



## Plant Sale At The Estates Next Saturday

Edison and Ford Winter Estates will hold a plant sale on Saturday, August 8 from 9 a.m. to 4:30 p.m. The sale will take place outdoors in the Garden Shoppe and surrounding areas. The grounds are stocked with new plants, and other plant vendors will also be on site. Horticulturists will staff a "Garden Guidance" table and answer gardening questions (vendors and guidance table will be on site until 2 p.m.) There is no admission charge for the plant sale (tours or admission to the museum, lab or riverside of the property not included).

The Garden Shoppe offers a unique place for gardeners to shop for quality plants. A large selection of flowering and fruit trees, butterfly plants, herbs, succulents, orchids, rare exotics and Florida natives are available. Many of the flowering trees and shrubs in the botanical gardens are available for purchase, along with wind chimes, fountains, ceramic pots and garden art.

There will be a limited number of



Native and exotic plants will be available for purchase

photo provided

garden carts, so guests are encouraged to bring their own. More discounts are available for members (guests can join that day and get the discount). Refreshments will be available for purchase. The Garden Shoppe is open seven days a week from 9 a.m. to 4:30 p.m.

Another plant sale is scheduled for

Saturday, September 12 from 9 a.m. to 4:30 p.m.

Following guidelines from the Centers for Disease Control, the organization is undertaking the following safety measures. All visitors will be required to wear masks at the plant sale. Staff members are wearing protective masks and undergo

temperature checks each day, surfaces are cleaned and sanitized daily and protective shields have been installed at the ticket counter. Visitors are also required to wear masks in indoor spaces and on guided tours. Signs are posted throughout the site alerting visitors to practice social distancing and hand sanitizer stations are available.

The botanical gardens, museum and Botanic Research Laboratory are also open seven days a week. The site includes more than 20 acres of gardens in a park-like setting with large shade trees and a scenic river view. Visitors can take a self-guided tour of the gardens and stroll outside on the porches of the historic homes and view into the interior lifestyles of Thomas Edison and Henry Ford. Guided tours are available and limited to no more than 10 people per tour to ensure social distancing.

Tickets to tour the site may be purchased online at [www.edisonford.org](http://www.edisonford.org) or at the ticket counter. General admission ticket prices are: adults, \$25; teens (ages 13 to 19), \$20; children (ages 6 to 12), \$15; members and children age 5 and younger, no charge.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers.✱



Miniature masterpieces

images provided

## Solo Exhibit And Group Show At Davis Art Center

The Sidney and Berne Davis Art Center (SBDAC) offers two art exhibitions in August with an opening reception during Art Walk on Friday, August 7 from 6 to 10 p.m.

The Feminine Mystique, a solo exhibition by Lesley Morrow will be

featured in the Grand Atrium, while the 3rd annual Carded Miniature Masterpieces will be displayed in the Capital Gallery.

Morrow expresses the feminine experience, the mystique, through contemporary portraiture that has included both celebrity and iconic women, capturing not only the strength she sees in these women and their faces but also the chaos behind the façade. Through the body of her work, you can see a roadmap through pieces of her



Art by Lesley Morrow

psyche that show you her own core strength.

Currently, Morrow is an artist in residence at the Union Artist Studios in Fort Myers, working in acrylic, oil, airbrush and mixed media. She has exhibited in local Southwest Florida galleries including the Sidney and Berne Davis Art Center, DAAS Gallery, Space39, Arts for ACT, the Loft, Chico's TAGA Gallery and Alliance for

the Arts. Her work can be found in public and private collections locally and internationally.

Carded Miniature Masterpieces returns for the third year. SBDAC called for artists of all mediums to participate. These miniature masterpieces will all be 2 1/2 by 3 1/2 inches in size.

The origin of the modern trading card is associated with cigarette cards

continued on page 10



Historic Downtown Fort Myers, Then And Now:

# Kidnapping At The Rendezvous



by Gerri Reaves, PhD

If the scene in these historic photos make you think of a spoofy 1930s gangster movie, you're on the right track. The images are stills from a movie filmed in 1938, right on the downtown streets and other close locations.

*Movie Queen* was a production of the Lions Club to fund their Blind Fund. A version of it was originally performed as a musical comedy at the Edison Elementary School Auditorium but a film version was added, all featuring local talent.

And thank goodness it was, for it's an extended glimpse at Fort Myers of the era.

Two basic repeated plot segments that make up the film: it's half boosterism, via kidnapping scenes; and half a celebration of the community, with visits to churches and schools.

The kidnappings, like this one of men lurking by the Rendezvous Lounge door, are fashioned around the *Movie Queen*, or another attractive woman, entering a local business – restaurant, drug store, gas company, laundry, etc.

She emerges after a purchase, smiling broadly, and shakes hands with the proprietor in a classic commercial photo-op.

Then, as she departs, the “gangsters” approach the amazingly unaware *Movie Queen*, throw a cloth over her head, and shuffle her off to a waiting car.

That female lead was played by Lillian Tooke who, after marriage, became Lillian Kagan, a natural choice, based on her local celebrity. As a high school student (she was from Fort Myers High class of 1931), she had the distinction of serving as one of Thomas A. Edison's escorts.

In 1936, she was chosen to be “Cleopatra” in the Chamber of Commerce's Pageant of Progress parade. A couple of years after this movie was filmed, she would be crowned the third Queen of Edisonia for the 1940 Edison Festival of Light, Pageant, and Parade.

But what about the location of this staged kidnapping where the *Movie Queen*



An unsuspecting *Movie Queen*, played by Lillian Tooke (Kagan), is about to be kidnapped and hauled off to a waiting car photo courtesy IMAG History & Science Center

purchased that bottle discretely wrapped in paper? The Rendezvous lounge, restaurant and liquor store were located in the 1910 Bank of Fort Myers Building on the southwest corner of First and Jackson. The entrance in the photo is the main entrance on Jackson Street, just a few yards south of First. It's said that a city ordinance prohibited bars on First Street, so inventive alternative official addresses resulted.

Note that the addition to the brick building had not yet been built in 1938 and that wooden structures (left) stood between the building and Main Street.

In the late 1930s, downtown had its share of drinking establishments, for Prohibition had been repealed in 1933.

However, accounts indicate that the Rendezvous was something a bit different – continued on page 4







“Gangsters” lurk outside the Rendezvous on Jackson Street in preparation for a kidnapping in this still from the Lions Club film *Movie Queen* photo courtesy IMAG History & Science Center



Today, the former Rendezvous entrance is window space, and a smaller side door leads to a seafood restaurant photo by Gerri Reaves

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Girl Scout members now have 24 new badges for leadership

photo provided

## New Badges, Virtual Programs For Girl Scouts

Girl Scouts of Gulfcoast Florida and Girl Scouts of the USA have announced 24 new badges designed to help girls practice ambitious leadership in the crucial areas of automotive engineering, STEM career exploration, entrepreneurship and civics.

The new Girl Scout badges include automotive engineering (kindergarten through fifth grade), in which girls learn about designing, engineering and manufacturing vehicles, as well as the future of mobility; civics (kindergarten through 12th grade), which offers an in-depth understanding of how local, state and federal government works while preparing girls to be voters, activists and political leaders; entrepreneurship (kindergarten through 12th grade), in which girls develop an entrepreneurial mindset as they engage in age-appropriate exercises that help them create and pitch a product or service that solves a problem; and STEM career exploration (second through eighth grades), where girls explore their career interests and connect with STEM fields – particularly computer science, nature/environmental science, engineering, design, health and agriculture.

With these new badge experiences in STEM, entrepreneurship and civics, the organization is working to build the transformational female leaders of today and the future, showing girls the power they have to truly change the world.

"In a year of unprecedented global change, our country's need for strong, broad-minded and decisive leadership has never been greater," said Girl Scouts of Gulfcoast Florida CEO Mary Anne Servian. "Through our new and existing programming, Girl Scouts equips the next generation of female change-makers with the breadth of knowledge, skills and experiences they need to take charge and do good for the world, both now and in the future."

To celebrate the new program offerings, Girl Scouts of Gulfcoast Florida is offering a free virtual Mystery Badge Program on Thursday, August 13 at 6 p.m. The program is open to all girls who will be entering second through fifth grade in the

fall. During the online event, participants will complete all of the requirements to earn one of the new badges, to be announced at the start of the program. Registration information is available at [www.gsgcf.org](http://www.gsgcf.org).

Girl Scouts has made free self-guided activities from select new and existing programming available digitally to the public through Girl Scouts at Home, keeping families engaged and connected to their communities. Girls can further engage with the badges and topics through online videos, activities or live virtual events. In addition, the local council continues to offer virtual programming throughout the COVID-19 pandemic.

Program scholarships are available based on financial need. To learn more about the new badge programs, membership registration and volunteer opportunities, visit [www.gsgcf.org](http://www.gsgcf.org) or call 1-800-232-4475.\*

## Pop Top Program For Charity Group Suspended

Ronald McDonald House Charities of Southwest Florida (RMHC SWFL) has announced plans to suspend its popular "tab program" for the foreseeable future. The tiny pull tab is the only pure aluminum on a soda can and in large quantities has value to recyclers. People of all ages have collected the pop tabs and have lovingly delivered their precious stash to the Ronald McDonald House in baggies, cartons, boxes and five-gallon jugs filled to the brim. Their efforts have raised monies that have helped to supplement the Charities' House operations.

"Collecting tabs is such a sweet gesture and we know it is a way of life for many of our generous supporters," said Laura Ragain, executive director. "We will always be grateful for the incredible community support we've enjoyed for so many years. This decision was not made lightly, but in light of the pandemic and for the safety and comfort level of our wonderful volunteers who clean and transport the tabs, it's the responsible thing to do."

To learn more about RMHC SWFL and how to get involved, visit [www.rmhcswfl.org](http://www.rmhcswfl.org).\*

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Fort Myers Art:

## Broadway Palm Set To Open Season In August



by Tom Hall

**B**roadway Palm Dinner Theatre has announced that it will open its 2020-21 main stage season on Thursday, August 20 with the *Dean Martin Variety Hour*. Written by

Broadway Palm's own Victor Legarreta and featuring Dean Martin impersonator Seth Abrahms, it is a throwback to the old *Dean Martin Variety Show*. Featuring great music, hilarious comedic skits and more, you just never know who is going to knock on the front door of Dino's place next. This production is sure to have you singing and laughing the night away.

*Dean Martin Variety Hour* is the first of eight main stage productions, five Off Broadway shows and five concerts. Individual tickets are on sale now. Show prices range from \$48 to \$73 with group and children's prices available. Performances are Tuesday through Sunday evenings (no Tuesday evening performances May through October) with selected matinees. For more information, visit [www.broadwaypalm.com](http://www.broadwaypalm.com), call 278-4422 or stop by the box office at 1380 Colonial Boulevard in Fort Myers.

### Studio Players Reopening On September 4

The Studio Players is planning to resume live performances on September 4 – assuming, of course, that theaters have opened and remained open by then. The Players plan to reopen with Joe Calarco's *Walter Cronkite is Dead*. Directed by Hollis Galman, the show will star Bonnie Knapp and Cindy Hile as Patty and Margaret, two “funny, difficult, deeply revealing and astonishingly frank” women.

“As you know, our venue at the Golden Gate Community Center's Joan Jenks Auditorium is a very large, open space, which will allow us to be able to social distance very easily,” said Scott Lilly. “We are ready to set up our chairs following the social distancing guidelines



Broadway Palm will open its main stage season on August 20 with *Dean Martin Variety Hour* image courtesy [www.artswfl.com](http://www.artswfl.com)

(in effect at that time).”

Disposable masks, gloves and hand sanitizer will be provided if needed.

The Golden Gate Community Center will also take extra steps to provide a safe place once the facility is back open.

*Walter Cronkite is Dead* will run through September 20.

The rest of The Studio Players' 2020-21 schedule is:

*A Nice Family Christmas* by Phil Olson – December 4 to 20;

*The Waverly Gallery* by Kenneth Lonergan – January 15 to 31; and

*On Golden Pond* by Ernest Thompson – March 12 to April 14.

All performances take place at the Joan Jenks Auditorium in the Golden Gate Community Center, located at 4701 Golden Gate Parkway in Naples. For more information, visit [www.thestudioplayers.org](http://www.thestudioplayers.org) or call 398-9192.

### Players Circle Targeting An October 20 Reopening

Players Circle Theatre is planning to reopen on October 20 with a season that includes *Ho! Ho! Ho! The Christmas Show*, *Curious Incident Of The Dog In the Night-Time* and *Miracle On South Division Street*, three shows that never made it to the stage this past season, plus two exciting new shows soon to be announced.

The theater company's first season encountered permit problems, delays

and the coronavirus shut-down, but with its certificate of occupancy in hand and hundreds of thousands of dollars worth of lights, risers, comfortable seats, curtains, computers and box office software, Players Circle anticipates a glitch-free second season.

“We are rebuilding our website and will let you know when [www.playerscircle.org](http://www.playerscircle.org) and our box office will be ready to take orders,” said Robert Cacioppo. “Donations of any kind, large or small, will be greatly appreciated until we get up in full swing.”

And Players Theatre has more treats in store than its theatrical productions. In between shows, there will be evenings of stand-up comedy and improv, musical cabaret, flamenco, opera, country music, jazz, one person shows and burlesque. Va Va Voom! It's going to be very exciting. Also, extremely reasonably priced dinner theater packages will be available.

Players Circle Theatre is located in the Shell Factory, 16554 North Cleveland Avenue in North Fort Myers. For more information, visit [www.playerscircle.org](http://www.playerscircle.org) or call 800-9232.

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

From page 2

## Historic Downtown

sophisticated, mysterious, and threatening all rolled into one.

Exterior features included slick white tiles and glass blocks for an Art Deco look, and that stylish sign could have been transplanted from Miami Beach or New York.

Alberta Colcord Barnes and Nell Colcord Weidenbach, who remembered the lounge from childhood, remark on the place's exotic aura in their book, *In Early Fort Myers: Tales of Two Sisters*.

To children brought up by a teetotaling mother, the brazen *Rendezvous* was a “slicker-up saloon” with a “shadowy interior.” The sisters literally held their breaths as they passed the entrance to avoid breathing the evil fumes.

The *Rendezvous* perhaps reached its peak popularity and trendiness during the World War II period, when thousands of servicemen frequented downtown, but it survived into the 1950s.

Today, that *Rendezvous* entrance is a large window, and a smaller side door opens to a seafood restaurant at First and Jackson.

Walk by the former fancy *Rendezvous* entrance on Jackson Street (you needn't hold your breath) and imagine a 1938 film shoot.

Then visit the following research centers to learn more about the imaginative ways that fraternal organizations raised funds.

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

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

Visit the IMAG History & Science Center at 2000 Cranford Avenue or at [www.theimag.org](http://www.theimag.org).

Sources: The Archives of the Southwest Florida Historical Society and *The News-Press*.\*

### DANCE PARTY

2nd Saturday of the month! Ballroom, Latin, Swing. 6 p.m. lesson followed by open dancing.



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Ainsley Lavy

photo provided

## Scholarship Given For Music Studies

Ainsley Lavy, a Southwest Florida Symphony Youth Orchestra member who recently graduated from Estero High School, is the 2020 winner of the Symphony Society's John Hudson Scholarship.

The society awarded Lavy \$1,000 toward her college studies. She has been accepted to study cello at the Bower School of Music & the Arts at Florida Gulf Coast University in fall 2020.

"Ainsley Lavy demonstrated that she has a love of music, made excellent contributions to the youth orchestra and was also dedicated to community service and excellence in academics," said Nancy Campbell, chair of the scholarship committee. "It's a scholarship that happens to be given to a musician, but it's given to a well-rounded individual. Ainsley was a great candidate, and it was a unanimous decision to award her the scholarship."

The John Hudson Scholarship is awarded to honor the memory of the Southwest Florida Symphony Orchestra's previous executive director. The scholarship opportunity is the only one awarded by the Southwest Florida Symphony Society that is reserved for members of the symphony's youth

orchestra. Interestingly, it is also the only scholarship awarded that does not require a musical audition nor does it require that the winner plan to study music in college, although many winners do pursue musical studies. This is because Hudson himself was not a musician but rather was a business executive who put his years of business experience to work to run the administrative side of the symphony.

To qualify for consideration, the youth orchestra member must be a college-bound high school senior who has demonstrated volunteer service in the community. Applicants must also write personal statements about their career goals as well as what they have gained from participating in the youth orchestra, provide high school transcripts and provide letters of recommendation, one from a youth orchestra advisor and one from a teacher.

Lavy said she focused heavily upon the volunteer service component for her personal statement. She volunteers with the Gulf Coast Humane Society. She also volunteered as the curator for her high school's library of sheet music. However, she said the experience that made the biggest impact upon her was when she volunteered at a music summer camp for children.

"I had the amazing privilege of helping the younger students," Lavy said. "One of the main things they do is pair older students with younger students, so I got to help teach a younger cellist. I taught her a little more about the instrument, some things that her previous teachers hadn't gotten around to yet, and some tips I picked up. They weren't the traditional style but can still help in certain circumstances. It was an amazing experience to watch her grow over the course of one week, and that was most of what my essay was about. Other people gave before I did and helped me grow as a musician and as a person, so I want to pass it forward."

Lavy also said that her time with the youth orchestra complemented and expanded upon the musical training she received at her high school.

"It's mostly kids in public schools who want the experience of playing with a bigger symphony, a bigger ensemble," Lavy said. "That kind of experience is a little hard to come by in a public school, so it was really nice to be able to get that experience, and we all knew it." ❄️

Best In Show, \$250 for second place, \$100 cash for third place and Juror's Choice Award of \$50. Artists may submit up to three works for consideration.

Water has been an inspiration for artists, writers and philosophers around the world for thousands of years. This exhibition hopes to bring many interpretations and responses to infinite individual and communal connections to water.

The juried exhibit will be on display from February 9 through April 30, 2021 at Bailey-Matthews National Shell Museum, located at 3075 Sanibel-Captiva Road on Sanibel.

To download guidelines, learn more or submit artwork, visit [www.ArtInLee.org/H20Exhibit](http://www.ArtInLee.org/H20Exhibit). For additional questions, contact gallery director Ehren Gerhard at [exhibitions@artinlee.org](mailto:exhibitions@artinlee.org) or 939-2787. ❄️

## Call To Artists For Water-Themed Exhibition

The Alliance for the Arts, in partnership with the Bailey-Matthews National Shell Museum, is seeking Florida artists to submit their work for an exhibition focused on water.

All entries must be submitted online no later than Friday, November 6. All mediums will be considered, including sculpture, jewelry, painting (including oil, acrylic, collage, watercolor and mixed media), drawing, printmaking, photography, digital media, fiber or textiles, video and installation. Prizes will be awarded including \$1,000 cash for

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## OBITUARY



### BRENDA LEE KINNAMAN

Brenda Lee Kinnaman, 62, passed away July 9, 2020 at Lee Health in Fort Myers, Florida. Brenda was born on October 1, 1957 in Evansville, Indiana.

She was preceded in death by her mother, Phyllis Kinnaman (Burge), and niece, Emily Wasson. Brenda is survived by her partner, Steve Brown, his daughters, Mallory Brown Antel, Melanie Brown Davis and son, Conner Brown; father, Jack Kinnaman and his wife, Margie Kinnaman; sisters, Lynne Wasson and her husband Tommy, and Anne Woker; brother, Art Kinnaman and his wife Kim; nieces and nephews, Thomas Wasson and his wife Sara, Jennie Self and her husband Codey, Courtney, Payton and Sydney Kinnaman; great nieces and nephews, Madilynne and Kate Wasson, Hunter Wasson and Harlon Self.

Brenda graduated from Little Rock Hall High School. Her post graduate degrees

include a degree in political science from Washington University in St. Louis, Missouri and an administration degree from St. Louis University.

At a time like this, one feels totally inadequate to express in mere words the beauty and significance of the life lived by Brenda. To those who knew her well, she was known as "BB." BB was a force to be reckoned with. She was known for being a powerhouse in the political campaign world.

She started her own company 36 years ago, Kinnaman Consulting, and went on to work on many well-known campaigns such as Hillary Clinton's first senatorial campaign, as well as Senator Barack Obama's bid for the presidency. One of her most well-known campaigns was Freeman Bosley Jr.'s St. Louis mayoral campaign of 1993, where he would become the first African American to be elected to that office. BB also played a vital role in seating the first African American judge, George Howard Jr., to the Arkansas bench.

Sanibel Island, Florida was her home. When BB wasn't working, you could find her and Steve enjoying the local music scene on the island. Some of her favorites were Chris Workman, John McClain and Danny Morgan. She enjoyed watching sunsets at Blind Pass Beach, or a local favorite, The Mucky Duck. West Wind Inn, Key Lime Bistro, or "Tweenies" (Tween Waters Resort) were places she'd go to enjoy a fine meal with good company.

BB loved her adorable dog, Theodora Roosevelt, whom she referred to as "Teddy" and was a huge fan of the St. Louis Cardinals. BB had a way of making everyone feel like family. She had an

infectious laugh and would light up the room wherever she went.

Services will be held at a later date. BB had a love for education and reading, so in lieu of flowers, the family asks for donations to the Sanibel Public Library in Florida or Puxico Public Library in Missouri.✧

## Estates To Be Open Select Evenings

Edison and Ford Winter Estates (EFWE) will be open on select nights this summer so that visitors can experience the cooler evening air along the riverfront. On Tuesday, August 4 and September 1 from 6 to 9 p.m., the public is invited to take an evening stroll around the property. Guests will also get to listen to a talk in the Moonlight Garden about fragrant plants and the history of the garden.

These two evening openings for Strolling in the Moonlight coincide with dates that a full moon will be near. Visitors will be able to stroll the grounds at their own pace and can walk onto the porches of Thomas Edison's and Henry Ford's winter homes. Small groups of 10 people will be escorted into the Moonlight Garden for the presentation (masks are required). Guests may also watch a video about the Moonlight Garden in the historic Edison Caretaker's House (masks are required in indoor spaces).

The gardens will also be open two additional nights during the summer

months: Friday, August 14 and September 18 from 6 to 9 p.m. During Summer Nights at Edison Ford, visitors will be treated to music on the Ford lawn and have a chance to see a spectacular sunset over the Caloosahatchee. Guests will also be able to stroll the grounds at their own pace, while practicing social distancing.

Discounted admission for the nighttime openings will be \$20 for non-members and \$15 for members. Artichoke and Company will be on site with a cash bar, and Coastal Dayz Brewery will have beer available for purchase. Guests may bring a lawn chair or blanket to relax and watch the sunset. Tickets will only be available online at [www.edisonford.org](http://www.edisonford.org). The museum and research laboratory will not be open.

Following guidelines from the Centers for Disease Control, the organization is undertaking the following safety measures: staff are wearing protective masks and undergo temperature checks each day, surfaces are cleaned and sanitized daily, protective shields have been installed at the ticket counter, visitors are required to wear masks in indoor spaces and on guided tours, signs are posted throughout the site alerting visitors to practice social distancing and hand sanitizer stations are available.✧

## College Graduate

Jasmily Santana of Fort Myers recently graduated with an associate of arts degree from Bard College at Simon's Rock in Great Barrington, Massachusetts.✧

## 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](http://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](http://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](http://www.simplysimpleworship.com), 7050 Winkler Road, Suite 121, 437-8835.

**CHABAD LUBAVITCH ORTHODOX**  
Friday 6:30 p.m., [www.chabadswf.org](http://www.chabadswf.org), 5620 Winkler Road, 433-7708.

**CHAPEL OF CYPRESS COVE**  
Sunday 10 a.m., [www.revtedalhouse@aol.com](mailto: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](mailto: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](http://www.crownoflifelutheran.com). 5820 Daniels Pkwy, 482-2315.

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

**CYPRESS LAKE PRESBYTERIAN**  
Sunday 8, 9, 10 and 11 a.m. [www.clpc.us](http://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](http://www.christiansciencefortmyers.net), [www.christianscience.com](http://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.fpcfmyers.org](http://www.fpcfmyers.org), 2438 Second Street, 239-334-2261

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

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

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

**LAMB OF GOD**  
Sunday 7:45 and 10 a.m., [www.lambofgodchurch.net](http://www.lambofgodchurch.net), 19691 Cypress View Drive, 267-3525.

**NEW HOPE PRESBYTERIAN**  
Sunday 8, 9:30 and 11 a.m., [www.newhopefortmyers.org](http://www.newhopefortmyers.org), 10051 Plantation Road, 274-1230.

**PEACE COMMUNITY**  
Sunday 10:30 a.m. [www.peacecommunitychurch.com](http://www.peacecommunitychurch.com), 17671 Pine Ridge Road, 267-7400.

**PEACE LUTHERAN**  
Sunday 8 and 10 a.m., [www.peaceftmyers.com](http://www.peaceftmyers.com), [peace@peaceftmyers.com](mailto:peace@peaceftmyers.com). 15840 McGregor Boulevard, 437-2599.

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

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

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

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

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

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

**SAINT NICHOLAS MONASTERY**  
Sunday 9:30 a.m., [www.saintnicholasmonastery.org](http://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](http://www.templebethel.com), 16225 Winkler Road, 433-0018.

**TEMPLE JUDEA (CONSERVATIVE)**  
Friday 6:30 p.m. and Saturday 9 a.m., [www.tjswfl.org](http://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](http://www.taecc.com), 1619 Llewellyn Drive, 334-4978.

**UNITARIAN UNIVERSALIST**  
Sunday 10:30 a.m., [www.uucfm.org](http://www.uucfm.org), 13411 Shire Lane, 561-2700.

**UNITY OF FORT MYERS**  
Sunday 10 a.m., [www.unityoffortmyers.org](http://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](http://www.zionfm.org), 7401 Winkler Road, 481-4040.

*Email changes to [press@islandsunnews.com](mailto:press@islandsunnews.com) or call 395-1213.✧*



## Plant Smart

## Bright, Cheerful And Tough

by Gerri Reaves

The heat and humidity of a South Florida summer might have you looking for the sanctuary of shade, but the three cheerful native wildflowers pictured here will inspire you with their irrepressible beauty.

These three members of the aster family are low maintenance and excellent choices for a butterfly garden. Plant them in a sunny, well-drained spot and behold.

Dune sunflower (*Helianthus debilis*) is multi-branched and sprawling, growing to about two feet high. It does well in coastal habitats and is valuable as a dune stabilizer. High salt and drought tolerance, as well as pest resistance, make it particularly easy to maintain.

The bright yellow flowers have 10 to 20 rays surrounding a brown or purplish center and measure about three inches across. The heart-shaped or triangular leaves are dark green with a coarse hairy texture and smooth or toothed edges.

Birds and other small wildlife eat the oily seeds. Use it as a groundcover or cascading plant on a wall.

Blanket flower (*Gaillardia pulchella*), also called Indian blanket or simply gaillardia, produces showy multicolored blooms all year long. Like dune



Dune sunflower is used to stabilize dunes

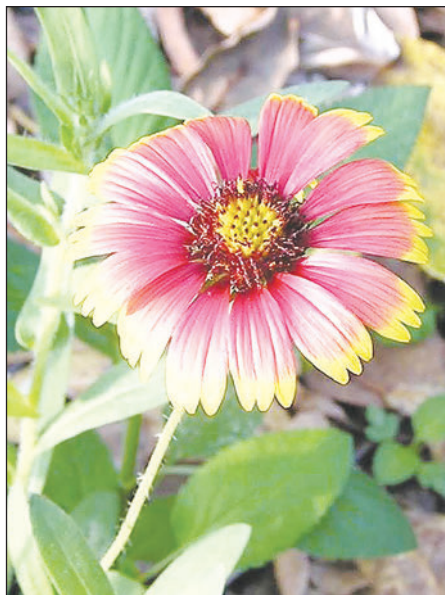
photos by Gerri Reaves

sunflower, it is salt tolerant and used to stabilize dunes, so it's a good choice for coastal landscapes.

Brilliant splashes of red, yellow, copper, pink, purple, or orange ray flowers – often yellow-tipped – surround maroon disks of florets. Drought tolerance, pest resistance and wildlife friendliness make for a winning combination.

This sprawling wildflower works well as a groundcover, reaching one to two feet high and readily reseeding. The stems are hairy and the lance-shaped leaves toothed. Give it full sun and well-drained soil. Small birds consume the seeds.

Starry rosinweed (*Silphium*



Blanket flower produces multicolored flowers throughout the year

asteriscus) blooms almost year-round. This perennial has woody stems and grows three to five feet tall.

Unlike dune sunflower and blanket flower, it is not salt tolerant, so it's not a good choice for coastal landscapes. However, deep tap roots make it very drought tolerant. The dark green leaves are coarse and toothed.

The flowers' yellow rays surround the green to yellow disk flowers. It readily reseeds and will spread via the rhizomes, horizontal root-like stems, so it's useful as a groundcover.

Sources: Florida Plant Guide



Starry rosinweed attracts a variety of butterflies and pollinators

by Edward F. Gilman, *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Gardening for Florida's Butterflies* by Pamela F. Traas, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, [www.edis.ifas.ufl.edu](http://www.edis.ifas.ufl.edu), and [www.fnps.org](http://www.fnps.org).

Plant Smart explores the diverse flora of South Florida.✱

## Sanibel Refuge Road Fees Reinstated

Starting Monday, August 3, JN "Ding" Darling National Wildlife Refuge on Sanibel will resume charging Wildlife Drive admission fees, which have been waived since March 23 to avoid unsafe interaction during the COVID-19 pandemic. Upon putting necessary safety protocols into effect, the daily vehicular fees will return to \$5 and entry fees for pedestrians and cyclists over age 15 is again \$1.

Although the "Ding" Darling Visitor & Education Center will remain closed until otherwise announced, its "America's Best

Restroom" will reopen to the public daily from 9 a.m. to 4 p.m. starting August 3. The water bottle filling station outside the restrooms will also be accessible. For everyone's safety, these facilities will be thoroughly cleaned and sanitized daily.

The Nature Store inside the visitor center is offering free curbside delivery service for orders placed on [www.shopdingdarling.com](http://www.shopdingdarling.com) during the physical store's closure. Call 472-1100 ext. 241 or visit the website to learn more.

Fees collected at the booth on four-mile Wildlife Drive, one of the most famous birding routes in the nation, go directly to the refuge to enhance visitor-related services. These services may include, but are not limited to, increased accessibility to refuge trails, facility maintenance and other visitor accommodations.✱

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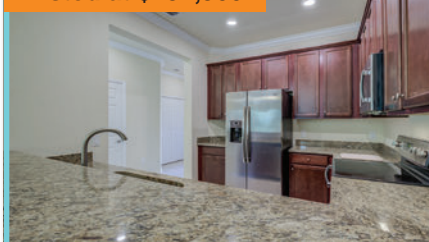
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# Summer Rains



by Capt. Matt Mitchell

Our summer rain pattern really ramped up into high gear this week. Getting out early and being back at the dock by lunchtime was the only way to avoid the midday heavy rain and fast-moving storms. The only thing close to the consistency of the rains was the fishing with both a great flats bite going on and then a wide-open pass bite.

Seems for over a week now I've been fishing the same pattern almost everyday. First stop is the open flats with popping corks and small shiners. This has

been great for nonstop action on a variety of species along with some trout over 20 inches.

As we push further into summer, the mangrove snapper bite on the flats keeps getting better and better too. Starting a charter off with this flats bite gets all my clients a fish on the board, and it is all you could ask for as a guide. The variety of fish on the flats has been outstanding. A few of the stranger fish we caught this week included a three-foot greater hammerhead shark and a even a few bluefish. When you add in a few ladyfish to the mix so that I'm able to rebait my pinfish traps for the next day, life is good.

By mid-morning I've been making the move and heading to the passes to drift live pinfish and grunts. Some days it took a few drifts on either side of the passes to work out exactly where these fish are staged up. Once located, it was often double hook-ups on snook almost every drift.

Stirred-up water in the passes from both our daily rains and winds make for the perfect set-up. Snook don't like it too clear as they get spooked, they prefer to feed by feel from that pronounced lateral line. Add a few big redfish into this mix, and we have had some outstanding fishing charters.

Having rods rigged for both types of fishing I'm doing day to day makes life much easier when the bite is on. I carry rods rigged both with popping corks for the flats bite and rods rigged free line for drifting the passes. Being able to simply grab another set-up when the bite is on keeps our lines in the water and catches more fish.

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](mailto:captmattmitchell@aol.com).✱



Steve from Ohio got a big snook to finish up his charter while fishing with Capt. Matt Mitchell this week  
photo provided

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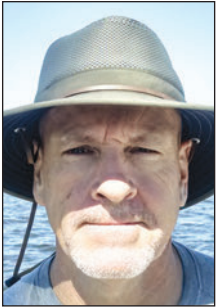
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## CROW Case Of The Week:

## Black-Crowned Night Heron



by Bob Petcher

Many finders believe they are doing the right thing when they see birds and animals on the ground, scoop them up and admit them to rehabilitation clinics. At times, they are making the

right call but, in many other instances, a phone call may be the best first step to ensure that the future patient is really a patient.

"As with all wildlife that may be injured, ill, or orphaned, it's important to call us first to describe the situation," said CROW Rehabilitation Manager Breanna Frankel. "By doing so, it will prevent many animals from being abducted unnecessarily from their habitat. By describing what the finder sees and even sending us photographs, we can determine the health status of an animal and determine if it needs to come in."

At CROW, a nestling black-crowned night heron (*Nycticorax nycticorax*) was admitted from Sanibel after it fell from its nest onto a parking lot. Upon examination at intake, the veterinary team did not find any significant injuries, but noted that the bird was severely dehydrated. It was started on



## Patient #20-3204 is now eating on its own

subcutaneous fluids over the next few days to help it rehydrate.

"It wasn't necessarily injured, but it wasn't healthy either," said Frankel. "While we didn't find any physical injuries, this heron was quiet, thin and severely dehydrated by the time it got to us. It struggled with GI (gastrointestinal) upset within the first few days of being here, so it was the right call to bring it to the clinic when they did."

Veterinarians were concerned that the heron may have suffered trauma from the fall that was not apparent at intake, so it was closely monitored over the next few days for any signs to develop. The bird was also started on a re-feeding plan that consisted of seven feeds a day.

photo by Brian Bohlman

Radiographs were taken on July 5 that did not show any significant injuries.

"There was no obvious trauma noted, but the patient's mental status was unusually quiet for a bird that age. It laid down more than it should, didn't vocalize very much and struggled to keep food down the first few days due to GI upset," said Frankel. "When patients come in thin or emaciated, we can't offer them whole food or big meals right away because their GI tract may not be working appropriately. Re-feeding syndrome is basically a shift in the fluids and nutrients coming into the body after periods of undernourishment. Offering large amounts of food initially can be fatal to the patient. To prevent this, we

start them with small, frequent feeds which kick starts the GI and will safely wean them back onto food."

As the heron began to gain weight, it started to eat small fish and was transitioned to eating on its own without the help of the rehab team. As it continued to grow, it was moved to an outdoor enclosure where it has remained active while the rehab team attempted to find a friend for the bird at another rehab center.

"We have been looking for a friend for this heron for a few weeks now, unsuccessfully, because they can habituate very easily to humans. For a successful release, animals can't be habituated or it decreases their chance of survival. By being with another heron friend, they are much less likely to habituate and they are much more calm," said Frankel. "Even if we don't find a friend, this one should be able to be raised and released on its own because there are no habituation issues. Once this heron can successfully hunt on its own, it will be released back to the wild in an area with easy food sources to start. This will likely happen in the next few weeks once we see success with eating live prey such as small fish, mollusks and crustaceans."

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](http://www.crowclinic.org).

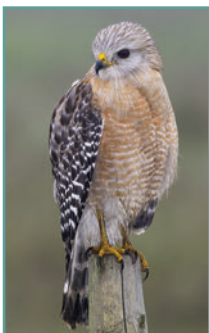
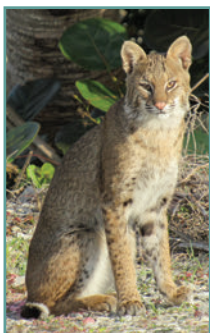
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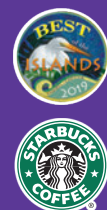
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## Health First

## Stress Reducing Activities You Can Do At Home



by Julie Rosenberg, MD

**W**e live in challenging times and many individuals are experiencing significant stress. Stress is how the brain and body respond to any demand. Any type

of challenge – such as losing a job, dealing with an illness, experiencing a traumatic event, or a significant life change – can be stressful.

Stress symptoms can affect your body, your mood and your behavior. The stress response is actually your body's way of dealing with tough or demanding situations.

Common bodily manifestations of acute stress include headache, muscle tension and gastrointestinal upset. People who are stressed may have alterations in mood

such as irritability, anxiety, sadness or restlessness. Some individuals may also experience changes in behavior such as overeating or undereating, angry outbursts or social withdrawal.

While everyone experiences stress from time to time, chronic stress may contribute to serious health problems such as heart disease, diabetes, hypertension and cancer. Therefore, it's important to find ways to manage your stress so that stress does not manage you. Here are six stress reducing activities you can do at home that may help you to manage stress better:

**Dance** – Dancing (and other forms of exercise) raise the production of your brain's feel-good neurotransmitters called endorphins. I recommend any type of movement that you enjoy, but dancing can be particularly exhilarating and fun, as it offers an outlet for people to express who they are – through music, movement and perhaps even costumes. So, put on your favorite playlist and let loose.

**Take a warm bath** – When you are stressed, the muscles of your body contract. Taking a warm bath can relieve muscle tension. Actually, submerging yourself in warm water can be both calming and reinvigorating, as it increases blood flow to your skin. So, run a bath, turn on some calming music, and enjoy a sensory slowing down.

**Stress bake** – When people feel stressed

or anxious, they often look for distractions. Baking can be a very positive distraction, as it engages the senses, especially smell, touch, taste and, of course, visualizing the end result. Baking also requires concentration. Following recipes offers a sense of structure and routine, which can help alleviate stress. So, can you visualize those chocolate chip cookies or a fresh loaf of bread? Make time to bake.

**Consciously breathe** – Do you know that on average a person takes about 16 breaths per minute? That means that we breathe about 960 breaths in an hour and 23,040 breaths per day. Despite the regularity and frequency of breathing, most of us don't pay much attention to our breath. However, breath is very important for good health and wellbeing. By managing your breathing, you can manage your stress. Slow, conscious breathing helps to calm your central nervous system and cardiovascular systems. In addition, deep belly breathing may also improve attention, mood and levels of the stress hormone, cortisol. So, try this:

Assume a comfortable seated position; Inhale through your nose for five seconds, filling first your belly and then your chest;

Hold for five seconds;

Exhale through your mouth for five seconds;

Repeat 3 to 5 times.

**Doodle** – You don't need to have any skill at art to just let your pen, pencil or crayon make its way around a page of paper. Drawing freely helps to get you out of your head. Research suggests that the repetitive and rhythmic motions of free drawing can activate the relaxation response and be a great stress reliever. There are also cognitive and creative benefits of doodling, so burst out your pen and paper and give it a try.

**Read a good book** – Reading a good book is a great way to relax. Reading has been found to decrease blood pressure, lower heart rate and reduce stress to significant degrees. It also calms the mind and relaxes the body. So, pick up a novel you've been wanting to read and get started now.

In conclusion, while all of us experience stress, there are ways to manage it, many of which can be done at home. In the words of the great novelist Hermann Hesse, "Within you, there is a stillness and a sanctuary to which you can retreat at any time and be yourself."

*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](http://www.drjulierosenberg.com). For consulting and speaking requests, email your inquiry to [info@drjulierosenberg.com](mailto:info@drjulierosenberg.com).*

## The Passing Of A Founding Father At FGCU

Florida Gulf Coast University (FGCU) recently released a statement on the passing of a founding father at FGCU.

"On July 25, Florida lost an iconic business leader and FGCU lost a founding father, visionary and benefactor with the passing of Ben Hill Griffin III. Ben Hill led the way in creating FGCU with donating the land on which our campus sits, financial support



Ben Hill Griffin III

and political advocacy. Both directly and through his (then) company Alico, Inc., he built a legacy which will serve students and the people of Southwest Florida for generations to come.

"Ben Hill was proud of his university and has remained involved in its growth and ongoing development, including with endowed chairs in the Lutgert College of Business, and Alico Arena for athletics. His generosity supported other Florida educational institutions and many worthy causes.

"On a personal level, Ben Hill was a long-standing friend. He was kind, loyal and always supportive. He will be missed by many and remembered fondly by all who were fortunate to come to know him.

"Our thoughts and prayers go out to Ben Hill's family. He was a special man.

"Our university flag will fly at half-staff until midnight Friday in honor of Ben Hill."\*

## Hodges President Elected To State Committee

Dr. John Meyer, president of Hodges University, was elected as treasurer for the Independent Colleges and Universities of Florida (ICUF) executive committee and as treasurer of ICUF's



Dr. John Meyer

Foundation. His term is for two years.

"I'm pleased to have been nominated to serve on the executive committee," said Dr. Meyer. "The macro economy and the novel coronavirus are causing us all to face unprecedented challenges, so having a committee that helps look at the big picture and be supportive of our member institutions is important."

ICUF consists of 30 private colleges and universities that serve 156,000 students statewide. Together, these institutions award 30 percent of the bachelor's degrees, and 40 percent of the master's degrees and PhDs annually. ICUF colleges and universities have nearly \$1.2 billion in assets with annual operating budgets of \$6.1 billion with 38,000 employees.\*

## Electric Company Earns Top Honors For Response

Lee County Electric Cooperative (LCEC) was recognized as both the top electric cooperative and the top in functionality in the 16th annual Energy Utility Benchmark Report on Interactive Voice Response (IVR) systems, released recently by IVR Doctors. The 2020 report compares 100 energy utility automated telephone systems in the U.S. and Canada.

The Gold Stethoscope recognition was awarded to winners in 12 categories, and LCEC took home two of the top honors.

"The report looks at the IVR experience from two-perspectives – callers using it and those who manage it. It also highlights common design mistakes and demonstrates clearly how those errors can have a negative impact on a company and its customers' experience," said Mark Camack, IVR Doctors co-founder.

The report identifies automated telephone systems that successfully balance company objectives and customer preferences in three key rating categories: functionality, usability and aesthetics – the major drivers of customer satisfaction and system utilization.

"No other benchmark report with such a consistent set of design principles has been in place and proven effective in the utility industry over the 16 years of this benchmark," said Peter Brandt, IVR Doctors co-founder. "Correlation between top performance in this report and a utility's own internal performance measures is very high."

IVR Doctors has more than 30 years of market research, usability consulting, marketing and call center management experience, specializing in

automated phone system diagnostics and optimization. Its practice, with an energy utility specialty, is not limited to a single industry and covers companies large and small.\*

From page 1

## Davis Art Center

first issued by the U.S.-based Allen and Ginter tobacco company in 1875. They were the precursors of the sports cards and other other trading cards. An important influence on the artist trading card (ATC) concept were art movements of the 20th century which advocated a more popular art: Art not for museums or auctions but from and within everyday life. The first artist trading card dates back to 1997 in Zurich and started as a collaborative cultural performance. The ATC project builds on different traditions. Miniature art has been in existence for centuries tracing its heritage back to the illustrated manuscripts of scribes in the Far East and Europe through the Middle Ages.

The ATC project also has an affinity with the Fluxus movement and with Robert Filliou's notions of a "fête permanente," a "création permanente," or an "eternal network." The "art of participation" as an interactive process can be traced back to the 1950s, and it developed within different genres like performance art and happenings, action art, mail art, or later computer art.

Artist Ndola Pensy introduced the artist trading card idea to Southwest Florida in 2017 with great reception among artists of different mediums in the area.

Both exhibitions will be on display through August 27. Both exhibitions were curated by Cesar Aguilera.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information, visit [www.sbdac.com](http://www.sbdac.com).



## Women In Business To Hold Virtual Program



Janeth Castrejon



Nadine Kramarz

The Greater Fort Myers Chamber of Commerce's Women in Business Committee will host a virtual program highlighting solutions and resources for job searching and career development in the current climate on Wednesday, August 5 at 4 p.m.

The program will be led by Janeth Castrejon, communications manager for CareerSource Southwest Florida, and Nadine Kramarz, reference librarian for the Lee County Library System. Castrejon and Kramarz will cover topics including how to evolve to the new norm of online interviews and meetings as well as the free and varied resources that both organizations provide for individuals and small businesses.

Castrejon supports CareerSource Southwest Florida in its efforts to align employers with job seekers across Lee, Collier, Charlotte, Hendry and Glades counties. Prior to CareerSource, she served in the U.S. Army and worked for various companies within the financial industry. She earned a bachelor's degree in communication with a concentration in public relations from Florida Gulf Coast University.

As a reference librarian, Kramarz works to pair people with information. The public library has several resources to help individuals and small businesses

succeed, and Kramarz has held in-person database demonstrations, offered increased STEM programming for adults and written articles that discuss information literacy at the public library. Kramarz holds a master's degree in information science from Drexel University.

Each month, Women in Business features a nonprofit spotlight and in August, The School District of Lee County will be highlighted. The School District is the ninth-largest district in Florida and the 32nd-largest district in the United States, providing education to over 94,000 students in grades K-12.

The Women in Business virtual program is free to attend, but registration is required by visiting <https://bit.ly/AugustWIB>. Participants can make a donation to the Women in Business Scholarship Fund while registering.

For more information, call 332-3624 or visit [www.fortmyers.org](http://www.fortmyers.org).✱

## Slough Preserve Boardwalk To Close For Repairs

The boardwalk at Six Mile Cypress Slough Preserve will close for routine repairs and maintenance beginning Friday, August 7. It will remain closed for approximately two weeks.

No guided walks will be offered while the boardwalk is closed. However, the Rock and Stroll Garden will remain open to visitors.

Lee County Parks & Recreation will waive parking fees during the boardwalk's closure. It is expected to reopen Monday, August 24.

The Rock and Stroll Garden features picnic tables and native plants to attract birds and butterflies.

The preserve is located at 7751 Penzance Boulevard in Fort Myers. For more information, call 533-7550 or visit [www.leeparks.org](http://www.leeparks.org).✱

## Performers Invited To Audition For Theater Season

Performers are being sought for The Players Circle Theatre and Arts Center, located in The Shell Factory. Auditions will be held on Saturday, August 29 from 10 a.m. to 5 p.m.

The theater's second season is scheduled to begin in October, barring complications from COVID-19. If the Players Circle 180-seat theater is not possible at 100 percent capacity, plans are to recreate the space as a 90-seat nightclub with social distancing. The theater is located in the former Dolphin Room.

Theater officials are looking for

local people to perform on either single nights or longer engagements. The stage area is approximately 12 feet by 16 feet. Entertainers might be magicians, comedians, musicians (piano, voice, instrument); ventriloquists, dancers (cloggers, tap, flamenco, jazz or other types), or possess other special talents. Groups showcasing recitals are also invited.

Performers are sought for mid-October through April. The acts should be able to entertain audiences for a minimum of one hour and a maximum of one and a half hours. Entertainers might be included in a variety show. Performances will be held evening hours Tuesday through Saturday.

Prospective entertainers must contact the box office at 800-3292 for an audition time or send a video to [rcacioppo@playerscircle.org](mailto:rcacioppo@playerscircle.org).✱

## Foundation Grant To Help LARC

Lee Association for Remarkable Citizens (LARC) has been awarded a \$39,000 grant from the Golisano Foundation. The grant will help LARC, an organization serving people with intellectual and developmental disabilities, respond to urgent needs stemming from the coronavirus pandemic. The grant is a part of the foundation's \$2 million in grant funding to assist organizations in Western New York and Southwest Florida due to the coronavirus crisis.

LARC will use the funding to create safer settings for participants and staff long-term including health screenings, air conditioning upgrades, cleaning equipment and supplies, personal protective equipment and strengthening capacity for remote programming in response to and beyond COVID-19.

"We are proceeding with caution in our planning for reopening programs and services given the vulnerability of the people we serve and the ongoing presence of the virus," said Angela Katz, LARC development and communications director. "We are grateful for the financial assistance of the Golisano Foundation during this difficult time."



Angela Katz

photo provided

The Golisano Foundation is one of the largest private foundations in the nation devoted to supporting programs and services for individuals with intellectual and developmental disabilities. It was founded by philanthropist and entrepreneur Tom Golisano, who has supported several non-profit organizations in Southwest Florida including Golisano Children's Hospital.

To learn more about LARC and LAB, visit [www.larleeconomy.org](http://www.larleeconomy.org) or contact Katz at 334-6285 ext. 229 or [angelakatz@larleeconomy.org](mailto:angelakatz@larleeconomy.org).✱

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## Book Review

# How Quickly She Disappears



by Di Saggau

**H**ow Quickly She Disappears by Raymond Fleischmann is a debut novel that tells an intoxicating tale of suspense about obsession, loneliness and grief. The story reminds

you a bit of *Silence of the Lambs* as far as the relationship between the two main characters. They are Elisabeth, a woman living in Tanacross, Alaska, in 1941, a town with less than 100 total population, and a dangerous stranger named Alfred, who arrives in town and commits a terrible act of violent murder.

Elisabeth is obsessed with the disappearance of her twin sister Jaqueline, who disappeared 20 years ago. She has never recovered and dreams constantly about reconnecting with Jaqueline. She's in a loveless marriage and has a daughter she dearly loves, but she reminds her too much of her missing sister. Alfred writes to her from prison, saying that he knows what happened to her sister but he'll only tell her if she fulfills his three requests. She then becomes obsessed with him to a point where she puts her own daughter in danger.

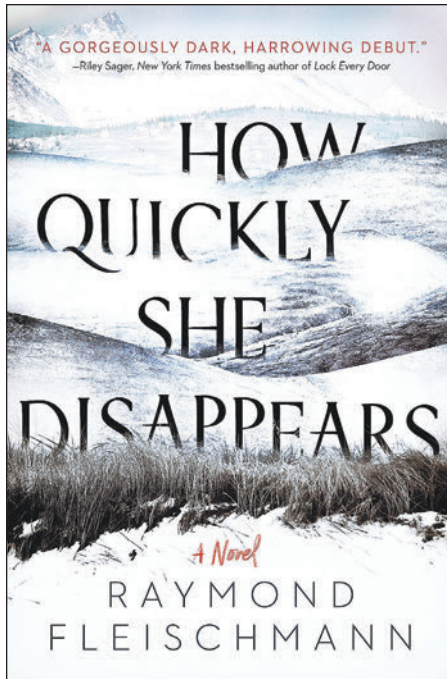


image provided

Alfred refuses to speak to anyone but Elisabeth, and he leads her on with bits and pieces of clues that she feels will lead her to her long-missing sister. While trying to figure out Alfred's game and what he wants from her, Elisabeth allows herself to slip deeper into his plan. She becomes isolated from her neighbors but is willing to play by Alfred's rules if she'll get the answers she so desperately needs. Alfred tells her, "My proposition is very simple: I am going to ask you for three gifts, and for each gift you deliver I will

take you one step closer to Jacqueline."

*How Quickly She Disappears* is a psychological thriller full of richly developed characters with various motivations that make for an utterly absorbing and daring story that will stay with you for a long time.✱

## School Smart



by Shelley M. Greggs, NCSF

**D**ear Shelley, I have been watching my 3-year-old granddaughter quite a bit this summer to help out my daughter. It's fun but tiring, especially

when she asks me to read the same book over and over again. Is this a good thing to do? Should I be reading a bigger variety of books to her and stop reading the same ones all the time? Reading the same book over and over seems like it would not help her much.

Jennifer P, Fort Myers

### Jennifer,

Young children love repetition.

Research shows that even infants show a preference for familiarity. So, it's not surprising, that research has shown that children learn better from reading a book over and over again than just reading it once or twice. In one study, researchers presented 3-year-old children with the same new words in three stories over the course of a week. The new words were exactly the same for all children, but half of the children were presented with the words in the same exact story repeated three times, while the others heard the same words in three different stories. Children learned the words better when they heard the same story repeated than when they heard the same words presented in three different stories (Horst, Parsons, & Bryan, 2011).

Despite being somewhat annoying at times, repetitive reading, whether you're reading to your child or they're reading to you, offers quite a few benefits to help children become good readers.

Repetitive reading increases vocabulary and word recognition. The more a child reads, the larger their vocabulary becomes. When a child reads or hears the same book multiple times, they become familiar and comfortable with a greater number of words.

Hearing favorite stories read aloud helps children become aware of the pattern and rhythm of text. Language is more than just words; it is how words sound and connect to each other. Parents can model the rhythms and patterns of language through reading for their children who are just learning how language works.

Repeated reading increases reading fluency, which is the ability to read "accurately, quickly and with expression" (Reading Rockets). Repetitive reading allows a child to read without stumbling or stopping, and reading time becomes more fun for everyone.

Reading comprehension also increases with repeated readings. Reading comprehension is the ability to understand

all the elements of a story from the concrete concept of main idea to the abstract imagery of a book. Each time your child reads or hears a book read to them; they learn more about the story itself. Every experience with a book or illustrations allows children to comprehend more deeply a story's meaning, and it prepares them for more complex storylines as they mature.

Increased reading skills such as fluency and comprehension will increase reading confidence for children. Children who read easily, follow a story and don't stumble often are much more self-assured about their reading skills and more likely to be excited about and enjoy reading.

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.✱

## Achievement Group Elects New Board

**J**unior Achievement of Southwest Florida recently announced its incoming board of directors, elected to serve through 2021.

The board of directors will be led by Chair Scott Fischer, CEO of Scott Fischer Enterprises; Vice Chair Jeff Fusco, senior vice president for Bank OZK; Past Chair Curt Todd, senior vice president for Wells Fargo; Treasurer Tom Pitser, PIM manager at Robert W. Baird & Co.; Secretary Suzanne Specht, small business consultant for Florida SBDC at Florida Gulf Coast University; and members-at-large Andrew Buschle, senior vice president for Bank of America Private Bank; Sean Friend, vice president, branch group manager Lee County for IBERIABANK; and Gary Tasman, CEO and principal broker for Cushman & Wakefield, Commercial Property Southwest Florida.

The board of directors also includes members Carlos Artime, Jason Brewer, Jason Duke, Kenny James, Nancy Korista, Justin Land, Michael Traficante and Sandy Stilwell Youngquist.

"Members of our board of directors are invaluable to our organization, and we are pleased to welcome our incoming 2020-21 members and executive officers," said Angela Fisher, president and CEO of Junior Achievement of Southwest Florida. "We are fortunate to have dedicated members who bring forward a wealth of knowledge about the world of business, and we are excited to tap into their expertise as we work to prepare younger generations for future success."

Board members are responsible for managing the business, assets and activities of the organization and maintain the authority to determine key business policies and practices. Fundamental roles of board members include trusteeship, strategic planning, policy and evaluation and resource development.✱

## EPIC FIRES OF FORT MYERS

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THOMAS P. HALL  
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Dan Adams and Ken Walker of the Price Foundation show some of the school supplies to be donated photo provided

## Foundation Grant Provides Children With Essentials

A new program to help children in need will launch this fall due to a \$100,000 commitment from The John E. and Aliese Price Foundation to the United Way of Lee, Hendry, Glades and Okeechobee Counties.

"This project is the first one in the foundation's new philosophy of being proactive to identify social and education needs in the community, and develop partnerships with other charitable organizations in order to make a greater impact. We chose the United Way because of our long-standing relationship with them, and their integrity and outstanding reputation for successful services to the community," said Price Foundation President and CEO Kenneth P. Walker.

The United Way Gifts in Kind program will provide clothing, shoes, hygiene items and school supplies to children who may be struggling with homelessness or other challenges as identified by School District of Lee County social workers and school resource officers.

"This is a partnership among the United Way, the Lee County School District and The Price Foundation to provide support for our county's neediest children so that they can have nice shoes, clothing and school supplies. These things are important for them to develop a positive self-image," Walker said.

The United Way sources clothing, school supplies and hygiene items directly from manufacturers across the country. Items are also donated from the local community, according to Hannah Pelle, United Way's vice president of community impact, and the originator of the program.

For example, she recently acquired \$49,000 worth of clothing for just a small shipping cost. It is anticipated

that the \$100,000 from the Price Foundation could generate as much as \$3.2 million in goods to provide for the children because of the United Way's special relationships with vendors and donors. "We're talking about brand new items from top name brands like Nike, Calvin Klein and Guess with the price tags still attached," she said. "The manufacturers work with nonprofits to donate these overstock and surplus items."

Walker said the Price Foundation will be allocating \$25,000 per year for the next four years to the project with plans to continue after that, if the program is as successful as they believe it will be.

"This is part of our emphasis on helping children. They need to be able to focus on learning and developing self-confidence instead of worrying about not having enough school supplies or clothing. We want children to feel good about themselves," Walker said.

"We believe this may be the first school district in the state with a resource like this," Pelle said. "We are hoping this will become a model for other school districts to implement."

Only social workers will have access to the Community Impact Center at the district office, and they will be able to check items out on a weekly basis.

"If they see that Johnny's shoes are being held together with duct tape, then they can obtain new shoes for Johnny," Pelle said.

With nearly 100,000 children in the Lee school system, Pelle estimated that a large portion of those children may need the services of the Community Impact Center, especially as so many families have been financially impacted by COVID-19.

"We are extremely grateful to The John E. and Aliese Price Foundation and the United Way for creating this unique program that will help our children succeed," said Adam Molloy, coordinator of community engagement of the Lee County School District.

The center expects to open when school begins this fall.✱

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Will Power

# The Opportunity COVID Provides Your Family



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

I'm happy to announce that my oldest daughter, Gabi, became engaged recently to her longtime boyfriend, Benjamin Bernstein. Gabi resides and works in New York City, which, as we all know, was the original United States epicenter for the COVID-19 crisis. Florida has since challenged that dubious role.

The last time Patti and I were with Gabi and Benji was last December when we vacationed together as a family, including our other daughters, Courtney and Madison.

Several weeks ago, Benji called seeking our blessing to ask for Gabi's hand. Of course, Patti and I enthusiastically agreed, as we love him like a son already. He brings out the best in our daughter. A couple of weeks after that telephone call, he took Gabi on a hike up Mount Tammany overlooking the Delaware River, where he proposed.

Benji and Gabi returned to his parents' Jersey Shore residence where a celebration ensued. Patti and I, along with Courtney and Madi, toasted the couple over Zoom, as did one of Benji's brothers who works in Berlin. We wish we could have been there, but with the COVID travel restrictions between the New York City metropolitan area and Florida, that wasn't possible.

We don't know when we'll be able to give Gabi and Benji a real, in person hug. It probably won't be for at least a few more months, if we're fortunate. Our family isn't unique. Thank goodness we had a happy event to celebrate. Many families separated by a thousand miles or more have been missing out on all sorts of interactions, including some serious ones.

But COVID has brought us a silver lining. Most of us are now familiar with communicating through video technology, whether it's through FaceTime, Zoom, Teams or several other popular platforms. It's no longer foreign to us. My 83-year-old technically challenged mother-in-law, who's trapped in her Tamarac townhouse, talks to us weekly through FaceTime and Zoom.

The technology doesn't necessarily replace in-person contact, at least not totally for me, yet it does bridge a gap between simple telephone calls and being there. Gabi was proud to show off her engagement ring. We could see her beaming face and feel her happiness.

This presents the opportunity to build better relationships and family togetherness.

From an estate planning standpoint, it enables a family to build for a common purpose. Family members can work together to create something greater than any one of them can build alone.

A family that emphasizes education, for example, can discuss how Mom and Dad's estate plan can be used to promote this value. Families who are charitably inclined can instill these values, from the eldest generation down to its youngest, by openly discussing how an estate plan can be fashioned to promote its values, whether religious, ecological, medical, educational or artistic.

Most importantly, today's educational tools enable a family's patriarchs and matriarchs to discuss the "why" behind the "what." A dry estate planning document may simply name charitable institutions. A family discussion, however, can center on why this institution was chosen over that. Why this charitable planning vehicle is better than its alternative, why a tax law might encourage one strategy over another, etc.

I've participated in several of these family video conferences, offering explanation to reinforce my client's intent. What's evident to me is how these discussions provide a necessary commentary which empowers the other generations beyond what can be achieved solely through the written word. Video technology conveys more context, emotion and content than a telephone ever could.

And it's becoming more common, I believe because of COVID. Further, this tool is unlikely to be discarded once we return to a more "normal" life. Many families will continue to reside miles apart from one another. The distance becomes emotional as well as physical, until something like COVID happens, and the blessings of technology enable us to find new ways to bond.

For this, I'm grateful. Unfortunately, COVID has also created problems with engaged couples trying to plan weddings. It seems that so many weddings have been pushed back into 2021, that finding a suitable venue for a weekend before the end of next year appears challenging.

If that's my family's grand challenge today, we're surely in a good place, aren't we?

©2020 Craig R. Hersch. Learn more at [www.sbshlaw.com](http://www.sbshlaw.com).✧



Benji Bernstein and Gabi Hersch

photo provided

## County Mining Amendments Ruled Legal

The State of Florida Division of Administrative Hearings on June 16 ruled against Sakata Seed Corporation, Sakata America Holdings, Inc. and Linda S. Nelson and issued a recommended order finding in favor of Lee County. The Honorable Administrative Law Judge, Francine M. Ffolkes (ALJ), found that the county's 2019 Mining Lee Plan Amendments (CPA2018-10014) were supported by appropriate data and analysis and consistent with state law.

"Lee County is one step further toward resolving regulatory ambiguity on the mining issue," Commissioner Cecil Pendergrass said. "After two years of not being able to talk about this pending case, I'm happy that residents and businesses now are informed of the true facts. Some individuals and groups tried to make this issue a political platform and provided false information to the public. The courts have ruled that Lee County staff's work and commissioners' actions were consistent with land-use laws, and the community and environment have been protected."

Throughout the public hearings for adoption of the 2019 Plan Amendments, the Opposition to the Plan Amendments, lead primarily by Sakata Seed Corporation, Sakata America Holdings, Inc., and its paid marketing firm disseminated information to the public that:

the 2019 Plan Amendments were inconsistent with State Law;  
the removal of Map 14 would lead to deregulation of mining in Lee County; and  
the existing Lee Plan provisions were not vague or ambiguous and should be maintained.

During the administrative hearings, petitioners carried those arguments to the ALJ. The ALJ's June 16 Order rejected all of the above arguments.

"If you review the court documents, it's clear there was a formal misinformation campaign," County Manager Roger Desjarlais said.

Specifically, the ALJ found that the Petitioners' Expert, Bill Spikowski, who was primarily responsible for drafting the plan amendments pertaining to limerock mining, testified at trial that "much of the language contained in the 2010 Amendments [limerock mining amendments] was intentionally vague and ambiguous to allow 'elected official to use judgment under changed circumstances'."

At no time during the public hearings for adoption of the 2019 Amendments did petitioners or their experts divulge that secret to the public or the board.

The ALJ further found that neither of petitioners' consultants – Spikowski and Greg Stuart – could cite any provision in state law to support their arguments and that Stuart failed to demonstrate that the 2019 Mining Comp Plan Amendments created any actual internal inconsistencies with any provision of the Lee Plan. The ALJ also ruled that the petitioners' claim that the 2019 Plan Amendments deregulated mining was not persuasive and

was contrary to the evidence presented at trial.

Most importantly, the ALJ specifically confirmed the county's position that the 2019 Plan Amendments did not deregulate mining in Lee County. The ALJ found that "under the 2019 Plan Amendments limerock mining continued to be regulated by the Lee Plan" and that Chapter 12 of the Lee County Land Development Code "extensively regulated limerock mining even after the 2019 Plan Amendments."

Based on these findings, the ALJ recommended that the Department of Economic Opportunity (DEO) "issue a final order determining that the 2019 Plan Amendments adopted by the county on June 19, 2019, are in compliance" with state law.

For more information, visit [www.leegov.com/mining](http://www.leegov.com/mining).✧

## Collection Site Expands Days Of Operation

In order to meet the demand for COVID-19 testing, the City of Cape Coral, in partnership with Lee Health, has increased the days of operation for its mobile specimen collection site from three days to six days per week. The collection site is located at the Chester Street Resource Center, 4816 Chester Street in Cape Coral, and is open Monday through Saturday from 9 a.m. to 2 p.m. by appointment only.

"Expanding operations to six days a week allows us to better serve the community," said Kris Fay, MHA, chief administrative officer, Lee Physician Group, Home Health & Physician Services at Lee Health. "We are pleased with the response the Cape Coral location has received, and we look forward to the opportunity to provide more testing to those who need it."

A physician's order is required to be tested at the collection site. Patients should contact their primary care provider, visit an urgent care clinic or do a virtual telehealth visit through Lee Telehealth at [www.leetelehealth.org](http://www.leetelehealth.org) to determine if an order is clinically indicated.

With hurricane season in full effect and the potential for inclement weather, the Page Field collection site will now operate Tuesday, Thursday, Saturday and Sunday from 7:30 a.m. to 2 p.m. The testing is by appointment only and a physician's order is required.

Increased demand for coronavirus testing has led to longer turnaround times to receive results. While awaiting test results, individuals should self-isolate and follow CDC guidelines to help prevent the spread of the virus.

Test results will be available from the ordering provider. Patients who are on MyChart will have access to their results through the MyChart app. MyChart can be downloaded from the Apple or Android app store.

For more information, visit [www.leehealth.org](http://www.leehealth.org).✧





Sanibel Captiva Community Bank Bridge Branch team from left, Barbara Cilibrasi, Ken Segura and Diane Jefferson photo provided

## Bank Completes Renovation

Sanibel Captiva Community Bank has opened its eighth location, the Bridge Branch, at 9311 College Parkway in Fort Myers. Located at the corner of College Parkway and McGregor Boulevard, the \$5 million newly renovated building is the bank's largest branch in Lee County and one of six that are located off Sanibel.

"On behalf of our employees, board of directors and shareholders, we're thrilled

to introduce our Bridge Branch to the community," said Craig Albert, president and chief executive officer of Sanibel Captiva Community Bank. "With our continued expansion, we look forward to serving even more Southwest Florida residents and businesses."

Sanibel Captiva Community Bank's 16,000-square-foot building features two drive-through lanes, a drive-up ATM, night drop and safe deposit boxes. It also houses the bank's operations center and over 40 employees, including training facilities and multiple conference rooms.✱

## Lee Health Virtual Town Hall Meeting

Lee Health will host a Virtual Town Hall meeting on Wednesday, August 5 at 12:30 p.m. The Facebook Live event is open to the public and will feature a discussion with Lee Health leaders about the facts of the COVID-19 pandemic, as well as include an interactive question and answer session.

Since the start of the pandemic, Lee Health has remained committed to transparency and keeping the community informed about the current state of the virus and the safety of its hospitals. Shortly after the pandemic broke out, Lee Health began issuing daily communications to the community, its employees and news organizations to keep everyone apprised on how to stay safe and healthy.

"As healthcare leaders, we want to educate citizens about the facts related

to COVID-19 and dispel rumors and misinformation associated with the coronavirus," said Larry Antonucci, MD, MBA, Lee Health president and CEO. "We have learned a lot during this pandemic. We look forward to the opportunity to address the Southwest Florida community and provide them with the information they need to know to keep themselves and their loved ones safe."

The virtual event will be moderated by Lindsey Morton, senior creative services project manager at Lee Health, and will feature Dr. Antonucci and Alex Daneshmand, DO, MBA, FAAP, chief quality and patient safety officer at Lee Health.

The event is free and no subscription or login is required. For those without access to Facebook, the event will also be live streamed at [www.leehealth.org](http://www.leehealth.org).

Upon conclusion of the town hall, it will be posted to the Lee Health website for playback. For more information, visit the Lee Health Facebook page.✱

### Superior Interiors

## Choosing An Area Rug For The Dining Room

by Trinetta Nelson



A dining room is a place for gathering – for sitting down with family members or favorite guests after time apart to catch up and enjoy each other's presence. Because of the general meaning

of this living space, it's important that it's decorated in a way that not only encourages conversation, but also allows people to engage and feel comfortable. Beyond a soothing color scheme and other decorations that make for a relaxing atmosphere, an area rug is another staple piece needed to bring the room together.

An area rug needs to be directly under the dining room table, but that generally goes without saying. The size and shape of the rug can make or break the look and feel you're going for. The general rule of thumb is to allow for 18 to 24 inches around the perimeter of the table, so that when guests pull their chairs out, they're still on the rug. Shape is considered more around personal preference as choosing one that mimics the shape of the table allows for consistency, so that may be

something to consider when shopping. This isn't a must, as there are plenty of gorgeous examples of rectangular tables accompanied by round area rugs that look flawless.

The way the area rug feels on the feet is essential. After all, this piece of decor isn't only supposed to be easy on the eyes, it also needs to provide comfort for your family members and guests. From wool and silk to shag and bamboo, there are so many different materials and textures to choose from for the dining room. Figuring out which one would best suit the dining room is about your lifestyle and how much time and effort you're willing to put into upkeep.

While the look and feel of the area rug is one of the most important aspects to consider while making a selection, one should consider the color and pattern as well – not only from a stylistic perspective, but also from a functionality and cleanliness standpoint. With the amount of foot traffic and potential spillage this area rug may witness, it's important to choose a color and/or pattern that will disguise stains with ease.

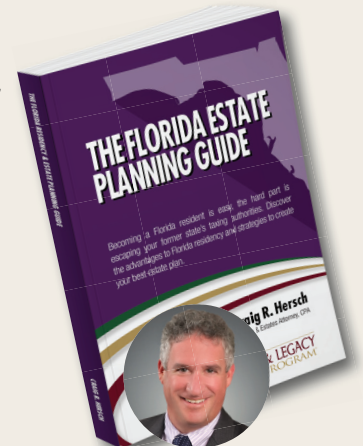
Still having trouble deciding what type of area rug you want to put in the dining room? Consider consulting a design professional to discuss your ideas and go over your specific wants and needs for the space. From there, he or she will help you pick out the perfect area rug and can even help you make a few adjustments in the dining room for an overall update.

Trinetta Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at [trinetta@coindceden.com](mailto:trinetta@coindceden.com).✱

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by Craig R. Hersch  
Florida Bar Board Certified Wills,  
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**T**hey're back!  
Or they were  
By the time  
this is published,  
we'll see if they  
are still back. As of  
Monday, two Major  
League Baseball  
(MLB) games are  
cancelled, the  
Marlins-Orioles and

The NFL could face the same problem, as both are starting their seasons and travelling to other cities. professional basketball and soccer leagues are all different because they are playing tournaments “under a bubble.” So is the pro hockey in a sense, just in two cities. All these teams also have fewer players on their rosters than a baseball or football team. But while baseball is being played, here are my observations after baseball

Black Lives Matter is now a part of all sports as athletes are speaking out. Players appear to publicly support racial equity and social justice. Many players were seen this weekend kneeling during the national anthem, holding black ribbons and making statements of commitment.

Music and cheers is nice. At first, I didn't like the recorded "go" cheers but it grew on me. It made it seem more like a real game. I thought they were going to have walk-up music for each player but evidently decided not to do that, at least at Wrigley Field. As for the "Official MLB pumped in crowd noise" teams have to use, also not needed. And the Cubs were told by MLB to increase the volume of the noise for Sunday's game. The Brewers and Cubs have developed some animosity over the last few years, and MLB wanted to diminish us hearing some of the catcalling back and forth. I think that's part of the game, and those of you who go to spring training get to hear that. Stop playing with the volume of the crowd sounds.

The game is baseball. Real baseball. And from so many lopsided scores, it's

New rules will take a while to get used to them, including pitchers having to pitch to at least three hitters or get out of the inning. This appears to favor the team on offense, because if a pitcher comes in and isn't throwing well, they are stuck pitching to at least three hitters. The reviews on starting extra innings with a runner on second have been mixed, with teams using various strategies including sacrificing the runner to third and playing small ball and others loading the bases and getting a big hit. For baseball purists, it's not great but at least it's fair to both teams. You asked for it, you got it, major league baseball is on the air.

More than ever right now we need a good news story of the day, and we have two. First, 35-year old Daniel Bard, seven years after last pitching in the major leagues made a comeback for the ages. He pitched in relief and got the win for the Rockies. A case of the “yips” caused him to prematurely retire from baseball in 2012. He coached and mentored players. Several years later, he thought he could make a comeback and was willing to work his way back to the majors. How the rest of this season goes or doesn’t go, Bard’s comeback win will be one of the great stories for the ages.

Second, two youth travel baseball teams in the Chicago area from Evanston and Skokie raised money for the past year to go to Cooperstown and play in the annual youth baseball tournament there this summer. They were all excited to meet players from around the country, which of course they can't do. The coaches for these teams tried to figure out what to do instead and give these kids a memorable experience. The Chicago Dogs is an unaffiliated minor league team who rents out their 6,300-seat stadium when they don't have a game. The dimensions are major league, and they have lights. The kids were thrilled to experience a "major league feel." The pitcher's mound was moved in a few feet from regulation distance to accommodate them, otherwise the whole field was used. A small crowd of families sat socially distanced and cheered them on. The coach, David Patterson said "I'm just trying to make some kind of fun memories for them so they can look back and remember what they did when they

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@islandssunnews.com](mailto:press@islandssunnews.com).✱✱

# Draft Changes To Flounder Regulations

The Florida Fish and Wildlife Conservation Commission (FWC) approved draft changes to the management of Florida's flounder fishery at a recent meeting. These changes will be brought back to the commission in October for final consideration.

A stock status update suggests that the flounder fishery statewide has been in a general declining trend in recent years and is likely overfished and undergoing overfishing on the Atlantic coast of Florida. Other states have also reported declines in flounder populations and have been making their own regulation changes.

FWC has been working with stakeholders to gather input on this fishery through workshops, online commenting and more.

Draft rule changes include:

Increase minimum size limit from 12 inches to 14 inches total length (recreational and commercial).

Reduce recreational bag limit from 10 to five fish per person.

Establish a November closure (recreational).

Establish a commercial trip and vessel limit of 150 flounder when using allowable gear for all months outside of November.

Establish a November commercial trip and vessel limit of 50 pounds when using allowable gear.

Extend all FWC flounder regulations into federal waters.

The commission also directed staff to continue working with the industry on flounder bycatch in federal waters.

To share your input on this draft proposal or to see more about what items the FWC Division of Marine Fisheries Management is working on, visit [www.myfwc.com/saltwatercomments](http://www.myfwc.com/saltwatercomments). Learn more about flounder regulations at [www.myfwc.com/marine](http://www.myfwc.com/marine). ❖

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## SPORTS QUIZ

1. What Washington Bullets legend won both Rookie of the Year and Most Valuable Player for the 1968-69 NBA season?
2. At the 2012 London Summer Olympics, what South African sprinter became the first amputee runner to compete in the Olympic Games?
3. In 1999, Cleveland Browns offensive lineman Orlando Brown suffered an eye injury caused by what object?
4. What is the name of the horse ridden by Osceola during the pregame tradition at Florida State Seminoles home football games?
5. What former Major League Baseball pitcher/outfielder published a 2017 memoir called *The Phenomenon: Pressure, the Yips, and the Pitch that Changed My Life*?
6. Who was the last NHL player permitted to play without wearing a helmet?
7. What was the name of the football simulation video game first published in 1988 by Electronic Arts for Apple II computers?

# ANSWERS

1. Wes Unseld, 2. Oscar Pistonus, 3. A weighted penalty flag, 4. Renegade, 5. Rick Ankiel, 6. Craig MacTavish, 7. John Madden Football.



dearRPharmacist

## The Best Tips To Avoid Insect Stings



by Suzy Cohen, RPh

**Dear Readers:** Nothing can ruin a perfectly nice picnic or hike like an insect sting. It could lead to local discomfort, swelling, redness and pain. In fact,

it could cause an anaphylactic reaction to those people who are truly allergic to an insect's venom.

It's not easy to train yourself to ignore them. It's more likely you'll make sudden movements and wave your arms or swat the air. I totally get it. Today's article is to help you avoid a sting.

Don't wear red! Red can appear to be very dark or black, a color bees and wasps associate with a predator, so they will go on the defensive and get angered. If you wear bright-colored clothes, you could easily be mistaken for a flower. In fact, do not wear a flowery shirt because they'll have to get up close to you to see that you're not actually a plant.

I think you're best bet is to wear neutral earth tones that make you blend in with the flora and fauna, such as beige, khaki, maroon, black or grey.

Here are some of the best tips to avoid getting stung by an insect:

Avoid fruit-flavored lip gloss, shampoo or soap;

Don't walk up to their nest, they will defend it with their life;

Do not wear perfume or perfumed deodorants;

Do not use scented shampoo, conditioner or lotion;

Dispose of soft drink cans and bottles because they attract bees. It's sort of like sugar-water, and they love it;

Bugs are partial to beer. Make sure you keep an eye out so one doesn't crawl into your beer for a sip, and then you drink a mouthful;

Make sure you're clean. Some insects get 'angry' if they smell sweat;

Wear long sleeves and long pants to cover as much as possible;

Avoid bananas, this might attract bees because they think you're food; and

Watch out if you are near discarded food or dog feces.

Wasps have a keen sense of smell and detest wormwood, peppermint, spearmint, eucalyptus and thyme. If you wanted to dab yourself with these essential oils, it might deter them from coming too close. For that matter, you could plant these in your garden to act as a natural insect repellent.

If you get stung, move away to safety quickly. Don't worry about getting the stinger out in that moment, just get away. Bees can only sting a person once, but it will release a chemical that attracts other bees in the area. Wasps can sting repeatedly so if you get bit, run away from the space as quickly as possible.

Bees will leave the stinger in the skin, but wasps don't usually do that. It's best to scrape the stinger away from you with a credit card or a letter opener or something like that versus a tweezer, which might squeeze more venom into you.

Usually hydrocortisone cream, calamine lotion or aloe helps with immediate first aid, however, some people need an antihistamine or numbing agent.

*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](http://www.SuzyCohen.com).✱*

Doctor and Dietician

## Does Your Brain Drain Well?



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

Everyone knows the frustration of a clogged toilet. What if your brain could not drain properly? What if the waste products from the brain neuron activity (yes, neurons poop!) started to back up and could not leave the brain? What would happen to your brain cells?

While most people understand vertebral and carotid arteries supply the brain with blood, oxygen and nutrients, few are aware that an intricate network of lymphatic cells and veins drain the brain. Obstruction of venous brain output is called Chronic Cerebrospinal Venous Insufficiency (CCSVI), or Brain Toilet Obstruction (BTO). While very serious, non-invasive high-resolution ultrasound can diagnose it in a physician's office.

Our brains pay a massive price for our modern facedown lifestyle, with constant visual stimulation and multitasking, or switching from one visual stimulus to another. The blood supply cannot match the brain neuron metabolic demands, and the brain drainage system is unable to remove all the toxic waste products. The brain's clearance system gets overloaded, much like portable toilets during large events.

Running requires adequate oxygen supply to the muscles, otherwise cramps result. Lactic acid from the muscles builds

and must be removed (waste disposal), otherwise you start cramping again. Cell phones and computers cause the metabolic demands on the human brain to increase thousands, if not millions, of times more than previous generations experienced and, unfortunately, the blood supply in and the drainage pipes out are not keeping up due to cervical (neck) dysstructure from cervical ligament damage and resultant instability.

For good brain health, the blood supply and drainage must meet the demand of its metabolic activity. Brain intelligence and problem-solving areas, such as the anterior cingulate cortex and front lobe cortex, experience the highest metabolic demands and are very susceptible to injury by a clogged brain toilet. When these vital areas of the brain become injured, the first noticeable symptom will often be brain fatigue or brain fog and, if the brain toilet is not unclogged, it will progress to extreme lethargy, emotional numbing, dissociation, severe depression and hopelessness. Even if the brain toilet obstruction is low-level, if it continues, the slow but progressive destruction of brain tissue and brain neurons will result.

As more brain tissue is lost (front lobe atrophy, for example) mental capacity and emotional well-being continue to decline. We have personally seen many young people in their 20s who appear to have Alzheimer's dementia. With the resolution of their neck instability and injury, which caused their clogged brain toilet, their intellect, emotional stability and mental capacities return. We utilize proliferative injection treatments into these injured neck areas to stimulate the body to repair, and the brain function normalizes. If this sounds like you, you may need to help your brain drain!

*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](mailto:info@caringmedical.com).✱*

Beautifulife:

## Word Up



by Kay Casperson

I'm not sure when I began to realize the importance of using the right words and being careful about what words come out of your mouth, but I'm pretty sure it was way back when I was a little girl. I

remember feeling uncomfortable when people would speak negatively about someone, something, or even life itself. I remember often telling people to be careful about speaking words that put someone, something, or even an idea down.

I am continually reminding my family, my friends, my staff, my associates and all those that I have the opportunity

to influence every day how powerful words are. They can either build you up or break you down, it's that simple. As a matter of fact, my brand and my business world have been built around this simple fact. The words of affirmations that I have placed on each bottle, jar, package or page that I produce are a testament to that.

We can all use reminders now and then on just how important words are and how to keep your words positive to build up yourself and others. We can all do our part in making this happen by taking out the negative words from our vocabulary. Here are a few suggestions:

Instead of using the words I can't or I won't, try instead to say I will do my best, or I am going to make it happen somehow. You will be surprised by how much you can change the outcome and the level of your accomplishments.

When someone asks, "How are you?" instead of answering with "I'm OK" or "I am fine," say the words, "I am great" or "I am doing well, thank

you." Regardless of how you feel or what reality looks like, these words will point you there and brighten someone's day.

Before you decide to criticize someone for something that you do not agree with, try something new instead. Think to yourself that everyone is entitled to think differently for various reasons and speak the words, "I will try to understand another point of view."

If you don't like the way you look some days, instead of saying words that defeat you, say words like, "I look great" or "I am beautiful" and you will soar into the day with a brand new outlook and energy.

Remember, what you speak is what becomes a reality, either good or bad. Keep your words positive and uplifting to continue in the direction of living your best and most beautiful life.

My affirmation for you is:

"I am choosing my words wisely to stay focused on what is good, what is right, and what is positive today and

every day."

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

## Amberjack Season Reopens

The recreational harvest of greater amberjack will reopen in gulf state and federal waters on Saturday, August 1. This season is scheduled to remain open through October 31 in gulf state and federal waters.

To learn more about regulations for greater amberjack, visit [www.myfwc.com/marine](http://www.myfwc.com/marine) and click on "Recreational Regulations" and "Greater Amberjack," which is under the "Reef Fish" tab.✱





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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
<b>ARTS</b>	
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
<b>CLUBS &amp; ORGANIZATIONS</b>	
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
<b>AREA ATTRACTIONS</b>	
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

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# My Stars ★★★★★

## FOR WEEK OF JULY 27, 2020

**Aries** (March 21 to April 19) A bit of Arian contrariness could be keeping you from getting all the facts. Turn it off, and tune in to what you need to hear. It could make all the difference this week.

**Taurus** (April 20 to May 20) Getting an answer to a vital question involving financial matters might take longer than you'd expected. A new factor might have to be dealt with before anything can move forward. Be patient.

**Gemini** (May 21 to June 20) Use your good sense to see what might really be driving a colleague's workplace agenda. What you learn could lead to a new way of handling some old problems.

**Cancer** (June 21 to July 22) A change of mind might once again turn out to be a good thing. True, most of your co-workers might not like the delay, but as before, they might appreciate what follows from it.

**Leo** (July 23 to August 22) You revel in golden opportunities this week. One cautionary note, though: Be careful to separate the gold from the glitter before you make a choice. Someone you trust can help.

**Virgo** (August 23 to September 22) Marriage is important this week, as are other partnerships. Don't let yourself be overwhelmed by sentiment. Instead, try to steer a path between emotion and common sense.

**Libra** (September 23 to October 22) Dealing with someone who has let you down is never easy. But the sooner you're able to clear up this problem, the sooner other problems can be successfully handled.

**Scorpio** (October 23 to November 21) A "friend" who is willing to bend the rules to gain an advantage for both of you is no friend. Reject the offer and stay on your usual straight and narrow path.

**Sagittarius** (November 22 to December 21) After all the effort you've been putting in both on the job and for friends and family, it's a good time to indulge your own needs. The weekend could bring a pleasant surprise.

**Capricorn** (December 22 to January 19) You might want to do something new this weekend. Close your eyes and imagine what it could be, and then do it, or come up with the closest practical alternative.

**Aquarius** (January 20 to February 18) Your good deeds bring you the appreciation you so well deserve. But, once again, be careful of those who might want to exploit your generous nature for their own purposes.

**Pisces** (February 19 to March 20) Trolling for compliments isn't necessary. You earned them, and you'll get them. Concentrate this week on moving ahead into the next phase of your program.

**Born This Week:** Meeting new people usually means you're making new friends. People want to be reflected in your shining light.

## MOMENTS IN TIME

• On Aug. 7, 1782, Gen. George Washington, the commander in chief of the Continental Army, creates the "Badge for Military Merit," a decoration consisting of a purple, heart-shaped piece of silk. The Purple Heart is awarded to members of the U.S. armed forces who have been killed or wounded in action against an enemy.

• On Aug. 6, 1928, Andy Warhol, one of the most influential artists of the latter part of the 20th century, is born in Pittsburgh. Warhol, a pioneer of the pop art movement, painted comic strips, canned soup and soft drinks because an early art teacher told him to paint things he liked.

• On Aug. 4, 1944, acting on a tip from

a Dutch informer, the Nazi Gestapo captures 15-year-old Jewish diarist Anne Frank and her family in a sealed-off area of an Amsterdam warehouse. The Franks had taken shelter there in 1942 out of fear of deportation to a Nazi concentration camp.

• On Aug. 3, 1958, the U.S. nuclear submarine *Nautilus* accomplishes the first undersea voyage to the geographic North Pole. The world's first nuclear submarine traveled nearly 1,000 miles under the Arctic ice cap to reach the pole.

• On Aug. 5, 1962, movie actress Marilyn Monroe is found dead in her home in Los Angeles of an apparent suicide. Empty bottles of pills, prescribed to treat her depression, were littered around her bedroom.

• On Aug. 9, 1974, Gerald Ford is sworn in as the 38th president of the United States after the resignation of Richard Nixon. In a television address, Ford declared, "My fellow Americans, our long national nightmare is over."

• On Aug. 8, 1988, the Chicago Cubs host the first night game in the history of Wrigley Field when they play the Philadelphia Phillies. The game was called due to rain in the bottom of the fourth inning.

## NOW HERE'S A TIP

• Roll scarves around cardboard tubes to store flat. You'll skip the wrinkles and be able to find the scarf you want without much fuss.

• On a home improvement kick? You're not alone. Here's a wallpapering tip from way back: If your wallpaper is applied with adhesive, add a few drops of food coloring to the paste. It will give it a slight tint that will not be visible when dried. Now you can be sure that the adhesive makes it all the way to the edge of the paper for best results!

• "Ironing intricate sleeves or other difficult shapes can be made easier with the use of an oven mitt. Slip the mitt over your hand, put your hand on one side of a fabric to create a flat area to iron. Use care and go slowly, and you'll get a good press." – ER in Missouri

• Bright strips of tape can be a great safety addition to the edges of stairs. Even better is bright, textured, reflective tape for low-light areas, like basements or porch steps. The bright color makes the edges visible in daylight; the reflection does the same at night. A bit of texture makes sure they're not slippery.

• "Here's a great sewing tip from my grandma: When you are attaching buttons, hooks, snaps, etc., tape them to the fabric with transparent tape. You can sew right through it, and it will help keep the item from slipping around while you get it secured." – AJ in Pennsylvania

• "Now that my baby is entering her messy eating phase, I cut up several burp cloths to make wipe up cloths for the high chair. They are soft enough for a full face wipe and sturdy enough to sop up baby food and go right in the washer." – PW in Texas

## STRANGE BUT TRUE

• In July 1999, four ladybugs and their favorite food, aphids, were sent into space on NASA's *Columbia* space shuttle to research how aphids escaped the ladybugs without the aid of gravity.

• The first documented use of toilet paper comes from 6th-century AD China.

• There are more than 40,000 toilet-related injuries in the U.S. each year.

• The University of Liverpool Library reported that someone used a plastic-wrapped slice of "undetermined" cheese as a bookmark in one of its returned books. The library tweeted a photo of the offending item with the caption, "This is not a bookmark," prompting responses that ranged

continued on page 22



PUZZLES

Answers on page 23

Super Crossword

REFORMULATED CEREAL

- ACROSS
- 1 Had mercy on

7 Good-sized combos

13 Dilettante

20 Fictional detective

21 Lupin

22 Tiger cat

23 Model oneself after

25 Cereal invented by actor

26 William?

27 Reference showing an urban area

28 Downed food

29 Lathering up

30 Electrojet bit

31 Hoppy drink

32 Vocalist Della

33 Utter a fib

34 Airheaded

36 "Mack the Knife" singer

38 Bobby

39 Cereal that's more than enough?

41 Cereal that turns kids into imps?

43 Cassini of fashion

44 Baby hooter

46 "Nope"

47 Judo room
- 50 Attended, as an event

53 Nut's partner

55 Large burden

59 Very skilled

61 Vintage auto

62 Cereal endorsed

63 by first-year athletes?

65 Even chance

67 Willy with a chocolate factory

69 Turkish commander

70 Sushi fish

71 "— gratia artis"

72 Cereal flavored with really hot peppers?

76 95-Across' rank: Abbr.

77 Young male, in many rap songs

78 — -tac-toe

79 Big name in fables

80 Look upon

82 Cereal that makes people want to create graphs and tables?

86 "— -di-dah!"

88 Challenger
- 89 Actor Morales

90 Maui, e.g.

91 Guy who "was here"

94 "My Fair —"

95 Foe of Grant

97 Cow catcher

99 "Hud" co-star

101 Patricia

105 Cereal that helps to heal broken legs?

109 Cereal that looks like it's been polished?

111 "Tin Cup" co-star

112 Rene

114 "The Chosen" novelist

115 Chaim —

116 Neither here — there

118 Buying binge

122 Parseghian of football

125 "— y plata" (Montana motto)

128 Sprinkler of plants

131 Rescue crew

132 VIP

133 Lava emitter

135 Cereal with hidden crib sheets?

138 Stoats with white coats

142 Public tribute
- 130 Actor Danny

131 Ilie of tennis

132 Stopped slumbering

133 Give the OK
- 35 1990s exercise fad

36 Cell stuff

37 Hate

39 Shul attendee

40 Sousing sort

42 Positive number, e.g.

45 Office furniture

47 Like potential

48 sweethearts

49 Aromatic

49 Actress Alba

51 Latest info

52 Sound a horn

54 Actor

55 Hemsworth

56 River from Lake Erie

57 Saw to a seat

58 Remove moisture in by whirling

60 Having many bunches of feathers

63 Klutzes

64 Examined in order

65 to rob

66 Less cheap

68 Uncluttered

73 Singer Phil

74 Lie languidly

75 On — with

81 Big name in polling
- 83 Brick ovens

84 So very

85 Not be inert

87 Award winner, e.g.

92 Winter Games gp.

93 Positive vote

96 Prefix with resort

98 Demonstrate

100 Sit-ups sculpt them

101 "Scream" director

102 Wes

103 — borealis

104 Holy songs

105 Got to one's feet

106 Anxious

107 Ribbed, as fabric

108 Liberally

109 Doe or cow

110 Brief brawls

113 Merited fate

117 Individuals

119 Deck wood

120 Nutritional

121 amts.

123 Op. —

124 Tennis' Ivanovic

125 Old TV's "— Na Na"

126 Spy gp.

127 "You there!"

1	2	3	4	5	6		7	8	9	10	11	12		13	14	15	16	17	18	19
20							21							22						
23							24							25						
26					27							28						29		
30				31	32		33				34	35				36	37			
38					39				40		41			42						
			43						44	45				46						
47	48	49			50		51	52				53	54			55	56	57	58	
59				60		61				62	63					64				
65					66		67		68					69				70		
71					72		73					74	75					76		
77					78					79					80		81			
82				83				84	85				86	87		88				
89					90					91	92				93		94			
			95	96			97		98					99		100				
101	102	103					104					105	106	107				108	109	110
111							112				113		114				115			
116					117					118		119				120			121	
122				123	124					125							126	127		
128										129						130				
131										132						133				

King Crossword

- ACROSS
- 1 Fleet from faraway?

5 "— Impossible"

8 Get a look at

12 Strict disciplinarian

14 Small grimace

15 Geometric curve

16 Former European capital

17 Can metal

18 "Gracias"

20 Orbital point

23 Affair of honor

24 Coalition

25 New Jersey borough

28 Coquettish

29 Parking lot structure

30 Bigwig, for short

32 "Semper —" (Coast Guard motto)

34 Toy block name

35 Thing

36 Angle

37 Destroyer

40 Pod occupant

41 Chimney

42 Irrational fear

47 Lip
- 9 Any time now

10 Play a prank on (Sl.)

11 Longings

13 Sacred wading bird

19 Listen to

20 Kimmel's network

21 Fall into a beanbag chair

22 Sauce source

23 Piece of information

25 Jif rival

26 Eye layer

27 Portent

29 Partner

31 Cauldron
- 33 Disturbed the peace

34 Argentine grasslands

36 Burn somewhat

37 Secondhand

38 Protuberance

39 Venetian magistrate

40 Get ready, for short

43 Literary collection

44 Lubricate

45 Wedding utterance

46 Venomous viper
- 48 Fluidless barometers

49 Act

50 Siesta

51 Feed the hogs
- DOWN

1 Ref

2 Sky safety org.

3 Bobby of hockey

4 Radio interference

5 A party to

6 Aviv lead-in

7 Heights

8 Mummify, maybe

MAGIC MAZE ● WORDS WITH THREE G'S

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

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

- Baggage
- Bagging
- Begging
- Eggnog
- Flogging
- Frogging
- Gagged
- Giggle
- Goggle
- Gouging
- Greengage
- Groggy
- Gurgling
- Luggage
- Mugging





Grilled Key Lime Shrimp Skewers

- 1 pound shrimp, peeled and deveined
  - 4 Key limes, juiced
  - 1/2 avocado, mashed
  - 2 tablespoons parsley, finely chopped
  - 1/2 cup mayonnaise
  - 1/2 cup sour cream
  - 2 tablespoons spicy mustard
  - 1 tablespoon smoked paprika
  - 1 tablespoon prepared horseradish
  - 1 teaspoon hot sauce (your favorite)
  - 1 teaspoon garlic, minced
  - 1 tablespoon all-purpose seasoning (your favorite)
  - 1 lemon, juiced
  - Oil for cooking
  - Sea salt and fresh ground pepper, to taste
- Combine and mix avocado, mayonnaise, sour cream, mustard, paprika, horseradish, hot sauce, garlic,



Grilled Key Lime Shrimp Skewers

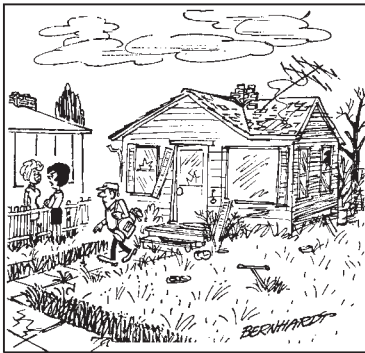
lemon juice, and all-purpose seasoning in a small bowl. Taste and adjust seasoning as needed with salt and pepper. Store in refrigerator until ready to serve.

Preheat grill to high. Carefully skewer shrimp, leaving at least one inch on either side of shrimp. Drizzle lightly with oil and season with salt and pepper. Place over direct heat and cook

photo courtesy Fresh From Florida for 2 minutes per side or until cooked through. Remove from grill and sprinkle with lime juice and parsley. Serve with remoulade sauce.\*

PUZZLES

Answers on page 23



"Ours is a house of the  
— nothing ever gets done today!"

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!

Heave  
**URGES**   

Topple  
**SEUPT**   

Garish  
**ALFYSH**   

Common  
**PEACH**   

TODAY'S WORD

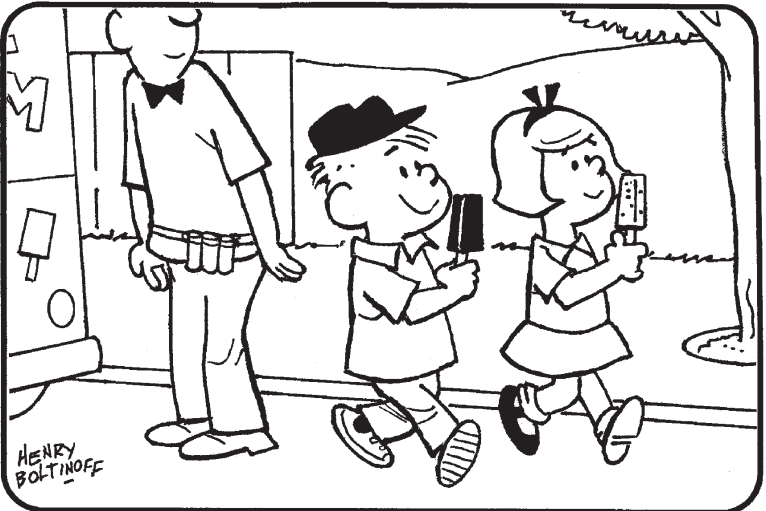
	6				8		2	
4			6					8
		7		5		9		
6	2			7	4		1	
		1	9			3		
	3			2				6
1				6				5
	8		2			1		
		9			7		8	

SUDOKU

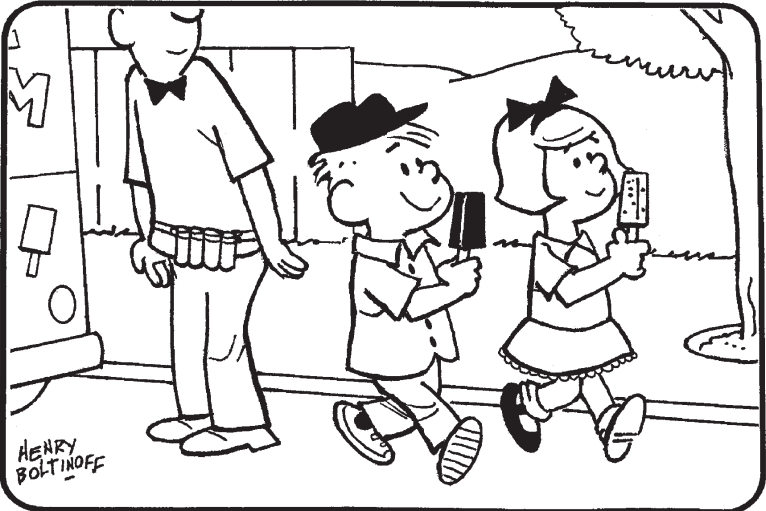
To play Sudoku: Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

HOCUS-FOCUS

BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Tree is fuller. 2. Change belt is different. 3. Fence is longer. 4. Girl's bow is different. 5. Boy's shirt has buttons. 6. Girl's skirt is decorated.





**FRIDAY**  
Few Showers  
High: 88 Low: 83



**SATURDAY**  
Mostly Cloudy  
High: 87 Low: 82



**SUNDAY**  
Partly Cloudy  
High: 89 Low: 80



**MONDAY**  
Mostly Cloudy  
High: 87 Low: 82



**TUESDAY**  
Partly Cloudy  
High: 89 Low: 84



**WEDNESDAY**  
Few Showers  
High: 88 Low: 83



**THURSDAY**  
Sunny  
High: 89 Low: 84

**Redfish Pass Tides**

Day	High	Low	High	Low
Fri	10:32 am	6:33 pm	None	None
Sat	11:27 am	7:20 pm	None	None
Sun	3:15 am	5:07 am	12:18 pm	8:00 pm
Mon	3:35 am	6:02 am	1:04 pm	8:35 pm
Tue	3:51 am	6:53 am	1:46 pm	9:06 pm
Wed	4:04 am	7:43 am	2:27 pm	9:34 pm
Thu	4:18 am	8:32 am	3:08 pm	10:01 pm

**Point Ybel Tides**

Day	High	Low	High	Low
Fri	9:37 am	6:35 pm	None	None
Sat	10:32 am	7:22 pm	None	None
Sun	2:20 am	5:09 am	11:23 am	8:02 pm
Mon	2:40 am	6:04 am	12:09 pm	8:37 pm
Tue	2:56 am	6:55 am	12:51 pm	9:08 pm
Wed	3:09 am	7:45 am	1:32 pm	9:36 pm
Thu	3:23 am	8:34 am	2:13 pm	10:03 pm

**Punta Rassa Tides**

Day	High	Low	High	Low
Fri	9:22 am	3:37 am	None	5:52 pm
Sat	1:02 am	4:53 am	11:12 am	6:59 pm
Sun	2:18 am	6:28 am	12:32 pm	7:58 pm
Mon	4:01 am	7:35 am	1:26 pm	8:49 pm
Tue	4:00 am	8:30 am	2:15 pm	9:32 pm
Wed	4:14 am	9:19 am	3:06 pm	10:08 pm
Thu	4:36 am	10:00 am	3:55 pm	10:39 pm

**Cape Coral Bridge Tides**

Day	High	Low	High	Low
Fri	12:42 pm	9:49 pm	None	None
Sat	1:37 pm	10:36 pm	None	None
Sun	5:25 am	8:23 am	2:28 pm	11:16 pm
Mon	5:45 am	9:18 am	3:14 pm	11:51 pm
Tue	6:01 am	10:09 am	3:56 pm	None
Wed	6:14 am	12:22 am	4:37 pm	10:59 am
Thu	6:28 am	12:50 am	5:18 pm	11:48 am

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*Thank you for your generosity!*

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Call (239) 334-7007 or donate online at:  
harrychapinfoodbank.org



**Harry Chapin Food Bank**  
OF SOUTHWEST FLORIDA

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**The Harry Chapin Food Bank**

3760 Fowler Street, Fort Myers, FL 33901

Call (239) 334-7007 or donate online at:

**harrychapinfoodbank.org**

**THE RIVER**  
WEEKLY NEWS  
FROM THE BEACHES TO DOWNTOWN FORT MYERS



Harry Chapin Food Bank  
OF SOUTHWEST FLORIDA



PETS OF THE WEEK  
Lee County Domestic Animal Services

Dynamite  
And Trixie



Dynamite ID# A819124

One look into my soulful eyes and you will no doubt fall instantly in love. Hello, my name is Dynamite. I am a 1-year-old male pit bull mix who is longing for love and will be the faithful companion that everyone looks for when adopting. I would be a perfect family dog. I have been patiently waiting for my person to come for me, and you will find me sitting nicely in my run looking up just like I am in his picture (Unless I am outside being spoiled by the staff!)

My adoption fee is \$30.



Trixie ID# A822211

Hi, I'm Trixie. I am a 3-year-old female domestic shorthair who is a sweet but shy girl. Adopting me will be so rewarding as I will quickly become your loyal best friend. I will curl up next to you to watch a movie (but, will likely fall asleep before the ending). I had an ulcer in my one eye that has left me even more special than I already am. Beauty, after all, is in the eye of the beholder.

My adoption fee is \$10 adopt, and you can get another feline friend at no additional charges. Lee County Domestic Animal Services adoption center has reopened by appointment only. Visit [www.leelostpets.com](http://www.leelostpets.com) to complete an online adoption application prior to calling 533-7387 to

make an appointment. All dogs over 30 pounds will be just \$30 and adult cats \$10. In addition, our 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](http://www.leegov.com/animalservices) or call 533-7387.\**

From page 18

Strange But True

from “Well, not anymore after you removed it” to “No whey.”

- When Benjamin Franklin invented his own harmonica, it became so popular in Europe that Mozart and Beethoven composed music for it.
- Research has shown that everyone has up to six doppelgangers. However, your chance of actually meeting one of your own in your lifetime is only nine percent.
- Shoppers have proved willing to pay a premium for cage-free, organic or wild-caught ingredients. But can they trust their suppliers? Sure, with the use

of a tracking device. ZhongAn Online, a Chinese insurance company, has outfitted more than 100,000 chickens with sensors uploading information such as how much exercise each chicken gets and what it ate. The company is also working on facial-recognition technology so consumers can one day ensure the organic chicken they saw on the farm is the one that ends up on their plate.

- In 1969, passengers on a hijacked plane thought they were on a prank-ridden camera show because *Candid Camera* host Allen Funt also was on board.

THOUGHT FOR THE DAY

“Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you too can become great.”  
– Mark Twain

TRIVIA TEST

1. **Geography:** Which capital city is located on the Tiber River?
2. **Literature:** What is the home team of the main character in the baseball poem *Casey at the Bat*?
3. **Movies:** What is the name of the treelike character in *Guardians of the Galaxy*?

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Female looking to rent Oct-May. Master gardener/landscaper able to do yard work or pet sit if needed. Will consider all types of rentals: house, apt, boat etc.  
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7/24 ★ 8/7

**WANTED – ANNUAL RENTAL**  
Seeking 3-bedroom, 2-bath annual rental for family with two dogs. Two-year lease preferred.  
Please call Chuck, 239-209-6500.  
7/10 ★ 7/31

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7/10 ★ 9/25

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HELP WANTED

**CAREGIVER NEEDED FOR LIVE-IN ON SANIBEL ISLAND**  
Take care of elderly woman 100 years old. Contact Alan at 732-259-6629 or Patricia at 732-259-6631.  
7/10 ★ TFN

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

PSA

**AL-ATEEN HELP LINE**  
Are you concerned with a friend or family member's drinking? Call the 24-hour help line of South Florida Al-Anon at 941-564-5098 or visit [www.southfloridaal-anon.org](http://www.southfloridaal-anon.org). Meetings are held every day in Lee and Hendry counties. Al-Ateen meetings are also offered for ages 8 to 18.  
7/31 ★ TFN

FICTITIOUS NAME

**FICTITIOUS NAME**  
NOTICE IS HEREBY GIVEN that the undersigned, desiring to engage in business under the fictitious name of Sanibel & Captiva Charters located at 15001 Punta Rassa Road, Fort Myers, FL 33908, in the County of LEE, intends to register the said name with the Division of Corporations of the Florida Department of State, Tallahassee, Florida.  
Dated at Lee County, Florida, this 31st day of July, 2020.  
Curtis Primeaux  
3169 Twin Lakes Lane, Sanibel, FL 33957.  
7/31 ★ 7/31

GARAGE SALE

**GARAGE SALE**  
1040 S. Yachtsman Drive, Sanibel – East end Sat. Aug. 1 and Sun. 2 from 8 a.m. to 3 p.m. Corvette Auto, 3 Wheel bicycle, housewares and more!  
7/31 ★ 7/31



1. Rome, Italy 2. Mudville 3. Groot 4. 40  
5. George Washington, Thomas Jefferson,  
Theodore Roosevelt and Abraham Lincoln  
6. Milwaukee, Wisconsin 7. Fear of public  
speaking 8. Cu 9. Deer meat 10. 27

1. Surge 2. Upset;  
3. Flashy; 4. Cheap

## FUTURE

## A cartoon illustration of two men in a hospital room. On the left, a man with dark hair and glasses lies in a hospital bed, looking surprised. He has a white bandage on his forehead and an IV drip is connected to his arm. A heart rate monitor is clipped to the foot of his bed. On the right, a man with red hair sits on the floor, wrapped in white bandages like a mummy. He has a speech bubble above him that says "ME? ALLIGATOR ATTACK". The room has a yellow wall and a blue floor. The cartoon is signed "HORTOON" in the bottom left corner.

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

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

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

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Portofino	Miromar Lakes	2016	3,102	\$1,850,000	\$1,815,000	298
Metes And Bounds	Sanibel	1973	3,215	\$1,750,000	\$1,400,000	268
Portofino	Miromar Lakes	2016	3,386	\$1,650,000	\$1,510,000	257
Southport On The Bay	Bonita Springs	1996	4,248	\$1,625,000	\$1,550,000	110
Butterknife	Sanibel	2002	2,773	\$1,399,000	\$1,310,000	11
Carolands	Bonita Springs	2000	2,221	\$1,395,000	\$1,125,000	97
Carolands	Bonita Springs	1985	4,200	\$1,325,000	\$1,200,000	32
Sanctuary At Wulfert	Sanibel	1997	3,506	\$999,900	\$1,000,000	591
Briarcliff	Fort Myers	1990	5,398	\$995,000	\$975,000	268
Dunes At Sanibel Island	Sanibel	1985	1,912	\$949,000	\$865,000	118





*Randy Wayne White ©*

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