Aries. And here's the good news: This time you might be able to get some assistance in helping you finish what you've started.

Taurus (April 20 to May 20) Put your daydreaming penchant on hold for now, and face the facts as they are, not as you'd like them to be. Your customary hardheaded approach to "deals," etc., is called for.

Gemini (May 21 to June 20) Problems beyond your control might delay some of your plans. But things should start to get back to normal by midweek. The weekend could bring an unexpected (but welcome) visitor.

Cancer (June 21 to July 22) It's a good time to buckle down and tackle those unfinished tasks so you'll be ready to take on other projects. The week's end could bring an invitation from a most surprising source.

Leo (July 23 to August 22) Mixed signals could create a few stressful moments for the Lion. But by midweek, explanations should help ease the tension. The weekend is party time! Share it with someone special.

Virgo (August 23 to September 22) This is a good "catching up" week for finishing tasks, calling old friends and maybe reading that book you haven't opened yet or renting that movie you wanted to see again.

Libra (September 23 to October 22) Money matters should be worked out, even if it takes time away from a more romantic situation. Better to settle things before feelings turn hard and angry on all sides.

Scorpio (October 23 to November 21) A job-related problem could turn out to be less troublesome than it seemed at first. Just a few moments of talk 'twixt the parties resolves everything to everyone's satisfaction.

Sagittarius (November 22 to December 21) The Sagittarian Archer takes aim at health and fitness issues this week. Watch your diet, and try to put more exercise time into your typically busy schedule.

Capricorn (December 22 to January 19) As you continue to focus on a career or job change, it's a good time to look over some of your rarely used skills and see where they can fit into your future workplace plans.

Aquarius (January 20 to February 18) A loved one's health might be worrisome, but there's good news by midweek. Expect people who share your ideas and your goals to try to contact you by the week's end.

Pisces (February 19 to March 20) A colleague's request that makes the typically perceptive Pisces feel uncomfortable is a request you probably will want to turn down. The weekend favors family get-togethers.

Born This Week: You have a gift for making others feel warm and wanted. Even newcomers will feel like old friends.

MOMENTS IN TIME

• On Aug. 2, 1876, "Wild Bill" Hickok, one of the greatest gunfighters of the American West, is murdered in Deadwood, South Dakota. Hickok was playing cards with his back to the saloon door when a young gunslinger named Jack McCall shot him in the back of the head.

• On July 31, 1916, future racing legend Louise Smith, the first woman inducted into the International Motorsports Hall of Fame, is born in Barnesville, Georgia. In her first race, unaware that a checkered flag meant the finish line, Smith kept going until someone threw out a red flag.

• On July 28, 1945, an American B-25

Mitchell bomber crashes into the Empire State Building, killing 14 people. The freak accident was caused by heavy fog. When the plane swerved to avoid the Chrysler Building, it flew straight into the north side of the Empire State Building, near the 79th floor.

• On July 29, 1958, the U.S. Congress passes legislation establishing NASA, a civilian agency responsible for coordinating America's activities in space.

• On Aug. 1, 1961, Six Flags Over Texas opens. The park was the first to feature log flume, 360-degree looping roller coaster and modern parachute drop. The park also pioneered the concept of an all-inclusive admission price.

• On July 27, 1974, the House Judiciary Committee recommends that President Richard Nixon be impeached and removed from office. The impeachment proceedings resulted from a break-in at the Democratic Party's national headquarters in the Watergate apartment-hotel complex in Washington, D.C.

• On July 30, 1999, *The Blair Witch Project*, a low-budget, independent horror film that will become a cult hit, is released in theaters. Shot with shaky, handheld cameras, the documentary-style movie told the story of three student filmmakers who disappeared into the woods and were never heard from again. The story was entirely fake.

NOW HERE'S A TIP

• If you go to a yard sale and an item catches your eye, don't be afraid to haggle. If the owner can't agree to your price, give him your name and phone number. If it doesn't sell, he might be ready to accept a lower price.

• "You can sprinkle a bit of baking soda on your porcelain sinks for a non-harsh scrub. It serves a double purpose, because it will also freshen and absorb odors, then get washed right down the drain!" – MM in Texas

• Wash and save yogurt cups for kids to use for painting. You can set several in a jelly roll pan to keep them together and upright.

• "I have a beautiful glass window in my front door. Unfortunately, once a day, the sun comes streaming through it and seems to magnify. I have a couple of hooks that are backed by suction cups. I can hang a garden flag from the hooks to cover the window. Sometimes I even use it at night for privacy. It still looks pretty from the other side if I don't take it down, and it didn't involve any holes in my door!" – WD in Kentucky

• Make-up bags make the perfect place to stash extra cords and accessories for your computer or other devices. Put them in a basket and all your tech will stay orderly.

• Car Wash Tips: Use a soap that's made for vehicles, because it's less likely to strip the protective coating off your paint. Don't wash in full sun if possible. If you must, then work in small sections to keep soap from drying on the car. Rinse off your sponge regularly – the dirt and grime can scratch the surface. Use a microfiber cloth to dry.

STRANGE BUT TRUE

• Sir Cecil Chubb, a wealthy and highly respected barrister, really raised the bar for birthday gifts when he purchased Stonehenge (yes, you read that right) for his wife after World War I. But was she suitably impressed? Apparently not – what she actually wanted that year was curtains.

• Caffeine doesn't just help you stay awake. It also serves the function of a pesticide in the coffee plant.

• Due to the humid and moist conditions that a sloth lives in, moss and other similar plants will sometimes grow in its hair. Sloths also have very poor eyesight. Those two factors can sometimes

continued on page 22

PUZZLES

Answers on page 23

Super Crossword

INITIALLY
ADORED

- ACROSS
- 1 Classic arcade name

6 Subdivision of a religion

10 Low-pitched

14 Southern speech trait

19 Bits of viral web content

20 Spencer of TV news

21 Trade show

22 "Tiny Bubbles" crooner

23 Chris Evert beat her at the 1978 U.S. Open

25 "Poetry Man" singer

27 Fruit related to a 37-Down

28 Paper opinion piece

29 Michigan's Grosse —

30 "The Jerk" director

31 Genie holder

33 "It's enough to survive on"

35 "How I wish!"

37 "Wall of Sound" record producer

41 Saturate

43 High throw

44 Word sung after "que"

45 Not messy

47 See 57-Across

48 High mount

51 Web handle

53 "The Lady Eve" director

57 With 47-Across, allots

58 "That stinks!"

59 Miners' finds

60 How oboes sound

61 Casino pair

63 Actor Mark — -Baker

66 Enter on a vehicle

68 Pack in

71 David Letterman's music director

74 "Halt!"

75 Deodorant target

77 Pueblo pot

78 Bros, e.g.

80 Jason's vengeful wife

81 E-garbage

83 Garbage

85 Irish coins

89 He played Captain Picard

93 Louisiana cooking style

94 — -Blo (fuse type)

95 Frat letter

96 H.S. math

97 "It's a possibility for me"

99 — Lingus

100 Mambo music's Tito

102 "Take Time to Know Her" singer

105 Beachward

108 Exist naturally (in)

110 Put in danger

111 Baseball card no.

112 Smoothed, as wood

114 Ltr. heads-up

116 Spill secrets

120 "Turn! Turn! Turn!" songwriter

122 1964 Beatles hit ... or what an adoring fan of any of eight celebrities in this puzzle might say?

124 Occasion

125 Margarine

126 Completed

127 Literary twist

128 Bird homes

129 Scottish loch

130 Picnic pests

131 De Mille the dancer

34 Out of sight

36 Coming time

37 It may become a prune

38 Wash (down)

39 "Yeah, sure!"

40 Mafia title

42 Most domineering

46 Not written in any key

48 Liaison

49 Occasioned

50 CIA mind-game initiative

52 It's similar to a wapiti

54 Wheel action

55 Spongy ball brand

56 New printing

58 Grizzly rug, maybe

62 Tax pro

64 Chemical "twin"

65 Capitals' gp.

67 Soft & —

68 Globbs

69 Ryan of film

70 Supplement

72 Refs' kin

73 Actor Jamie

76 City in central India

79 Green gems

82 People present

84 Of the ear

86 Pothole site

87 Cassini of couture

88 Parched

90 Havarti, e.g.

91 Really tired

92 Antiquing substance

93 Slots site

98 Aromatic shrubs of Europe

100 Strong

101 Feel a prickly sensation

103 Rationale

104 Anita of "La Dolce Vita"

105 Quaking tree

106 Actor Carell

107 Abhors

109 Hoagies

113 Years on end

115 Color variety

117 Actress Sue

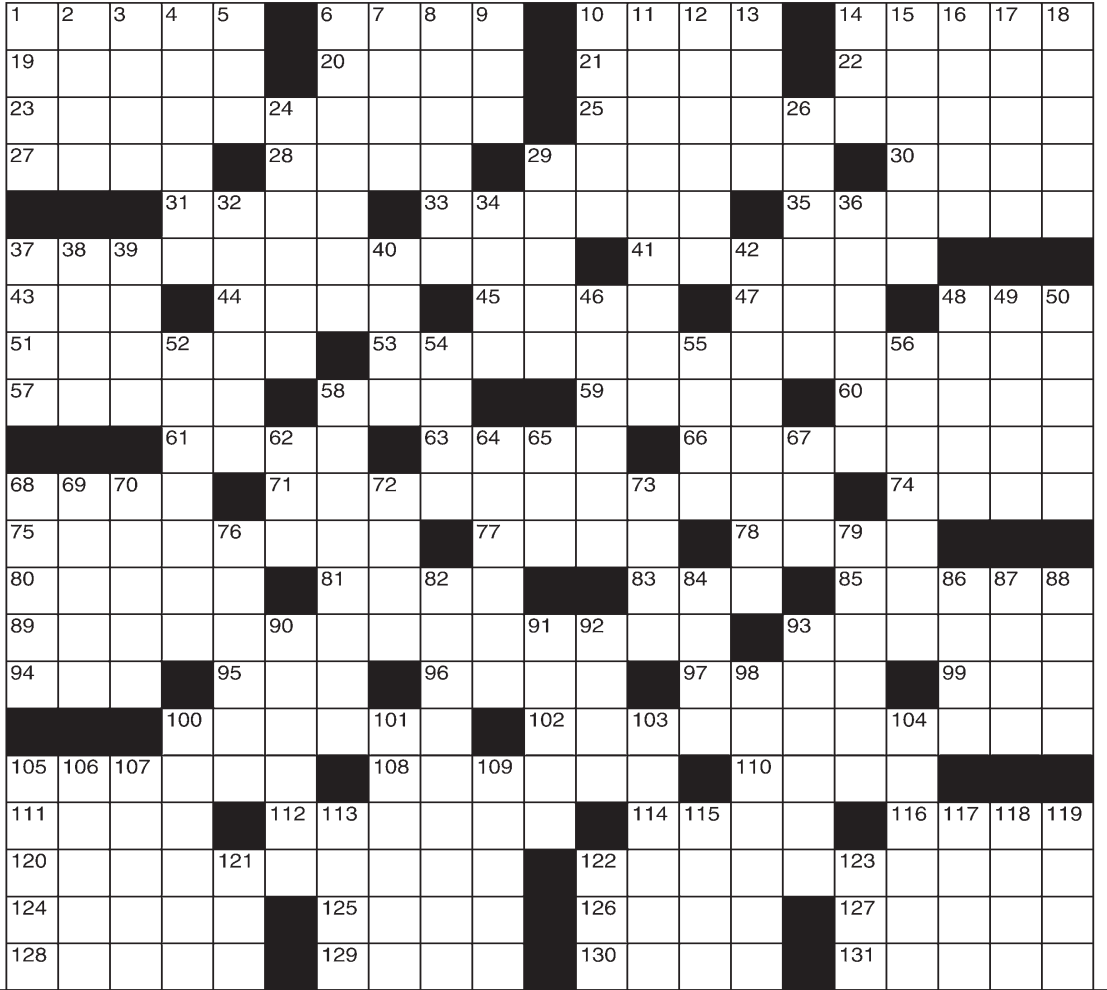
118 Top-tier

119 Pays for

121 Rd.

122 Hi-tech "appt. book"

123 By way of



King Crossword

ACROSS

- 1 Give a darn

5 IOU, e.g.

9 Trip to Mecca (Var.)

12 Like 28-Across

13 Top-notch

14 Chicken-king link

15 The Swedish Nightingale

16 Hold sway

17 Cartoonist Chast

18 Creche trio

19 Auto grille cover

20 "For cryin' out loud!"

21 Id counterpart

23 Personal question

25 Beckon

28 Vast sandy expanse

32 Leafy shelter

33 Release a deadbolt

34 Trolley sounds

36 Present from birth

37 Common Mkt.

38 Pigpen

39 Pre-swan

42 Puncturing device

44 It gets in the whey

48 Seek restitution

49 Neighborhood

50 Quite eager

51 Historic time codes

53 — good example

54 Press for payment

55 Cattle group

56 A bit unclear

4 "Two Tickets to Paradise" singer

5 Diamonds, essentially

6 Session with a shrink

7 Extended family

8 Shirt shape

9 Tortoise's opponent

10 Lotion additive

11 Satchmo's genre

20 "I Walk the Line" singer

22 Canyon

24 Obsess

25 Pouch

26 Surfer's destination

27 Biz deg.

29 Lawyers' org.

30 Snitch

31 Exist

35 Hard to find

36 Gilligan's home

39 Secondhand

40 Mentor

41 Slender

43 Sport

45 Eye layer

46 "Puttin' on the —"

47 Crucial time

49 Blond shade

DOWN

- 1 Tranquil
- 2 Bocelli solo
- 3 Peel

MAGIC MAZE • NUTTY WORDS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: PLEASE WAIT JUST A —

- Butternut

Canute

Chestnut

Coconut
- Diminutive

Doughnut

Locknut

Minutiae
- Nuthatch

Nutmeg

Nutrient

Nutshell
- Tenuto

Thumb nut

Wing nut



Fruit Salad with Lime and Honey

1/4 seedless watermelon (depending on size), peeled and diced large
2 mangoes, peeled and diced large
1 pint blueberries, rinsed
2 tablespoons honey
1/4 cup fresh mint, hand torn
2 limes, juiced
Fresh citrus for garnish, sliced
1 small pinch sea salt

In a medium-sized mixing bowl add lime juice, honey, and salt. Stir the lime juice mixture to get the flavors working together. Add all of the rest of the ingredients, and gently stir to combine. Keep fruit salad refrigerated until ready to eat. This dish can be made a day ahead. Garnish fruit salad with fresh sliced citrus.*

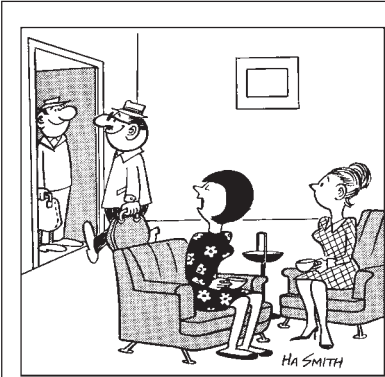


Fruit Salad with Lime and Honey

photo courtesy Fresh From Florida

PUZZLES

Answers on page 23



"Sidney is very _____
every night he's going bowling or
going out to the fights ..."

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!

Blend

Band

Avoid

Facade

TODAY'S WORD

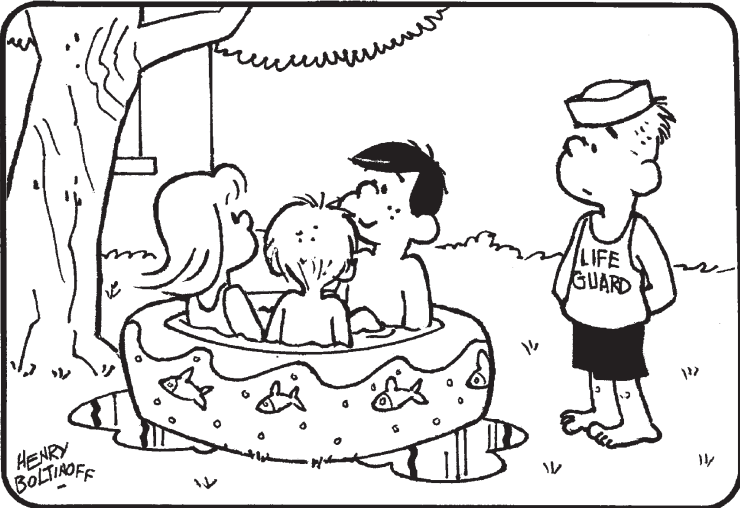
1					2	9		
		8		1			3	
	9		4					7
5					9		6	
	2			5		8		
		1	8					4
	3				7	6		
7			6				5	
		4		2				8

SUDOKU

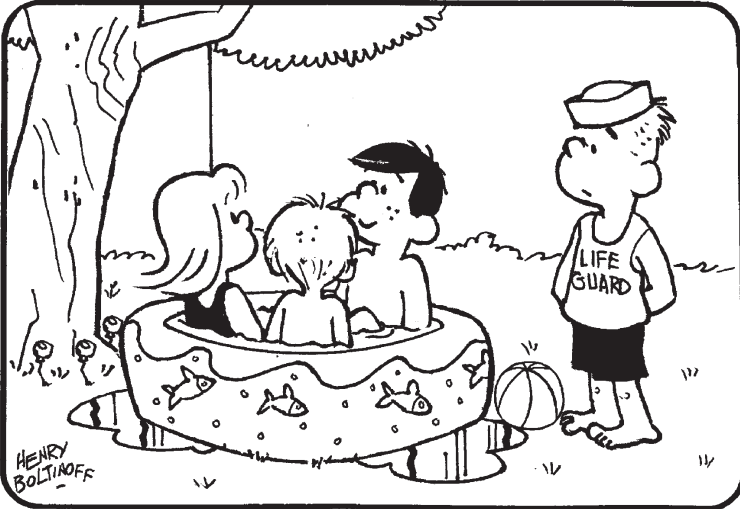
To play Sudoku: Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

HOCUS-FOCUS








BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Window is gone. 2. Girl's swimsuit is different. 3. Ball has been added. 4. Fish have changed direction. 5. Lifeguard's shirt is different. 6. Flowers have been added.

	FRIDAY Mostly Sunny High: 91 Low: 81		SATURDAY Mostly Cloudy High: 88 Low: 78		SUNDAY Cloudy High: 90 Low: 76		MONDAY Sunny High: 88 Low: 78		TUESDAY Mostly Sunny High: 87 Low: 77		WEDNESDAY Cloudy High: 88 Low: 78		THURSDAY Cloudy High: 85 Low: 75
--	---	---	--	---	---	---	--	---	--	---	--	---	---

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	5:25 am	9:35 am	4:13 pm	11:14 pm	Fri	4:30 am	9:37 am	3:18 pm	11:16 pm	Fri	5:29 am	10:50 am	5:06 pm	11:35 pm	Fri	7:35 am	1:51 am	6:23 pm	12:51 pm
Sat	5:55 am	10:51 am	5:18 pm	11:52 pm	Sat	5:00 am	10:53 am	4:23 pm	11:54 pm	Sat	5:59 am	11:38 am	5:59 pm	None	Sat	8:05 am	2:30 am	7:28 pm	2:07 pm
Sun	6:28 am	12:15 pm	6:36 pm	None	Sun	5:33 am	12:17 pm	5:41 pm	None	Sun	6:27 am	12:11 am	6:53 pm	12:32 pm	Sun	8:38 am	3:08 am	8:46 pm	3:31 pm
Mon	7:06 am	12:29 am	8:17 pm	1:45 pm	Mon	6:11 am	12:31 am	7:22 pm	1:47 pm	Mon	6:56 am	12:49 am	7:49 pm	1:35 pm	Mon	9:16 am	3:45 am	10:27 pm	5:01 pm
Tue	7:50 am	1:05 am	10:22 pm	3:13 pm	Tue	6:55 am	1:07 am	9:27 pm	3:15 pm	Tue	7:25 am	1:31 am	8:46 pm	2:38 pm	Tue	10:00 am	4:21 am	None	6:29 pm
Wed	8:40 am	1:41 am	None	4:32 pm	Wed	7:45 am	1:43 am	11:28 pm	4:34 pm	Wed	7:55 am	2:14 am	9:50 pm	3:37 pm	Wed	12:32 am	4:57 am	10:50 am	7:48 pm
Thu	12:23 am	2:19 am	9:35 am	5:38 pm	Thu	8:40 am	2:21 am	None	5:40 pm	Thu	8:32 am	2:55 am	11:20 pm	4:41 pm	Thu	2:33 am	5:35 am	11:45 am	8:54 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



Asia ID# A822224
Lee County Domestic Animal Services

Asia And Nikko

Hello, my name is Asia. I am a 4-year-old female domestic shorthair who has become somewhat of the office cat at Lee County Domestic Animal Services (LCDAS). They allow me to have free roam of the back office area, and I am the queen in charge. I am quite the curious cat with the classic head tilt that will have you wrapped around my paw in no time.
My adoption fee is \$10, and you can adopt one and get a feline friend at no



Nikko ID# A820503
additional charge.

Hi, I'm Nikko. I am a 1-year-old male pit bull mix who has been with LCDAS for a couple of months – and staff members have quickly fallen in love with me. But, I long for a family to call my own. I have gone on several field trips and am a great co-captain in the car. I play well with others and will be here waiting for you, so just set up an appointment to meet me.
My adoption fee is \$30.
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. LCDAS is open Monday through Friday from 10 a.m. to 4 p.m. Adoption fees will be reduced for

the entire month of July. All dogs over 30 pounds will be just \$30 and adult cats \$10. In addition, cats and kittens are two-for-one; adopt one and you can take home a feline friend at no additional charge.
*The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit Lee County Domestic Animal Services at www.leegov.com/animalservices or call 533-7387.**

From page 18
Strange But True
culminate in a sloth grabbing its own arm, thinking it's a branch, and falling to its death.

- During the Elizabethan era, coal tar was used as mascara, eyebrow pencil and eyeliner... despite the fact it's flammable, has a bad smell and caused blindness.
- Until 1925, the NCAA required college football players to study during halftime.
- A reporter, commenting to Gene Roddenberry on the casting of Patrick Stewart in *Star Trek: The Next Generation*, said, "Surely by the 24th century, they would have found a cure for male pattern baldness." Replied

Roddenberry: "No, by the 24th century, no one will care."
• High-frequency sounds enhance the sweetness in food, while low frequencies bring out the bitterness.
• Only one McDonald's in the world has turquoise arches. Government officials in Sedona, Arizona, thought the yellow would look bad with the natural red rock of the city.
• In 1910, Virginia Woolf and her friends donned costumes and fake beards in order to convince the Royal Navy they were a group of Abyssinian princes, pulling off what became known as the "Dreadnought Hoax" and earning a 40-minute guided tour of the ship.

THOUGHT FOR THE DAY

"If opportunity doesn't knock, build a door." – Milton Berle

TRIVIA TEST

1. **Television:** In which 1980s-90s sitcom did a waitress named Carla Tortelli appear?
2. **Literature:** What are the tree-like beings called in *The Lord of the Rings*?
3. **General Knowledge:** What is the rallying cry for the shape-changing Transformers?
4. **U.S. States:** Which state would a Jayhawker hail from?

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and More!
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7/10 ★ 7/31

LOST/FOUND

LOST CAT
Grey/white semi-Tiger type, with white face, belly and paws. Responds to name of "Bushy." East End of Island. Reward. If seen, please Call 239-277-0058.
7/10 ★ TFN

1. *Cheers* 2. Ents 3. "Till all are one"
4. Kansas 5. *Auntie Mame* 6. The nose
7. Nirvana 8. Theodore Roosevelt
9. Energy 10. Wyoming, United States

1. Mingle 2. Gather;
3. ignore; 4. Outside

Today's Word
OUTGOING

HOW MOSQUITOES
SEE US WHEN
WE'RE SLEEPING...

zzz

HORTON

PUZZLE ANSWERS

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

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

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

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Captiva Island	1991	5,229	\$4,389,000	\$3,600,000	152
Sorrento	Miromar Lakes	2016	5,403	\$3,795,000	\$3,425,000	105
Portofino	Miromar Lakes	2017	4,266	\$2,800,000	\$2,637,500	290
Captiva Beach	Captiva Island	2000	2,838	\$2,695,000	\$2,500,000	0
Salerno	Miromar Lakes	2016	3,694	\$2,899,000	\$2,460,000	89
Palmetto Point	Fort Myers	2016	3,221	\$1,900,000	\$1,825,000	62
Venetian Gardens	Fort Myers Beach	1983	2,161	\$1,849,000	\$1,800,000	71
Del Sega	Sanibel Island	1984	2,778	\$1,999,000	\$1,750,000	199
Palmers Subd	Fort Myers	1954	3,234	\$1,649,000	\$1,570,000	308
Sanibel Harbours	Sanibel Island	1982	2,500	\$1,619,000	\$1,450,000	172



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