



**Beach Morning Bowditch** by Michele Barron Buelow  
image provided

## Summer Art Show On The Beach

The 2021 Summer Show of the Fort Myers Beach Art Association (FMBAA) continues to be on display in the FMBAA Gallery until fall. All original artwork hanging on the walls in both galleries is for sale.

Gallery hours are Wednesdays and Thursdays from 9 a.m. to noon. Mini masters continue to be for sale, priced at only \$10 a piece for matted original artwork.

Laura Black is the FMBAA June Artist of the Month at the Shucker's Galleria.



**Laura Black is the Artist of the Month**  
photo provided

Her artwork will be on display until Tuesday, July 13. Shucker's Galleria is located at 1250 Estero Boulevard on Fort Myers Beach.

For more information, visit [www.fortmyersbeachart.com](http://www.fortmyersbeachart.com), email Pam Flaherty at [publicity@fortmyersbeachart.com](mailto:publicity@fortmyersbeachart.com), call 463-3909 or stop by the FMBAA gallery at 3030 Shell Mound Boulevard on Fort Myers Beach.✧

## Broadway Musical Returns To Players Circle

Natalie Brouwer returns to Players Circle Theatre with a new musical, *Pure Gold*, featuring songs from the golden age of Broadway. The show runs Friday to Sunday, June 18 to 20.

Brouwer will be joined by co-stars Matt Michael and piano maestro Brian Gurl. Songs from *Oklahoma*, *Anything Goes*, *Babes in Arms* and *South Pacific* are expected to be included in the performances.

The Friday performance begins at 8 p.m., Saturday at 7 p.m. and Sunday at 2 p.m. Tickets are \$25 general admission and \$35 for VIP.

Jazz pianist and singer Danny Sinoff will continue his Thursday performances with *The Bobby Darin Songbook* on Thursday, June 24 at 7 p.m. Tickets are \$15 general admission and \$25 for VIP.

The Players Circle Theatre has been converted into a nightclub/cabaret style facility, which has limited, spaced seating, temperature checks and sanitizing. Masks are required by audience members until seated. The theater is in compliance with



**Natalie Brouwer**

all CDC guidelines.

A special food and drink menu is available for VIP nightclub patrons. Food and drinks will be served in the theater 45 minutes before performances and during shows. A full dinner and bar are also available at the adjacent Southern Grill.

Players Circle Theatre is located at the Shell Factory and Nature Park, 16554 North Cleveland Avenue in North Fort Myers. For tickets, call 995-3999 or visit [www.playerscircletheater.com](http://www.playerscircletheater.com).✧



**Brian Gurl**



**Matt Michael**

## Dueling Pianos Kicks Off Sounds Of Summer Series

The Sounds Of Summer series returns to the Sidney & Berne Davis Art Center (SBDAC) this summer with three events.

The annual series kicks off with the popular Dueling Pianos on Friday, June 18. Doors open at 6:30 p.m. and the performance begins at 7:30 p.m.

Dueling Pianos, an interactive music experience where the audience picks the setlist, will feature pianists Sarah Hadeka and David Rode on two grand pianos placed back to back in the center of SBDAC's Grand Atrium with an audience seated in the round. The performers will take audience suggestions for the next song in their setlist. However, it's up to the piano players what songs will be featured. Audience members are encouraged to have fun and sing along. The People's Choice Award from the Recaptured juried exhibition will be announced during the show.

On Friday, July 16, a Retro '70s, '80s and '90s dance party will be hosted by 105.5 DJ Selecta AJ. Doors open at 8:30 p.m. and the music will be played from 9 p.m. to midnight. Dressing up in your favorite decade attire is strongly



**Pianists Sarah Hadeka and David Rode**

encouraged.

Experience an evening with singer songwriter Sheena Brook on Friday, August 20. Brook will be playing original songs and talking about the inspiration and the process behind them. She has created her own sound by playing all types

of genres. With her quick wit and ability to connect and interact with the audience, Brook uses techniques like looping to create music on the fly that leaves anyone watching in awe. The Southwest Florida native has a laid back style with an energetic and inviting vibe. She has played



**Sheena Brook**

photo provided

at many festivals, collaborated with hit songwriters and appeared on NBC's *The Voice*. Doors open at 6:30 p.m. and the performance begins at 7:30 p.m.

Tickets are \$10 per person for each evening.

SBDAC is located at 2301 First Street in the historic downtown Fort Myers River District. For more information, visit [www.sbdac.com](http://www.sbdac.com) or call 333-1933.✧



Historic Downtown Fort Myers, Then And Now:

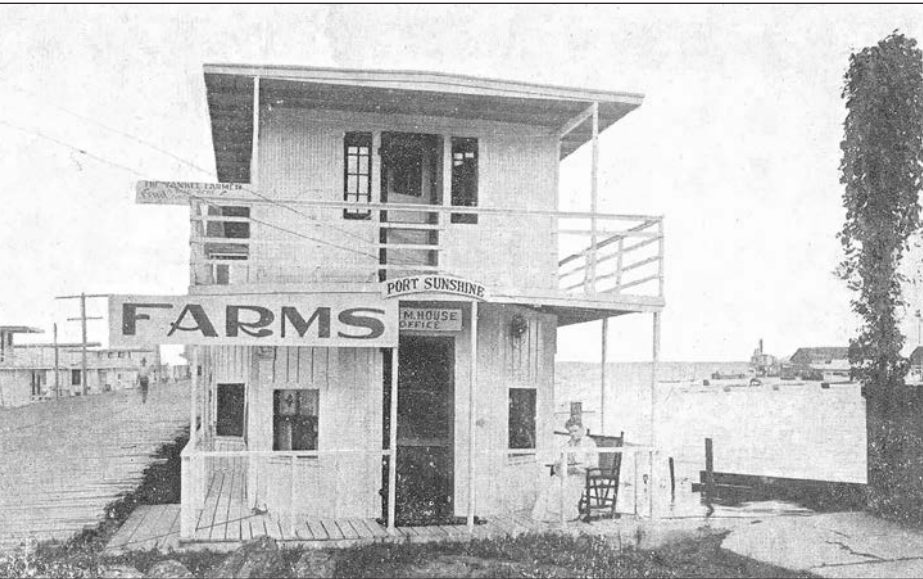
# A Houseboat For House



by Gerri Reaves, PhD

**P**ictured in this circa-1922 advertising-card image is *Port Sunshine*, the houseboat where William M. and Alice M. Stone House lived and worked. The two-story vessel was docked at the seawall at the Hendry Street Dock, also called the Ireland Dock. The woman reading on the lower deck is probably Alice. In those days, the dock was a virtual avenue of businesses, home to Gulf Oil Refining, boat supply and marine repair shops, a dry dock, steamship company and a warehouse. In the right distance is the City Dock at the foot of Jackson Street, also chocked full of businesses, ranging from a steamship line, taxidermist and lunchroom, to a tailor, fish house and cigar factory.

The card was an advertisement for House’s real estate business, which adopted the catchy slogan “Florida Dirt for Sale.” Note the large signs reading “FARMS,” and on the upper deck, “Yankee Farmer.” The ad printed on the card’s reverse side is a bit hyperbolic, but that was typical in the years leading up to the South Florida land boom. House was selling truck, stock and fruit farms of various types, sizes and prices, near the city or the Gulf, for \$15 to \$30 per acre. The “fertile” land would double in value, the card read, and “when improved advance 1,000 per cent”! The Houses had settled in Fort Myers around 1910, after previously spending two winters in town. Fondly known as Uncle Billy, William had been born in New York, but “went west” when young. He served in a calvary from Michigan during the Civil War and ended up as a superintendent of schools in North Dakota. He was “an enthusiastic amateur astronomer,” his obituary stated, so much so that



William M. House lived and worked on this houseboat, Port Sunshine. As seen in this circa-1922 advertising-card image, it was docked at the foot of the Hendry Street dock. At right in the distance is the Jackson Street dock. The woman reading on the lower deck is probably Alice, House’s wife. photo courtesy SWFL Historical Society



The houseboat’s former berth is now pavement. Both the downtown docks were demolished about 80 years ago. photo by Gerri Reaves

he lectured to public school students about the topic and published letters in the local press about upcoming astronomical events. Alice died in 1923, but Uncle Billy continued to live on the houseboat for years, even after the 1926 hurricane blew off the top deck and sank it. He just bailed out the boat and stayed. He always participated in the Armistice Day parades, which started in 1918 to honor the end of World War I. As the years went by, William played an increasingly prominent role at memorials honoring Civil War veterans. They were dying off, and he was one of the few left. In 1934, the houseboat sank again, and he went to live in a house on Katherine Street. He died the following year – just five days before his 87th birthday and three days before the only two remaining Civil War veterans in Fort Myers – both of the Union -- gathered to celebrate a birthday. Uncle Billy was missed. Walk to Hendry Street a bit south of Bay and imagine a time when a comfortable houseboat was docked there. Then visit the following research centers to learn more about the lively business scene at the Ireland Dock in early Fort Myers. Hours might be affected by the coronavirus pandemic, so call first. The Southwest Florida Historical Society is an all-volunteer, nonprofit organization open Saturday between 9 a.m. and noon. 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: Archives of the Southwest Florida Historical Society, the *Fort Myers Press*, and *The News-Press*.✧

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FROM THE BEACHES TO DOWNTOWN FORT MYERS

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Sizzy Griddles

photo provided

## Art Therapy Activities To Help Victims Of Abuse

**L**ove Your Rebellion (LYR) *Issue 15: Metamorph* blends art, writing, nature and art therapy to help clients of Abuse Counseling and Treatment, Inc. (ACT).

LYR will donate 250 copies of *Issue 15* to ACT for use with their clients. The issue will also be given out to people who use services at ACT's Rape Crisis Center. This donation is made possible in part by a grant from the City of Fort Myers.

*Issue 15* features art by Danielle Branchaud, Jodie Griffiths and Ashley Resurreccion, and poetry by Morgan Schiller. The issue also features nature-themed therapeutic arts activities created with licensed marriage and family therapist Rebecca Martinez-Thomas.

After more than a year indoors, the LYR staff wanted to reconnect with the outside world. The new issue's theme, *Metamorph*, uses each element to inform art therapy activities that help readers stay connected to themselves during a transition. Beginning with the element air, *Aria: Song of Self* offers a meditation activity from Martinez-Thomas that offers guidance for creating affirmations and a personal mantra. In the following activity, *Gather Your Resources*, tap into the power of water to help identify and prioritize values. *Use Map it Out* to make connections between the earth, the past, the present and the future. The final activity, *Flicker and Flame*, uses body movement to ignite optimism and passion.

Southwest Florida brand photographer Jesi Cason has been instrumental in helping LYR realize its elaborate cover shoot ideas. This time, Cason is also featured on the cover, alongside Southwest Florida drag star Sizzy Griddles, artist Ever Neat-Sullivan, writer and artisan Rasheeda Shahid and hairstylist Sky Shaw. Cover models represent members of groups that LYR serves, including women, people of color and people from LGBTQIA

communities.

"Metamorph represents a desire to reconnect," said LYR founder Angela Page. "By the time the issue comes out, the U.S. will be reopening, and many people will be re-entering the world for the first time in over a year. Re-emerging can be exciting, but it also might require some support."

The issue's official release is on Tuesday, June 15. Pre-order includes an exclusive bookmark with a message from the LYR zine staff, a sticker featuring LYR's Zine Library mascot Starsie and two artists postcards featuring works by Cesar Aguilera and David Acevedo. All purchases of the issue support future donations of the LYR zine to ACT.✧

## Country Music Hits At Theater

**R**ebecca O'Quinn, who previously appeared in *Broadway Babes*, returns to the Players Circle Theatre in *Ladies Of Country Music* from Friday, June 11 to Sunday, June 13. The Friday performance begins at 8 p.m.; Saturday's show is at 7 p.m.; and Sunday's show is at 2 p.m.



Rebecca O'Quinn

O'Quinn will sing the greatest hits of Patsy Cline, Tammy Wynette, June Carter and Dolly Parton. She sings and plays guitar with Brad Curtioff on the piano. Tickets are \$25 for general admission and \$35 for VIP seating.

The theater has been converted into a nightclub/cabaret style facility, which has limited, spaced seating, with temperature checks and sanitizing; masks required by audience members until seated.

Players Circle Theatre is located at the Shell Factory and Nature Park at 16554 North Cleveland Avenue. For tickets, call 800-3292 or visit [www.playerscircletheater.com](http://www.playerscircletheater.com).✧

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Fort Myers Art:

# Theater Company Earns Grant For Original Play



by Tom Hall  
**T**he National Endowment for the Arts has awarded Ghostbird Theatre Company a \$10,000 Arts Projects grant to support the development and production of an

original play by James Brock. With the working title of *One Island*, Brock's latest play is among the more than 1,100 projects across America that were selected during this second round of Grants for Arts Projects fiscal year 2021 funding totaling nearly \$27 million. "As the country and the arts sector begin to imagine returning to a post-pandemic world, the National Endowment for the Arts is proud to announce funding that will help arts organizations such as Ghostbird Theatre Company re-engage fully with partners and audiences," said NEA Acting Chairperson Ann Eilers in announcing the award. "Although the arts have sustained many (challenges) during the pandemic, the chance to gather with one



Ghostbird Theatre Company staff members

another and share arts experiences is its own necessity and pleasure." Since its founding in 2012, Ghostbird is the only theater company in the American South that is fully committed to site-specific theater. Over nine seasons, Ghostbird has built a national reputation for cutting edge, experimental productions that shatter theater's traditional fourth wall. "This national recognition of our collective work affirms our mission to produce intimate, site-influenced theatrical experiences for our community," said Ghostbird's Artistic Director Barry Cavin. "This grant makes it easier for us to announce we are ready to celebrate our

brand of live theater once more." *One Island* will be a collaboration among playwright James Brock, U.S.-Irish poet Kimberly Campanello and Los Angeles-based theater artist Brittany Brady. The play celebrates the remnant Pangaeaic Central Mountains, starting from the Florida Keys, running along the Appalachians to Arcadia, crossing the Atlantic to Ireland through England into Morocco.

"Conceptually, the play will build on the metaphor of Pangaea," said Brock. "We are simultaneously linked in an ancient geography and separated in a culturally, economically, socially atomized world. Our intention is to create for the audience a space of genuine creative engagement, which brings forth their own imaginative and empathetic gifts, to recognize their own fluid, watery identity and our mutual connections." The grant enables Brock, Brady and Campanello to spend the summer sharing ideas, exchanging their writing and developing a working draft. "Right now, it's a mixture of poetry, stories and meditations," said Brock. "It feels like a kind of excavation process, where we are independently digging, pulling up new material and then immediately sharing it with one another. I am not sure what we have yet, but it is already one of the most exciting and challenging collaborations I have been engaged in."

Brock is a founding member and producing director of Ghostbird Theatre Company. An actor, playwright and poet, Brock is also professor of English at Florida Gulf Coast University. His playwriting credits include *Everyone on this Train* (2018), *The Chicken Play* (which he co-wrote with Hanny Zuniga) (2016), *The Guardsman*, a translation of Ferenc Molnar's comedy (2015), *Because Beauty Must Be Broken Daily* (2014) and *The Pumpkin Grower* (2012). Brock possesses more than 30 years of teaching experience in higher education and is author of four books of poetry, vis: *Gods & Money* (2010), *Pictures That Got Small* (2005), *Nearly Florida* (2000) and *The Sunshine Mine Disaster* (1995). In addition to the NEA grant, Brock has won fellowships from the Alex Haley Foundation, the Tennessee Arts Commission and the Idaho Commission for the Arts for his poetry, and the

National Endowment of the Arts. He also curates *Versed in Florida* for WGPU. Although now based in Los Angeles, Brady was also a Ghostbird co-founder (along with Brock, Philip Heubeck and Katelyn Gravel). She remains in contact with Ghostbird and her fellow founds, and returned two years ago to direct *3*, a play penned by Brock that explored the relationship of three transgressive women, each with her own trouble and yet dependent on the other two. For Ghostbird's inaugural season, Brady directed Maria Irene Fornés' *Mud*, Brock's *The Pumpkin Grower* and Samuel Beckett's *Endgame*. From there, she went on to direct August Strindberg's *Miss Julie*, Brock's *Because Beauty Must Be Broken Daily*, Rajiv Joseph's *Gruesome Playground Injuries*, Eugene Ionesco's *The Bald Soprano*, her own original adaptation of Maxence Ferminé's *Snow*, Anne Carson's *Antigonick* (which was performed at artist Marcus Jansen's UNIT A Contemporary Art Space) and Beckett's *Rockaby*. Before she departed to pursue her master of fine arts degree at CalArts in Los Angeles, Brady was also awarded two individual artists grants from the City of Fort Myers. Campanello is a dual Irish and American citizen living in York. Her poetry publications include *Consent*, *Imagines* and *Strange Country* (both on the sheela-na-gig stone carvings), *Hymn to Kali* (her version of the Karpuradi-stotra) and running commentary along the bottom of the tapestry. *MOTHERBABYHOME*, a collection of 796 conceptual and visual poems on the St. Mary's Mother and Baby Home in Tuam, Co. Galway, was published by zimZalla Avant Objects in April 2019. Her poems have appeared most recently in *3am's Poem Brut* series, *Poem Atlas's Escapisms*, *Junction Box*, *The Abandoned Playground*, *Fortnightly Review*, *The London Magazine* and *Poetry Ireland Review*. More new poems are forthcoming in *The White Review* and *The Cambridge Literary Review*. Campanello won a 2019 Markievicz Award from Ireland's Arts Council and the Department of Culture, Heritage and the Gaeltacht for (S)worn State(s), a poetry collaboration with Dimitra Xidou and Annemarie Ni Churreáin (forthcoming from The Salvage Press) and an Arts Council Ireland 2020 Literature Project Award for a digital writing collaboration with Christodoulos Makris and Fallow Media. She has been awarded residencies at the Fundación Valparaíso, the Heinrich Böll Cottage, The Studios of Key West and the Centre Culturel Irlandais in Paris. Brock and Ghostbird expect to produce *One Island* in May of 2022. Ghostbird Theatre Company will be announcing its full 2021-22 season later this summer. For more information on the projects included in the Arts Endowment grant announcement, visit [www.arts.gov/news](http://www.arts.gov/news). Tom Hall is both an amateur artist and aspiring novelist who writes art quest thrillers. He is in the final stages of completing his debut novel titled Art Detective. A former tax attorney, he lives in Estero with his fiancé and their four cats.\*

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## Garden Council Elects Officers

The Fort Myers-Lee County Garden Council recently elected officers. The council has closed tours of the Berne Davis Botanical Garden for the summer months and is providing rejuvenation of the garden for its opening for tours on October 5.

The 2021-22 officers of the Fort Myers-Lee County Garden Council include: Hamilton Agnew, treasurer; Judy Francino, outgoing president; Susan Lawson, president; Laura Jibben, outgoing advisor; Bernadette Hamera, outgoing advisor; Debbie Hughes, outgoing advisor; Sylvia Lightbody, corresponding secretary; Charlene Anderson, recording secretary; Francesca McIntyre, assistant treasurer; Paula Novander, advisor; Mitzi Marckesano, advisor; Bonnie McClure, outgoing recording secretary; Sylvia Swartz, second vice president; Diane Schmidt, outgoing assistant treasurer; and Mae Jean Nothstine, first vice president.

The council will be holding its flower show on November 19 and 20. The theme is The World Is Yours to Explore.



From left, Hamilton Agnew, Judy Francino, Susan Lawson, Laura Jibben, Bernadette Hamera, Debbie Hughes, Sylvia Lightbody, Charlene Anderson, Francesca McIntyre, Paula Novander, Mitzi Marckesano, Bonnie McClure and Sylvia Swartz photo provided

It will honor outgoing president Judy Francino.

The Fort Myers-Lee County Garden Council was formed in 1957. Membership provides an opportunity to

learn about floral design, growing plants suitable for our locale, and conservation methods. The council assists in educating and beautifying the community, and improving the environment. The Council is a member of the National Garden

Clubs, the Florida Federation of Garden Clubs and American Public Gardens Association.

For more information, contact the council at [fmlcgardencouncil@gmail.com](mailto:fmlcgardencouncil@gmail.com) or 332-4942.✱

## Red Snapper Season Opens

As of June 4, the recreational red snapper season has started in gulf state and federal waters off Florida and will remain open through July 28, closing July 29.

"We are excited about Gov. DeSantis' recent announcement of this year's 55-day gulf red snapper summer season, it is one of the longest we've had since the FWC began managing the season in state and federal waters," said Florida Fish and Wildlife Conservation Commission (FWC) Chairman Rodney Barreto.

For-hire operations that do not have a federal reef fish permit may also participate in the season but are limited to fishing for red snapper in gulf state waters only.

If you plan to fish for red snapper in any state or federal waters off Florida from a private recreational vessel, even if you are exempt from fishing license requirements, you must sign up as a state reef fish angler (annual renewal required). Sign up at [www.gooutdoorsflorida.com](http://www.gooutdoorsflorida.com). To learn more, visit [www.myfwc.com/srfs](http://www.myfwc.com/srfs).

State reef fish anglers might receive a questionnaire in the mail regarding their reef fish trips as part of Florida's state reef fish survey. These surveys were developed

specifically to provide more robust recreational data for management of red snapper and other important reef fish, and have allowed FWC the unprecedented opportunity to manage gulf red snapper in state and federal waters. If you receive a survey in the mail, you are asked to respond whether you fished this season or not.

When catching red snapper and other deep-water fish, look out for symptoms of barotrauma (injuries caused by a change in pressure), such as the stomach coming out of the mouth, bloated belly, distended intestines and bulging eyes. When releasing fish with barotrauma, use a descending device or venting tool to help them survive and return to depth. Learn more at [www.myfwc.com/fishhandling](http://www.myfwc.com/fishhandling).

To learn more about the recreational red snapper season in gulf state and federal waters, including season size and bag limits, visit [www.myfwc.com/marine](http://www.myfwc.com/marine) and click on "Recreational Regulations" and "Snappers," which is under the "Regulations by Species - Reef Fish" tab. To keep up to date on Florida's saltwater fishing regulations, download the Fish Rules App. Learn more at [www.fishrulesapp.com](http://www.fishrulesapp.com), [instagram.com/fishrulesapp](https://www.instagram.com/fishrulesapp) or [facebook.com/fishrulesapp](https://www.facebook.com/fishrulesapp).

The gulf federal season for for-hire operations with federal reef fish permits is June 1 through August 2.✱



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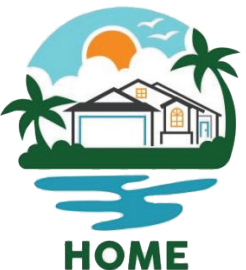
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# School District Honors Mentor Of The Year

The School District of Lee County honored Allison Delude-Kerner with the 2nd annual APPLES Mentor of the Year award. Delude-Kerner is peer collaborative teacher at Harns Marsh Middle School. APPLES mentors provide support to new and beginning teachers.

“I think being a teacher is the best job in the world,” Delude-Kerner said shortly after being presented the award. “I wake up excited to go to work. I went into this field because I wanted to foster that feeling in other teachers. I want to keep that flame alive for us.”

Delude-Kerner joined the district and staff at Harns Marsh Middle School in August 2016. She spends half her day teaching English language arts. The other half is devoted to coaching and mentoring her fellow teachers. She observes them in class, helps them write instructional plans and provides feedback so they can be the best teachers possible.

“Allison is beloved by our staff, administration, faculty and students,” said Harns Marsh Middle School Assistant Principal Dr. Joseph Restino. “Her ability to connect to and support everyone is unparalleled. She is a relationship guru in the way she shows patience, understanding and kindness



**Allison Delude-Kerner** photo provided while still encouraging those around her to be their best and to grow and improve.”

The School District of Lee County’s APPLES Program (Accomplished Professional Practices for Lee County Education System) offers a multi-tiered system of support to new and beginning teachers. One layer of support is that of the APPLES Mentor. APPLES Mentors were nominated by their administrators, a selection committee picked finalists, and then interviewed them to choose the award winner.✧

# Public Media Documentary On Surviving Disasters

Les Stroud just might have the antidote to worrying. And in this modern world, that’s a really good thing. Because, there’s an uncomfortable reality that is hard to ignore: As long as the earth is a fixture in the heavens, the possibility of a natural disaster is always present.

But skip the fear and go straight to confidence and empowerment by watching the new documentary *Surviving Disasters with Les Stroud*, presented by WGCU Public Media and American Public Television. The program made its Southwest Florida public media debut on WGCU PBS on June 8 and airs again on Saturday, June 12 at 1:30 p.m.

Stroud shows that preparation – the kind that can save your life – does not have to be complicated. It can be a simple task-by-task effort. Then, long before the next hurricane/earthquake/blizzard/ice storm or flooding occurs, you can be as ready as you are ever going to be to handle it all.

While it would be easy to feel overwhelmed by all the possible ways to protect yourself and your loved ones, Stroud simplifies the three-part process of preparing for, surviving and finally recovering from a natural event. You can even leave the idea of “disaster” behind, because even though those challenging

natural occurrences are inevitable, the result does not have to be devastating.

In *Surviving Disasters with Les Stroud*, you will obtain life-saving information about obtaining food and water; about dealing with electricity; about preparations for seniors and people with access issues, as well as pets and children; about how to communicate when normal methods are not available; about travel, medications, evacuation, house and vehicle preparation.

Stroud, himself, was prepared for the documentary when the pandemic hit. Having completed his travels to Florida, Texas, Idaho, Minnesota, Oregon and the U.S. Virgin Islands, among other destinations, and completed most interviews, he was able to wrap up the documentary with a few Zoom calls during COVID-19 lockdowns. Surviving a pandemic became an aspect of the documentary as well.

“This isn’t a Weather Channel show,” Stroud said. “It’s about what we all can do to prepare for any natural disaster.” For instance, do you know what items are essential for an emergency kit? You will, after watching this documentary.

*Surviving Disasters with Les Stroud* is the result of a \$75,000 grant from APT, based on a “Pitchfest” at an annual conference in 2019, when teams of producers vied for funding for their documentary ideas. WGCU Associate General Manager for Content Amy Shumaker and Stroud impressed the industry experts and were awarded a grant. As a result, WGCU is the presenting station for the film.✧

# 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.

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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](http://www.revtedalhouse@aol.com) 10200 Cypress Cove Circle, 850-3943.

**CHAVURAT SHALOM**  
For summer (June, July, August) 7:30 p.m. Friday Shabbat services every week. Other programs on vacation. [ChavuratShalom@gmail.com](mailto:ChavuratShalom@gmail.com).

**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.crownofflifelutheran.com](http://www.crownofflifelutheran.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 9 and 11 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.fpcforymyers.org](http://www.fpcforymyers.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.lambogodchurch.net](http://www.lambogodchurch.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.

**SAMUDRABADDA BUDDHIST CENTER**  
Meditation classes. [www.MeditationInFortMyers.org](http://www.MeditationInFortMyers.org), 567-9739.

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

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

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

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

**SAINT NICHOLAS MONASTERY**

Sunday 9:30 a.m., [www.saintnicholasmonastery.org](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 or call 395-1213.*✧





Native mock bishopsweed is the larval host plant for the black swallowtail butterfly  
photo by Gerri Reaves

#### Plant Smart

## Mock Bishopsweed

by Gerri Reaves

If mock bishopsweed's (*Ptilimnium capillaceum*) feathery foliage reminds you of carrot tops, dill, or fennel, that's no surprise, for they are all members of the carrot family.

The apiaceae family is also referred to as the celery or parsley family, so mock bishopweed's other common name, herbwilliam, makes sense too.

The pretty dissected leaves are aromatic, like those of its relatives, but are not edible.

This fast-growing species works well in a moist natural, butterfly, or wildflower garden in full sun. It is the larval host plant for the black swallowtail butterfly, and the nectar attracts flies and wasps too.

The plant is native and widespread in the eastern half of the U.S., occurring in wet habitats such as swamps and along streams, ditches and swales.

The erect hollow stems usually reach

one to two feet tall.

Umbrels, or umbrella-shaped clusters, of minute dainty white flowers extend above the alternative threadlike leaves.

The flowers have five petals, sepals and stamens, and bloom all year in South Florida.

Forked threadlike bracts, which are leaf-like structures, appear below the compound umbrels.

This herb will not tolerate salt water or salt wind. It has little drought tolerance, but a deep taproot helps it survive adverse conditions. It will grow even in nutrient-poor soil but needs organic content to do well.

Propagate it with the tiny egg-shaped seeds or let it self-sow, which it does readily and prolifically on moist bare soil.

Sources: *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, [www.flawildflowers.org](http://www.flawildflowers.org), [www.hawthornhillwildflowers.blogspot.com](http://www.hawthornhillwildflowers.blogspot.com), [www.regionalconservation.org](http://www.regionalconservation.org), and [www.wildsouthflorida.com](http://www.wildsouthflorida.com).

Plant Smart explores the diverse flora of South Florida.✱

## State Budget Declared A Win For Environment

On June 2, Gov. Ron DeSantis signed the fiscal year 2021-22 State of Florida budget, which continues support of his key environmental initiatives and programs.

According to the Florida Department of Environmental Protection (DEP), the unprecedented investment in Florida's environment will enable DEP and its partners to continue to:

Expedite Everglades restoration through sound science and project collaboration, putting the state on track to complete key projects over the next two years, including C-44 and C-43;

Achieve significant water quality improvements throughout the state by implementing targeted water quality projects, including septic conversions and upgrades, and wastewater and

stormwater improvements;

Protect and restore Florida's springs;

Support Florida's growing need for water supply through conservation and reuse projects;

Protect and preserve Florida's unique natural resources through land acquisitions, including a focus on wildlife corridors; and

Prepare state communities for the effects of climate change through technical assistance and funding to address flooding, erosion and ecosystem changes.

"Thanks to the governor's bold vision and the continued support of the legislature, Florida's environmental priorities have remained strong and our natural resources are better protected today than they have ever been," said DEP Secretary Noah Valenstein. "The critical funding allocated in this year's budget will enhance the state's steadfast dedication to improve the health of Florida's environment and ensure our natural resources are a legacy for future generations to enjoy."✱

## Canal Pathway Contract Passed

The Lee Board of County Commissioners voted recently to approve a design contract for the six-mile long Able Canal shared-use pathway in Lehigh Acres.

Florida-based Kisinger Campo & Associates Corp. will design an approximately six-mile-long, shared-use pathway with a bicycle/pedestrian bridge, high-emphasis crosswalks, shade structures, landscaping and other amenities. It will create additional access and connections for pedestrians and bicyclists to community points of interest and destinations in the Able Canal corridor from Harns Marsh to Joel Boulevard.

Kisinger Campo & Associates Corp. was selected following competitive negotiation among seven proposals for the \$900,000 design contract. This

planned and budgeted project will be fully funded through Florida Department of Transportation's Local Agency Program (LAP) and Regional Parks Impact Fees.

The board voted on April 20 to accept an interlocal agreement with the Lehigh Acres Municipal Services Improvement District (LA-MSID) that authorizes Lee County to develop, operate and maintain the linear park along the northern side of Able Canal in Lehigh Acres.

The pathway has the potential to foster healthy recreational activities, as well as provide convenient and safe non-motorized access between numerous residential, commercial, recreational and civic destinations. This could reduce motor vehicle traffic in Lehigh Acres.

The property is owned by LA-MSID and the district will be closely involved in the design, permitting, construction and subsequent operation and maintenance of the park. The district will be responsible for the operation and maintenance of infrastructure not associated with the linear park project.✱

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# Summer Has Arrived



by Capt. Matt Mitchell

Fishing during these hot sticky summer days requires either getting out early or later after the afternoon thunderstorms are done. These often fast-moving, strong storms will be part of our daily pattern for at least the next few months. As our water temperature has crept up to what can only be described as hot, fish are most active during the first few hours after sunrise and then again after the afternoon rain cools things off. Big fish are what summer fishing is all about. Not only is our tarpon fishing going on, big snook and redfish are also a great option.

When targeting tarpon, you should get to the fish at first light. It can make all the difference. Fishing for tarpon as the sun slowly lights things up will give you the best shots at these fish. Areas in the northern sound were the most productive this week, with North Captiva and Cayo Costa being the hot spots. Both pitching live baits at laid-up fish and soaking cut baits did the trick. Even though the tarpon are often still showing this bite by mid-morning, they tend to shut down.

Pass fishing offers anglers lots of options with not only tarpon moving through these areas, but huge amounts of snook stacking up on any structure. Docks and snags in the passes were great places to fish. Big redfish also crashed the party this week with many over 30 inches being caught within close proximity to the passes. During clear water conditions, the herds of snook that can be sight-fished can only be described as impressive. Along the beaches, any downed trees, flat rock and snags have also been a good bet for not only snook but some really big trout to complete that inshore slam.

Shiners are slowly disappearing as the seasonal change over to fishing with pinfish and grunts has begun. Setting bait traps to catch these pinfish is a great option and doesn't require much effort to have plenty of live bait. I bait my traps daily with Spanish sardines and set them in grassy areas in five to seven feet of water. These traps catch a wide variety of bait that often includes crabs for tarpon fishing. Although I'm currently still throwing a cast net for shiners, the traps are insurance that I will always have live bait.

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).\*



Matt from West Virginia completed an inshore slam during his first Southwest Florida fishing trip photo provided



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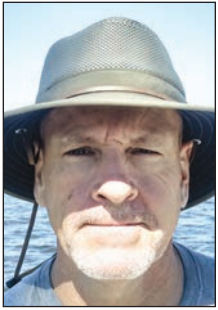


**Dave Doane**



## CROW Case Of The Week:

## Great Crested Flycatcher



by Bob Petcher

The great crested flycatcher (*Myiarchus crinitus*) is a colorful bird with a lemon-yellow chest area that has a penchant for insects and, strangely, fruit.

At CROW, a fledgling great crested flycatcher was admitted from Lehigh Acres after being found on the ground. Upon admission, veterinarians found the patient to be thin, moderately dehydrated and with a quiet mentation that was suspected to be caused by a fall from its nest. The bird was given fluids, honey and placed under supportive care in the baby room.

"All of our young patients receive a small swab of honey to combat hypoglycemia," said CROW Rehabilitation Manager Breanna Frankel. "Many of our patients have been without food or water for up to 24 hours, so offering honey helps to correct low blood sugar. As with people, low blood sugar can lead to issues such as weakness and dizziness."

After a few days in the hospital, the great crested flycatcher began to improve.



Patient #21-2803 appears to be gaping for food

photo by Brian Bohlman

The patient became more alert, started perching and began to gape for food.

"They perform a begging-like behavior when stimulated by light or sound changes," said Frankel, when asked how one can tell a bird's gaping is for food. "Often times, nestlings sit up very straight and open their mouth very wide while making begging sounds. As they get older, the behavior evolves around their development."

A young patient's eating habits can be learned in captivity.

"Fruit and insects are absolutely part of their diet here. We do our best to

reflect natural diets, so they know what to do and what to look for when they go back to the wild," said Frankel. "As flycatchers grow and begin to perch and fly, they start to learn feeding behaviors that simulate 'eating on the wing.' This species catches and eats its food while flying. We mimic that by teaching them how to fly by and grab insects off hemostats.

The patient continues to receive around the clock care, which reportedly includes feedings up to 13 times a day.

"Many of our birds do not self-feed until they are fledgling to juvenile age. If

an animal has 13 feeds a day, that means an individual – staff, student or volunteer – is feeding the animal whatever diet it requires until it is no longer hungry," said Frankel. "Typically, if an animal is getting 13 feeds a day, it may be two weeks before they are eating on their own but, at that size, they still might require assist feeds."

It is important for finders to make sure the young bird or animal is actually injured and not just loose from its nest.

"If the animal was bright, perky and actively being fed by mom or dad, there would be no reason for it to come to the clinic. In this case, due to the quiet mentation, it was good for the animal to come in because it took a full 24 hours before we saw improvement," said Frankel. "If a young animal is on the ground, it's important to monitor for the parents because the parents are their best option for learning critical survival skills. In many situations, we can create faux nests and wedge healthy babies back up in trees where they are safe from ground dwelling predators, but the parents will continue to care for them.

"We are always their last option; we are never their best option."

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).

## Grow Your Stevia

by Melinda Myers

Sweeten your meals by growing your own sugar substitute in gardens or containers. Stevia is nature's own sweetener that can be snacked upon fresh or added to soups, sauces or beverages.

Start plants from seed, cuttings or transplants. Seeds are difficult to find and even more difficult to sprout. Use this method if you like a gardening challenge.

Reduce your effort and increase success by starting with transplants. Check garden centers and mail order catalogs for plants. Place stevia plants 12 inches apart in full sun or light shade with moist, well-drained soils. You will get the best growth and most leaves during the long warm days of summer. Incorporate a low nitrogen slow-release fertilizer in the soil or potting mix at planting.

Water new plantings often enough to keep the roots and surrounding soil slightly moist. Gradually extend the time between watering. Thoroughly water whenever the top few inches of soil are crumbly and slightly moist. Spread a layer of organic matter over the soil surface. Mulching helps conserve moisture, suppress weeds, and improve the soil, reducing your time weeding and watering.

Harvest leaves as needed for sweetening your dishes. Munching on a single leaf can help suppress a sweet craving. You may be able to pass on a candy bar and go for a healthier option.

Dried leaves stored in an airtight jar will last for several years.



Stevia can be grown indoors or out as long as the plants receive proper care

photo courtesy [www.MelindaMyers.com](http://www.MelindaMyers.com)

You can grow stevia indoors in a bright sunny window or under artificial lights. Growing stevia indoors or out can add flavor to your beverages and meals and fun to your gardening experience.

Melinda Myers is the author of more than 20 gardening books, including *Small Space Gardening*. She hosts *The Great Courses How to Grow Anything DVD series* and the nationally-syndicated *Melinda's Garden Moment TV and radio program*. Myers is a columnist and contributing editor for *Birds & Blooms* magazine. Her website is [www.MelindaMyers.com](http://www.MelindaMyers.com).



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By Jean M. Burks and Kory Rogers  
Shelburne Museum

JUNE 29 • 5 PM

## CURATOR'S CHOICE: NEW PHOTOGRAPHS OF EXTRAORDINARY SHELLS, AND THE DIGITAL IMAGING PROJECT AT THE NATIONAL SHELL MUSEUM

By José H. Leal, Ph.D.  
Bailey-Matthews National Shell Museum

JULY 13 • 5 PM

## OYSTERS: A CRYSTAL BALL FOR WATER QUALITY IN SOUTHWEST FLORIDA

By Melissa A. May, Ph.D.  
Florida Gulf Coast University

JULY 27 • 5 PM

## SUPERSIZED SQUID

By Rebecca Mensch  
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A fledgling common grackle

photo provided

## Record Number Of Admissions At CROW

The Clinic for the Rehabilitation of Wildlife (CROW) admitted its 3,000th patient of 2021 on June 2, three weeks earlier than reaching the same number of admissions in 2020. The patient, a fledgling common grackle, was rescued in Fort Myers after being found in the back of a work truck.

"It is astonishing how the number of patients admitted to our hospital continues to grow year after year,"

said Alison Charney Hussey, executive director for CROW. "Our staff, students and volunteers continue to give their all to treat and rehabilitate our patients. The support of the community with their time, talents and treasures allow us to continue our mission."

As the 3,000th patient, the grackle marks a milestone for patient admissions. So far this year, CROW has seen an approximate 15 percent increase in patient totals as of the same date last year, a year which ended with a record number of admissions. Since 2012, patient admissions to the wildlife hospital have increased by more than 55 percent.

Due to the location of the bird's

nest being unknown, the grackle will be raised in the wildlife hospital until it is old enough to be released. Although in this situation it is needed, humans should be a last resort for raising baby wildlife.

Every year wildlife hospitals like CROW are flooded with young animals that are abducted away from their parents by well-intentioned people who believe these babies to be orphaned. In fact, wild animals are very devoted to the care of their young, and human interference is rarely warranted.

If you see something clearly wrong, like a fallen nest or an obvious injury, contact a licensed wildlife rehabilitator for advice on the next steps before trying to help. In most cases, a fallen nest can be replaced into a tree or nearby bushes, but an injured animal needs medical attention. CROW's wildlife hospital is open 365 days a year from 8 a.m. to 5 p.m. If you find a baby animal and are concerned it may need help, call CROW at 472-3644 for more information and assistance.

If you would like to make a donation to CROW, visit [www.crowclinic.org/donate/donate-today](http://www.crowclinic.org/donate/donate-today) or you can donate through CROW's Facebook page.✱

## Library Summer Reading Program

Lee County Library System's virtual Summer Reading Program titled Tails and Tales will kick off for all ages on Monday, June 14. Participants will explore their imagination through reading and learning adventures about wildlife and folktales.

The Summer Reading Program offers engaging virtual events, weekly Grab and Go activity kits, reading and activity challenges and exciting prizes.

For students, reading over summer break can help prevent the learning loss known as the "Summer Slump" and keep kids on track for the upcoming school year. The purpose of the program is to spark curiosity in even the most reluctant reader by offering activities and reading challenges that are fun and engaging.

During the six-week program, the library is offering virtual programs for pre-kindergarten, children, teens and adults from a variety of performers.

Animal-themed Storytime Anytime! offers the youngest learners a pre-recorded storytime with songs, stories, rhymes and

caregiver tips to promote literacy and language development.

The Emmy Award-winning Page Turner Adventures returns with their signature slapstick steampunk style to entertain kids with daily virtual programs featuring guest authors, crafts and comedy shows.

Teachers of Nature, a team of zookeepers, biologists and naturalists, will present live, virtual programs for teens featuring exotic animals and environmental issues relevant to our area.

A variety of live virtual programs also is offered for adults, including virtual craft clubs, book clubs, literacy classes and author presentations.

Weekly Grab and Go activity kits for all ages will be available on a first-come, first-serve basis at each of the 13 Lee County Library System branches. In addition, each participating child and teen may choose a new, free book from their closest Lee County library branch, while supplies last.

This summer's reading and activity challenges can be completed offline or by logging activity through the READsquared app or website. Paper-based challenges are offered as a screen-free alternative and include fun activities for all ages along with a chance to win an end of summer prize basket. For those who choose to participate using the READsquared app, there are age-appropriate activities that encourage creativity, imagination and exploration on a variety of interests, plus additional prize-winning opportunities.

Participants using the READsquared app or website can earn points by reading and completing activities. The more points earned, the more chances they have to win weekly prize drawings for books, tote bags, journals and more. In addition, participants who complete the online reading program are automatically entered to win the grand prize for their age group: a Little Tikes My First Pet Checkup Set and How to be a Veterinarian Kit for pre-kindergarten; a Nintendo Switch with Super Smash Brothers game for kids; a \$300 Visa gift card for teens; and a Samsung Galaxy Tab A digital tablet for adults.

The last day to log books and complete activities online is August 1. Paper-based entry forms must be turned in to any Lee County Library System branch by August 3, to be eligible for the prize drawings.

To find out more about the Lee County Library System's Tails and Tales Summer Reading Program, visit [www.leelibrary.net/summer](http://www.leelibrary.net/summer).✱

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## Celebrate After A Challenging Year



submitted by  
Cathleen O'Daniel  
Morgan

The School District of Lee County (SDLC) community is closing the door on an incredibly challenging year. As we celebrate this year's

graduates with in-person commencement ceremonies, we are already preparing our classrooms for the teaching and learning of those returning in August.

The 2020-21 school year demanded so much more of students, families and employees than previously imaginable – unprecedented obstacles to teaching and learning; fragile social, emotional and financial networks stretched to breaking; and the upheaval of traditional public education foundations and structures. Yet, because the SDLC community embraces change and is embarked already on a sustainable path of shedding precedents in favor of supporting constructive innovation, our COVID “fall off the cliff” was small and proved the school district could handle sudden change. School and district cultures embraced each member of our learning community and found strength in common purpose and shared challenges. Staying true to our mission and vision, we changed our way of work to remain effective as a learning institution providing safe and healthy learning environments. From schools, district staff, students and families, I hear enormous gratitude for the commitment of the school community to staying the course for our kids. Nothing speaks more powerfully to the strength of an organization than surviving a crisis of unheard-of proportions.

Thank you...!

Families – for supporting your children, their teachers and schools; mask wearing and social distancing were difficult asks of you, as were virtual learning and quarantines.

Food Service employees – you fed children and the community non-stop, accommodating constant new demands

for your services.

Maintenance – for keeping our schools and buildings impeccably clean and rapidly updating materials as needed to meet health and safety standards.

Transportation – despite changes in routes and staffing, students regularly were delivered to school and returned home safely.

ITS – for leading the county, state and nation with state-of-the-art technology resources.

District employees – for developing new tools and responsive professional development and curriculum support; for moving financial resources to areas of greatest need and impact; for supporting schools in managing quarantines and providing health and safety materials and education.

School employees – for leaning on and lifting one another with each changing day, taking on unaccustomed duties and responsibilities.

Leadership – for keeping the focus on student learning the Lee County way.

Farewell...!

Superintendent Greg Adkins retires June 30. After 33 years in public education, he departs as the most effective and admired SDLC superintendent in local and state memory. He leaves a dynamic district, transformed by a strategically focused and ambitious district strategic plan – Envision 2030.

Leadership is about inspiring people to do things they never thought they could and about hiring, training and supporting like-minded leaders. As superintendent, Dr. Adkins brought great leadership, a collaborative culture of continuous improvement and a commitment to change. A vision without a plan is a dream. Our plan is embedded in our educational culture and we have the leadership in place to sustain and improve it. Thank you, Dr. Adkins.

Cathleen O'Daniel Morgan is the Lee County School District board member for District 7. Board member for District 7.

## Graduate

Adam Bird of Cape Coral recently graduated from the financial services program at Western Technical College in La Crosse, Wisconsin.

## New Air Service From Germany

The Lufthansa Group will inaugurate weekly nonstop flights between Southwest Florida International Airport (RSW) in Fort Myers and Frankfurt Airport (FRA) in Germany in March 2022. Flights will be operated by Eurowings Discover three times a week between RSW and FRA. The flights will be published by Lufthansa Group. Tickets can be booked online now at [www.lufthansa.com](http://www.lufthansa.com).

For more information about Southwest Florida International Airport, visit [www.flylcpa.com](http://www.flylcpa.com) or [www.facebook.com/flylcpa](http://www.facebook.com/flylcpa).

## Hodges University Commencement

Hodges University will hold commencement for classes of 2020 and 2021 at Hertz Arena on Sunday, June 20 at 4 p.m. The ceremony will also be streamed live on the university's website.

“Last year, COVID-19 caused us to cancel commencement, so this year, we will be celebrating the classes of both 2020 and 2021,” said Dr. John Meyer, president of Hodges University. “We’ll be taking all the necessary precautions so that our graduates can walk across the stage and be recognized for their hard

work and dedication.”

For more information and any updates, visit [www.hodges.edu/graduation](http://www.hodges.edu/graduation).

## Chamber Officer Joins Academy

Employers across the country are facing a skills gap, in which potential employees don't have the right skillset for in-demand jobs. SWFL Inc. is working on a solution for Southwest Florida, with President and CEO Tiffany Esposito joining the Talent Pipeline Management Academy run by the U.S. Chamber Foundation.

“Talent Pipeline Management is all about connecting our employers with educators, and making sure current students are getting prepared with the skills they need to thrive in this region,” said Esposito. “We want students to graduate high school or college and be able to walk right into a career, already having the skills they need to succeed.”

The Talent Pipeline Management (TPM) Academy is an immersive, six-month program that provides leaders with the resources they need to implement TPM in their communities.



Tiffany Esposito

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## Book Review

# Who Is Maud Dixon?



by Di Saggau

Alexandra Andrews' debut novel *Who Is Maud Dixon?* has a cunningly constructed plot with terrific characters and settings. What's more, it's already

bound for Hollywood. The book is about a young editorial assistant, Florence Darrow, who while underpaid and underappreciated, has an extremely bad attitude. Her behavior after a one-night stand with a married man she works with, was especially creepy and ends up with Florence losing her job.

Being jobless doesn't worry Florence, because in her mind the universe is watching out for her. Maybe she's right, as two weeks later she applies for a job as personal assistant to Helen Wilcox, a best-selling author who goes by the pen name of Maud Dixon. Only Florence and Dixon's agent know her real identity.

Florence believes she is destined to become a famous writer. She imagines herself seated behind Helen's desk writing brilliant prose. "I could write

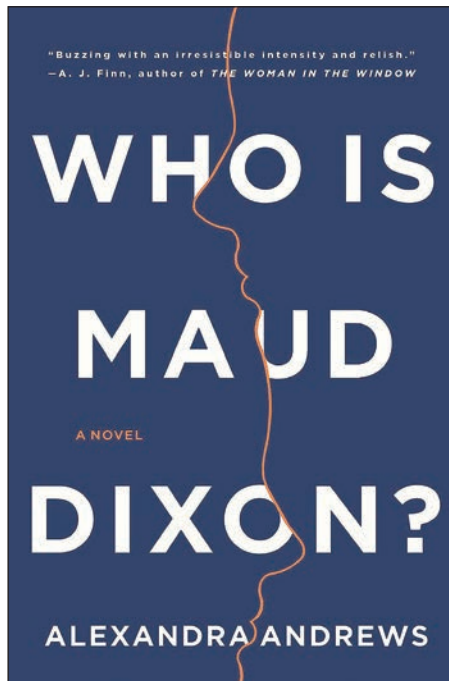


image provided

this," Florence thinks as she reads Helen's manuscript. She takes it upon herself to make a few changes here and there.

The story travels from an isolated estate outside Hudson, New York, to the towering cliffs of Morocco. At this point the comparisons to *The Talented Mr. Ripley* begin to make sense. Andrews' sense of humor peeks around the corner, adding to the fun. What matters most about being in Morocco is that no

one there knows the two women, and Morocco is conveniently outside the jurisdiction of U.S. law enforcement.

Florence is a charming sociopath who battles wits with Helen and what fun it is to see who comes out on top. The book is about ambition, writer's block, the murkiness of fictional inspiration and the desire to invent a

new and better identity. Author AJ Finn said, "Who is Maud Dixon? That's but the first of countless questions to tease you and then rivet you and finally obsess you, as Alexandra Andrews' astonishing debut novel glides and glitters like a snake in Moroccan sunlight. Roaring round of applause here." I suggest you pick this one up.\*

## School Smart



by Shelley M. Gregg, NCSP

**D**ear Shelley, As summer progresses, you're probably already hearing comments from your children telling you that they are bored and

there's nothing to do. While younger children have more organized choices like day camps and other activities to attend, it's often more difficult to find interesting options for older children. Fortunately for Lee County citizens, the Lee County Library System has put together an excellent summer program for middle and high school students beginning on June 24. While this program is designed for students who need service hours, it's a great way for all students to learn about their community and how they can participate in public service.

The library invites children to participate in the Teen Summer of Service Program, a six-week series of virtual events and projects, designed for middle and high school students who need service hours. This series features local organizations that help the community overcome a variety of challenges, from voting rights to the environment and animal protection. Each weekly workshop includes a short presentation, followed by breakout group discussions and activities. Presenters will offer several options for service projects that can be completed in a time and place that works for you. Students can earn up to 25 service hours this summer while helping their community from the comfort of their own home. Space is limited and registration is required. This is a virtual online program that begins on June 24 and is weekly for six sessions ending July 29.

All registered participants will receive a kit of supplies to complete the service projects, along with a free signed copy of *The First Thirty* (NSDL Multicultural Relations Book of the Year) and the companion workbook *A Place to Sit*.

The following are additional details:  
**Speaker Line-Up**

June 24 – Voting Rights with Lee County Supervisor of Elections

July 1 – Helping the Homeless with Lee County Human and Veteran Services

July 8 – Littering with Keep Lee County Beautiful

July 15 – (to be determined)  
July 22 – Animal Abuse with Lee County Animal Services

July 29 – Leadership and Service Q&A with Greg Forbes Siegman (co-author of *The First Thirty*)

At the end of the series, after reading the books, the group will have a chance to take part in a question-and-answer session on Zoom with Greg Forbes Siegman (the recipient of the Jefferson Award for Public Service upon whom the book is based).

### Expectations of Participants

Attend and participate in all six virtual workshops. More than two unexcused absences will forfeit your spot in the program.

Communicate with staff mentor if unable to attend a workshop or complete a project.

Finish projects and return them to library (if applicable) by August 7 to receive credit.

Participants are strongly urged to make sure this program qualifies for their service hour requirements and provide any required paperwork to their staff mentor.

All participants will receive a letter verifying their hours and participation in the program on or after August 10. You may register online at <https://leelibrary.librarymarket.com/events/teen-summer-service-workshop-series-4> or contact Amy-Jane McWilliam at [amcwilliam@leegov.com](mailto:amcwilliam@leegov.com).

Shelley Gregg is former faculty at Florida SouthWestern State College, where she taught 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](mailto:smgreggs@gmail.com) or at [www.schoolconsultationservices.com](http://www.schoolconsultationservices.com).\*

## Drug Abuse Is On The Rise

Narconon reminds families that drug abuse is on the rise in almost every community nationwide. Many families don't know where to turn or what to do about their loved one who is suffering from addiction.

To learn more about how to help your loved one, visit [www.narconon-suncoast.org/blog/a-letter-to-any-family-dealing-with-addiction.html](http://www.narconon-suncoast.org/blog/a-letter-to-any-family-dealing-with-addiction.html).

Narconon can help you take steps to overcome addiction in your family. Call 877-841-5509 for free screenings or referrals.\*



## Health First

## Pets Support Good Health



by Julie Rosenberg, MD

**H**aving pets is typically a joyful and fulfilling experience for individuals and families. You may be surprised at the many ways that pets can improve your health. I know

this firsthand. For most of my life, I've had a dog as a member of my family. I've valued the companionship, as well as the unconditional love and affection that these pets have offered. I am a happier and healthier person because I have enjoyed the company of these wonderful dogs.

Having a pet may offer these six health-related benefits (and more):

**Reduce stress** – Spending just a few minutes with a pet can help you to feel calmer and less stressed. How? Human-pet interactions have been shown to elicit positive hormonal effects including reducing cortisol, the stress hormone, and increasing serotonin and oxytocin, chemicals that help improve your mood.

**Support for your heart** – People with pets may have some heart-related benefits. Studies have shown that survivors of heart attacks and individuals with abnormal heart rhythms who own dogs live longer than people with the same heart problems who do not have dogs. Pet owners have lower triglyceride and cholesterol levels (indicators of heart disease) than those without pets. Overall, pet owners are less likely to die of any cardiac disease.

**Improve blood pressure** – Having a pet can help you manage your blood pressure. Research has shown that petting an animal for 15 to 30 minutes can lower blood pressure by 10 percent. Regular daily dog walks have also been shown to help lower high blood pressure. If you play ball or Frisbee with your dog in the yard, you will add to your daily physical activity.

**Ease symptoms of depression** – In a survey undertaken by the Human-Animal Bond Research Institute, 74 percent of pet owners said having a pet improved their mental health. Pets are attuned to humans – to human behavior and emotions. Your pet loves you unconditionally. This feeling of unconditional love can help you deal with and recover from depression. Having a pet can remind you that you are not alone. Caring for your pet takes you out of your head and can help you experience more positive thoughts and feelings. Knowing you must feed, walk and care for your pet may offer those with depression a sense of purpose and routine.

**Boost Your Fitness Level** – There is a well-established link between physical activity and good health. As relates to pet ownership, dog owners are often

more physically active than non-owners. A daily walk with your dog helps to keep you moving. Two walks, one in the morning and one in the evening, are even better. In addition, a regular walk is important for your pet's health too. Obesity in pets is associated with several medical problems including osteoarthritis, insulin resistance and cardiovascular disease.

Enhance social connections – One key to good health is to stay socially engaged. Pets are a great way to increase social connections, especially for those who tend to be shy around other people. Scientific studies have shown that dog owners are more likely to acknowledge and greet other people in the street and to meet others in their neighborhood. I've experienced this myself: People with dogs typically stop to chat when they see me walking my dog. It's easy to start a conversation as we have our dogs and pet interests in common.

In conclusion, most pet owners easily recognize immediate joys that come from sharing their lives with companion animals. It is now recognized that the nonjudgmental companionship and unconditional love offered by pets has considerable physical and mental health benefits for owners. While owning a pet is a major commitment, for those who love domestic animals and are willing to care for their needs, pet ownership can greatly enhance quality of life.

*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 inquiries to [info@drjulierosenberg.com](mailto:info@drjulierosenberg.com).✱*

## LCEC Employees Pay It Forward

**E**ven through COVID-19, Lee County Electric Cooperative (LCEC) employees have managed to give their time and talent to the community by following CDC guidelines and the LCEC Pandemic Plan. LCEC employees Nancy Miller, Nicky Sierra and Aaron Warner have volunteered 500-plus hours during the pandemic.

LCEC's Pay It Forward Program encourages volunteerism and support employees' efforts to give to their favorite qualifying nonprofit organization. Employees who volunteer and track volunteer hours can earn Pay It Forward donation dollars to be awarded to a 501(c)3 charity of choice. LCEC employees who volunteer between 50 to 100 hours in the community can designate a nonprofit organization to receive up to a \$100 donation.

Each year since the program's inception, several LCEC employees have surpassed the annual 500-plus hour mark of community service. The most recent 500 club members will be entered into a drawing, and one will be the winner of an additional \$500 for the charity of their choice.✱

## Chamber Group Finalists For 2021 APEX Awards



Kathleen O. Berkey



Kerri Goldsmith

**T**he Greater Fort Myers Chamber of Commerce's Women in Business Committee has named the top three finalists for its annual APEX Awards. This was recently announced during the committee's monthly networking program on June 2.

The finalists are Kathleen O. Berkey of Becker & Poliakoff, P.A.; Kerri Goldsmith of HBKS Wealth Advisors; and Alicia Miller of Sally J. Pimentel Deaf & Hard of Hearing Center.

Berkey is an attorney, shareholder and certified professional planner. She serves on the board of directors for Keep Lee County Beautiful, is a member of the Urban Land Institute (ULI) of Southwest Florida Management Committee and ULI's Women's Leadership Initiative steering committee. She also serves on the MothersEsquire Breastfeeding Accommodations Committee.

Goldsmith is a senior financial advisor and co-chairs her firm's financial planning committee. She is a member of the Financial Planning Association and Estate Planning Council of Lee County, is involved in the Certified Financial Planner Board's mentorship program, and has fulfilled leadership roles for industry associations and nonprofits including Rotary Club of Fort Myers South, Advertising Federation of Southwest Florida, Florida Public Relations Association, Wishing Well Foundation, Girl Scouts and United States Pony Club.

Miller is the executive director of the center, a nonprofit that empowers Southwest Florida's deaf and hard of hearing citizens and their families through education, advocacy and community involvement. Responsible for overseeing the administration, programs and strategic planning of the organization, Miller has helped increase the nonprofit's grant funding, create partnerships with other local organizations and raise awareness of the community's deaf population.

Presented by Sanibel Captiva



Alicia Miller

Community Bank, the APEX Awards recognizes women with outstanding reputations for professionalism, philanthropy and leadership in Southwest Florida. The top finalists will be honored and all nominees recognized at the APEX Awards luncheon on August 27 at The Westin Resort at Marina Village in Cape Coral, where Women in Business will reveal the 2021 APEX Award recipient. Tickets to the awards luncheon are \$75.

For more information or to purchase tickets for the event, visit [www.fortmyers.org/events/apex-awards](http://www.fortmyers.org/events/apex-awards) or call 332-2930.✱

## Marketing Firm Hires Digital Coordinator

**F**lorida Gulf Coast University graduate Hannah Lee has joined CONRIC PR & Marketing as a digital marketing coordinator.

"Hannah is a welcome addition to CONRIC's digital marketing team," said

CONRIC PR & Marketing's President And Chief Marketing Officer Connie Ramos-Williams. "We love our FGCU grads who bring a wealth of both education and hands-on experience from valuable internships that enable them to jump right into leadership roles on projects and contribute their vision and talent."

Lee has Advanced Google Analytics and Google Ads Display certifications. She brings passion for copywriting, graphic design and effective communication that she developed during her roles in the digital marketing space with Lee Health and FGCU. Utilizing these skills, Lee will be responsible for working collaboratively with clients to produce compelling stories and content for marketing materials, websites, news releases, blogs, newsletters and social media.

"I am thrilled to build upon my professional experience with the support and collaboration of the CONRIC team," Lee said. "This role perfectly aligns with my professional goals and with my background in digital marketing and the expertise of my new peers, I am hopeful for a very successful and long-term career at CONRIC."

Lee obtained a bachelor's degree in communication studies with a concentration in public relations and a minor in journalism. She was an active member of the FGCU Honors College where she mentored freshman students, supervised meetings and took part in the admissions process. She served as the promotions director for Eagle Radio where she helped develop strategies, organize events and manage social media.✱



Hannah Lee



Will Power

## Children's Promissory Notes



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

When an adult child borrows money that you intend for them to repay, or not repay but count against their inheritance, there are several legal issues to be aware of. I've seen several of my firm's clients make mistakes resulting in bad feelings between their children. No one wants to posthumously drive a wedge between our loved ones, so in today's column, I'm going to review several of these issues.

Children often borrow money to purchase a residence. If this is the case, it makes sense to have an attorney draft up a promissory note and mortgage, and to record that mortgage on the public records. A stated interest rate may be established. If the parent doesn't wish to charge interest, then it should be known that the IRS expects the parent to impute interest on the parent's tax return at a specified rate published by the IRS, and that changes monthly.

If the child is also obtaining third party financing, then the lending institution will typically insist on having priority, meaning that the parent's note will be subordinate. If the child defaults on the primary mortgage, the second mortgage owned by the parent may be discharged, unless the parent first satisfies the primary mortgage and therefore moves her note into primary position.

If a parent lends money to a child in an unsecured note, which I've seen often, a child's divorce or bankruptcy could mean added legal difficulties. On many occasions, I've heard parents say that they don't envision the child paying the loan back, but the parent then directs me to draft an equalizing distribution clause in the will or trust. The other children receive disproportionate distributions to equalize lifetime and post-death transfers.

Here, several things need to be crystal clear. First, the amount of the promissory notes. Often children will continue to borrow more and more money. This should be evidenced by a new promissory note or a clear modification of the existing note. The note should indicate whether unpaid interest is added to principal, or whether the note

bears simple interest. It should also state whether this occurs on a monthly, quarterly or annual basis.

I suggest that a ledger be maintained as well, recording principal amounts, accumulated interest, and any payments made. This sounds obvious, but I've had several clients not keep track. A back-up plan to maintain the ledger should be made, for if the parent begins to lose mental capacity, ledgers easily fall out of date.

The will or trust should cover the contingency whether the child's share is insufficient to satisfy his or her outstanding obligations to the deceased parent's estate. Does the child owe the estate money in that case, or is the note bequeathed in full back to the maker/child? Either way, there's likely to be hard feelings between the maker/child and his or her siblings. Communication among your children/beneficiaries is crucial to minimize conflict.

Several clients drafted promissory notes on their own or modified existing notes without the help of an attorney. Big mistake. I've seen several ambiguous, unintelligible documents over my three decades of practice. Invest a few dollars on an attorney, because legal questions lead to conflict. What's family harmony worth to you and your loved ones?

Realize that, under our income tax laws, forgiveness of debt constitutes taxable income to the debtor. The best way to eliminate an obligation is to gift that note back to its maker. Here, any gift exceeding the annual exclusion amounts (currently \$15,000) results in the requirement to file a Federal Gift Tax Return Form 709. Provided you have enough exemption, no gift tax would be paid, but the gift does consume a portion of your lifetime and post-death exemption amount.

I can't tell you the number of times that siblings have harbored ill feelings toward one another over the issues described in this column. Communication with your adult children does tend to mitigate the problem. So does accurate accounting to ensure that everyone is treated fairly.

Finally, I warn my clients that when lending money to loved ones, you need to be in a position to give the money away. If you need the money for your own retirement, don't do it. No one wants to be in the uncomfortable position of making a demand on an outstanding obligation or filing a lawsuit to collect it.

Now you're aware of some of the issues. There are others, depending upon the unique facts of every situation.

©2021 Craig R. Hersch. Learn more at [www.floridaestateplanning.com](http://www.floridaestateplanning.com).✱



Madisen's Match Founder Duane Chaney with Murphy Jensen

photo provided

## Online Auction Raises Funds For Hospital Program

The Madisen's Match charity tennis event served up a winner at its first online auction. The recent week-long event that featured exclusive auction items and interviews with international tennis stars raised nearly \$30,000. The funds will support the new neurosurgery program at Golisano Children's Hospital.

Madisen's Match founder Duane Chaney hosted throughout the week with many of the game's best, including Mike and Bob Bryan, Murphy and Luke Jensen, Sam Querrey and Tom Gullikson. The interviews touched on why the tennis greats have been huge supporters of Madisen's Match over the years. The athletes also shared stories with Chaney about their tennis careers and their love of the game.

Murphy Jensen was emotional as he explained his involvement in Madisen's Match since day one back in 2008. "Any time I'm part of an event that's personal, I always like to ask the question when I'm being invited, 'what is this event benefiting, what are you

trying to accomplish, what's the mission of this event?'" said Jensen. "The impact and the growth [of Madisen's Match] goes way beyond what you [Chaney] envisioned, what Madisen envisioned. When you think about champion tennis players, the community, the hospital, the children, I think this has had an impact way beyond Florida, way beyond the United States. What we do in those few days in Southwest Florida is something super special."

In addition to exclusive interviews with tennis celebrities, the online auction included items such as a one-year membership to Useppa Island Club, a diamond tennis bracelet, diamond pendant, spa packages and framed photographs autographed by legendary athletes.

Madisen's Match event sponsor First Horizon Bank offered a matching grant of \$5,000. The match was secured after the first \$5,000 in donations were received early in the week.

Since its inception in 2008, Madisen's Match has raised over \$1.3 million for Barbara's Friends and Golisano Children's Hospital of Southwest Florida. For more information, visit [MadisensMatch.com](http://MadisensMatch.com) or contact Duane Chaney at 292-0322 or [dchaney@madisensmatch.com](mailto:dchaney@madisensmatch.com).✱

## Health Program Maximizes Savings

Innovatus Health, a wholly-owned subsidiary of Lee Health, achieved \$3.1 million in shared savings for first quarter 2020 performance as a participant in the Centers for Medicare and Medicaid (CMS) Bundled Payments for Care Improvement – Advanced program (BPCI-A).

The bundled payments program was created by the CMS Innovation department to develop new payment and service models to improve how healthcare is delivered and to lower the cost of care.

Innovatus Health, a network of local physicians and providers, delivered care at a cost 19 percent below the target during the 90-day period of the first quarter of 2020. This was Innovatus' first time participating in the bundle program, and it achieved 95 percent of the maximum savings possible.

The BPCI-A program "bundles" payments to healthcare providers for services required to treat conditions, such as congestive heart failure, sepsis or stroke. The care providers then take on the financial risk of the total cost of caring for their patients with these conditions, with the intent of providing quality care at a lower cost. This structure incentivizes physicians to coordinate care, develop innovative care models, improve quality and reduce overall cost to the Medicare program.

Innovatus achieved its cost savings by utilizing data analytics, high-risk care management and improved care coordination between primary care physicians, specialty physicians, hospitals, home health agencies and local nursing homes.

"Participation in the bundled payment

program provided us with the opportunity to seek innovations in treating Medicare patients. With innovation comes risk, and our physicians and community partners did not shy away from finding improved ways to care for patients in Southwest Florida," said Kris Fay, chief officer of population health and physician services. "Our Lee Physician Group participants and partner providers were instrumental in achieving these savings while improving the quality of care for our region's Medicare patients. We look forward to continuing to lead the way in provider-led innovation for Southwest Florida."

Results in the bundled payment program show that you can improve the quality of care while lowering the cost. In this case, Innovatus demonstrated:

- Improved patient access to care and reduced the average wait time for a physician appointment after a hospital discharge;

- Reduced the number of emergency department visits; and

- Reduced the number of patients who were readmitted after a hospitalization.

A key element of the program's success is empowering the patient in their own healthcare by giving them tools to support wellness. Innovatus nurses and social workers help patients manage both medical and social needs. This includes arranging for transportation to appointments, providing health education and sometimes attending physician appointments with the patient.

"Lee Health is committed to our journey of improving the health of our population and you can expect more successes like this as we move forward," said Venkat Prasad, MD, chief medical officer of population health and physician services.

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



## Superior Interiors

# How To Style A Kitchen With Open Shelving



by Trinetta Nelson

For many, the kitchen is the center of the home. It's the area where the family gathers for small talk after a long day away from each other. It's the space to bond over grandma's famous

chocolate chip cookie recipe. And, of course, it's the place where you sneak to grab that late midnight snack you don't want anyone else to know about.

A living space that means so much to everyone in your household for many different reasons should look great; it's the room that exudes comfort and happiness. If you're currently thinking about redesigning your kitchen but want to make open shelving the main focal point of this area of your home, there are a few things to keep in mind throughout the design and decor process.

Before you gather a collection of random kitchen accessories and decorative items, and throw them on the shelves, think about how you can make this feature more appealing and cohesive. A theme can be a simple way to do this.

First, look around your kitchen and evaluate the current setup and style. Do you want to completely change it up based on your new desire for open shelf styling? Or do you want to coordinate your shelves to the theme that already exists in the kitchen? A quick assessment of your wants and needs versus the current style and floor plan can help you decide how you'll move forward when you begin decorating.

Once you have a theme, assess the belongings you already own before you purchase other items. Because you're following a theme, these accessories should be more uniform to ensure the cohesiveness of the style. One of the biggest mistakes that often come with open shelving is accidental clutter. The last thing you want is for your open shelving to lend itself to a disorganized appearance.

Open shelving in the kitchen offers versatility. It's an option used to complement existing cabinetry, and it's also an opportunity for a non-traditional take that can replace the cabinets altogether. No matter the open shelving scheme you currently have or want to implement, there are two main factors to keep in mind: practicality and playfulness.

Practical shelving – If your open shelving plan is to display your plates, bowls and other kitchenware, be sure to stack items strategically; they should be well organized but don't be afraid to have fun with placement.

Playful shelving – If your open shelving exists for decor only, plants, artwork and ceramic accessories are excellent options for decorations in the kitchen.

And don't forget – You don't have to choose one option over the other. Mix and match practical and playful shelving schemes as long as they flow with the rest of your kitchen style.

Shelves can be intimidating to design. From bookshelves in the home office to corner shelves in the bedroom, it can be difficult to meet a decorative versus functional ratio. The same can be said about open shelving in the kitchen. Consider consulting a design professional to assist in making the right adjustments to help you achieve the ultimate balance so that you can fully enjoy your open shelving.

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

## Hazardous Material Tech Certification Class

When oil spill first responders respond to an oil spill, training is not just a good idea, it is the law. According to Occupational Safety and Health Administration (OSHA), workers who handle oil spills must be trained annually.

The Ostego Bay Oil Spill Co-Op will present the mandatory OSHA CFR1910/120 training at the Ostego Bay Marine Science Center next week on June 15, 16 and 17. The program begins with classroom instruction at the center on Tuesday and Wednesday from 9 a.m. to 5 p.m. It will be followed by an on-the-water drill day and annual refresher on Thursday at Salty Sam's Marina, 2500 Main Street on San Carlos Island.

Cost is \$300 per person for members

of the Ostego Bay Oil Spill Co-Op and \$350 for non-members. Those that require just the eight-hour yearly recertification must meet at Salty Sam's Marina on Thursday. The recertification class is \$100 for members or \$150 for non-members. Registration and payment must be made in advance by contacting Joanne Semmer at 470-4993.

"This training is invaluable for both first responders and volunteers," said Semmer, president of the Ostego Bay Oil Spill Co-Op.

In 1991, the state of Florida began requiring local marinas to either maintain first-response capabilities themselves or contract with outside experts to provide those first response services. The Ostego Bay Environmental Response Co-op was created in 1992 to meet those state requirements and meet the needs of the local maritime community.

Ostego Bay Marine Science Center is located at 718 Fisherman's Wharf on San Carlos Island. For more information, visit [www.ostegobay.org/oil-spill-coop](http://www.ostegobay.org/oil-spill-coop).✱

## Community Cooperative Officer Transition

The board of directors of Community Cooperative has appointed Stefanie Ink Edwards as chief executive officer, effective June 14. Edwards succeeds Tracey Galloway, who has announced her retirement after 10 years with the organization.



Stefanie Edwards

"Leading and transforming Community Cooperative into the dynamic human services organization we are today has been one of the greatest honors of my life, and I am thrilled to pass the baton to Stefanie who has been an amazing leader in our organization for the past six years," Galloway said. "I'm proud of the organization we've built, humbled by the amazing people I've had the pleasure of working with and pleased that our achievements will continue to make our community a better place to live for years to come."

Community Cooperative's board chairman Keith Banasiak said Galloway has accomplished a great deal in 10 years. "She articulated a vision for the organization and centered our mission, while greatly improving fundraising

capabilities and building our volunteer base and service footprint across the county," he said. "She gave Community Cooperative a strong voice full of creativity and passion."

Banasiak said the board has been planning the transition for the better part of a year and are thrilled to be able to promote from within the organization. "We have a highly committed staff and a grassroots network of supporters that is second to none," he said. "The board strongly believes that Stefanie's strategic vision, exceptional operational talent, focused leadership and deep commitment to Community Cooperative's employees and clients are widely known and position the organization for continued success."

Edwards joined Community Cooperative in 2014 as development director. More recently, she has served as chief operating officer and together with Galloway, helped to rebrand, reenergize and reposition Community Cooperative as a leading nonprofit in Lee County working to end hunger and homelessness.

"I am extremely honored to be given the opportunity to lead an organization that provides such a basic human need to our neighbors and broader community," said Edwards. "Having been a part of Community Cooperative over the past six years and seeing the impact of our services firsthand, I know how important our work is here in Southwest Florida. There is nowhere else I'd rather commit my time, energy and passion."

For more information or to contribute monetary donations, visit [www.communitycooperative.com](http://www.communitycooperative.com).✱

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# Frankly Speaking



by Howard Prager

Some stars are shining and others are just twinkling.

Tony LaRussa has now surpassed John McGraw for the second most victories as an MLB manager with 2,764 wins after Sunday's 3-0 win

over the Tigers. LaRussa told *The Chicago Tribune*: "It feels very emotional to me that it started here (with the White Sox) and ended up here. I realized two things that kept it in perspective: John McGraw was a much better player than me and had a much higher winning percentage." It helps to be managing at 76 years old and to have managed a number of winning franchises including the White Sox (the first time) where they captured a division title, taking the Oakland A's to three consecutive AL championships and one World Series title in 1989, and leading the St. Louis Cardinals to three NL championships and two World Series titles in 2006 and 2011. He trails only Connie Mack, the A's manager for their first 50 years in Philadelphia, by nearly 1,000 wins with 3,731. If the Sox stay towards the top of the AL Central for the next 10 years and Tony continues to manage to his late 80s, maybe he could break that record.

There will be two new teams in the NBA Finals this year, as the Heat and

now the Lakers have each been ousted in the first round, with the Lakers falling in six games to the Suns. Anthony Davis' injury in Game 4 took the wind out of the Lakers' sails as they lost a strong counterpart to LeBron James. Meanwhile, the Clippers beat the Mavericks to make the Western semi-finals. In that series, it was the first time in NBA history that the road team won their first six games. With the Clippers winning Game 7, they broke that "streak." Meanwhile the Mavericks go home, not having won a playoff series in 10 years.

On the ice, the Canadiens continue to dominate the Jets 3-0 and, by the time you're reading this, they may have swept that series. Tampa Bay continues to play well and is pretty unstoppable after taking a 3-1 lead in the second round over Carolina. Canada has made an exception for U.S. teams to cross the border for the playoffs, but teams will have to quarantine and stay in a bubble, as Canada is behind the U.S. in vaccinations and fighting the pandemic. On the world stage, Canada did beat Finland 3-2 to win its 27th World Hockey title. The U.S. beat Germany and took home the bronze medal.

What's happening in Paris? Naomi Osaka stepped out of the French Open because of mental stress. Yahoo sports reported that Roger Federer shocked us with his decision to "withdraw from Roland Garros because of being physically tired after winning a tough third-round match that finished close to 1 a.m. The 39-year-old didn't specify that he was injured, simply saying he was opting to save himself for the grass-court season and what would be a fairytale 21st

Grand Slam title at Wimbledon. "After two knee operations and more than a year of rehabilitation, it's important that I listen to my body and not rush back into competition," he said. French Open officials were full of praise when reacting to Federer's withdrawal, despite it seemingly being against the spirit of the sport. "The Roland Garros tournament is sorry about the withdrawal of Roger Federer, who put up an incredible fight last night," said Guy Forget, the French Open director. Forget's response was in complete contrast to the way French Open officials responded to Osaka's decision to skip her press conferences in Paris due to mental health. Organizers initially slammed Osaka and threatened her with expulsion from the tournament, before she eventually withdrew of her own accord. "I think this is a phenomenal mistake," French Tennis Federation President Gilles Moretton initially said of Osaka. "What is happening there is, in my opinion, not acceptable. We will stick to the laws and rules for penalties and fines." Fans and pundits were quick to point out the disparity between responses to the situations involving Osaka and Federer. It certainly seems sexist and a double standard in my eyes. Federer had never pulled out of a Grand Slam tournament before this.

Also gone from the Open by her play is Serena Williams, stunned by Elena Rybakina in the fourth round on Sunday. Williams' quest for a 24th Grand Slam singles title goes on after she was unable to capitalize on the absence of some of her biggest rivals at Roland Garros. Previously, Rybakina, age 21, from Kazakhstan, had never made it past the second round before. As for Williams, she said, "I'm so close. There is literally a point here, a point there, that could change the whole course of the match. I'm not winning those points."

The Good News story of the week is going to be a continuing series about Athletes for Hope organization that I started highlighting a few weeks ago. I interviewed the COO, Jason Belinke, who has been with the organization since its founding 14 years ago. "Philanthropic education has been the root of Athletes For Hope (AFH) and it's how we've brought athletes in. How do they think about what they're passionate about and translate that to action? Workshops are 45 minutes to 1.5 hours long, creating a forum for conversations athletes rarely have. At end of workshop, they can sign up for AFH and get added to a roster of over 8,000 athletes. We work with athletes at the pro, college and the Olympic level.

We start with talking them through their past community involvement. We take that a step further for interested athletes and, after vetting them if they're interested, we connect them to the right philanthropic organizations. We ask them to share the spotlight with other athletes who aren't doing as much work as they would like." Working with college teams is newer, and the teams they work with are all from FBS schools including LSU, Ohio State, UCLA, USC and Michigan State. "Team reps poll their teammates about their passion and help them connect with organizations within their own communities. This year, we have started to pivot towards working with the HBCU (Historically Black Colleges and Universities) schools starting with Southern and Howard universities." I'll be continuing to share more from this fascinating interview in future columns.

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

## Register For Golf Tournament

The GO GREEN Golf Tournament returns for its 30th year to raise funds for Keep Lee County Beautiful, Inc. (KLCB) at The Plantation Golf & Country Club on Friday, October 15 with a 7:30 a.m. shotgun start.

There will be golf, course contests, food and a chance to win some premium auction items while raising funds to support programs and events focused on protecting the environment and improving the quality of life in Lee County.

KLCB is the largest environmental education organization providing community cleanups, beautification projects and environmental education programming in Lee County.

Cost for the golf tournament is \$500 per foursome or \$125 per golfer. All proceeds stay in Lee County and support KLCB's mission of preserving and protecting the environment through waste reduction efforts, education outreach activities and beautification projects in local communities.

Nextran Truck Centers is once again the title sponsor. Visit [www.klcb.org/events/go-green-golf-tournament](http://www.klcb.org/events/go-green-golf-tournament) for information on sponsorship opportunities and to register. Make sure to register early as this popular tournament fills up every year.✴

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## SPORTS QUIZ

- What national team dominated the Fed Cup women's tennis competition from 2011-18, winning six championships during that span?
- What Utah Jazz player broke the NBA single-season slam dunk record with 306 in 2019?
- Name the former college football coach who won Alabama's U.S. senate election in 2020.
- In what sport do the Adelaide Strikers, Hobart Hurricanes and Perth Scorchers of the Women's Big Bash League (WBBL) compete?
- Nicknamed "The Ginger Assassin," what teenage bowler successfully cleared a 7-10 split at the 2021 U.S. Open semifinals?
- What National Baseball Hall of Famer – and his various conspiracy theories – was profiled in a 1994 *Philadelphia* magazine article by Pat Jordan?
- Name the ESPN baseball analyst who also wrote the book *I'm Fascinated by Sacrifice Flies: Inside the Game We All Love*.

## ANSWERS

1. Czech Republic. 2. Rudy Gobert. 3. Tommy Tuberville. 4. Cricket. 5. Anthony Neuer. 6. Steve Carlton. 7. Tim Lincecum.



## Doctor and Dietician

Health Benefits  
Of Tahini Sesame  
Seed Butter

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

Many alternative nut butters have emerged as people strive to get healthier. One that has been around for a long time is tahini or sesame seed butter. Tahini is a staple used in Middle Eastern and Mediterranean foods, most commonly hummus, baba ganoush, dipping sauces blended with lemon and garlic, and in desserts like halvah. It is probably one of the most common nut and seed butters utilized around the world. It is one of the oldest oilseed crops produced by humans. Interestingly, the seeds come from capsules of the sesame fruit that pops open when ripened – hence the popular phrase “open sesame” made popular from the classic folk tale *Ali Baba and the Forty Thieves* – who knew? Right?

Dr. Hauser grew up eating halvah, a bar-like dessert that is made with basically tahini and sugar, sometimes with added cocoa or pistachios. For those of you who have followed our Hauser Diet principles, you will recall that there are five Hauser Diet Types – ranging from high carbohydrate/low fat to low carbohydrate/high fat diets. We named them after the animals in nature who

eat like the five types – namely, Hauser Lion, Otter, Bear, Monkey and Giraffe.

Like most married couples, we are opposite in many things – and one of them is in our diet types. Dr. Hauser is on the high fat/low carb side of the diet spectrum, while Marion is on the high carb/low fat side. But we make it work by choosing fresh foods to eat but eating them in different proportions on our plates.

For those who are like Dr. Hauser, you typically feel colder than average and carbohydrates make you tired. You can drink coffee, and it stimulates you to wake up, but it also may cause you to crash afterward. People with these tendencies do well with a higher protein and higher fat diet. Thus, we look for healthy ways to incorporate good fats into his diet.

Tahini is one way to do it. It has been used in the vegan community as an alternative calcium source, as two tablespoons contain about 13 percent of the recommended dietary allowance similar to half cups of whole cow's milk.

Some people have nut/seed allergies, so they must be careful when consuming tahini. Tahini also contains minerals, including zinc, copper, in combination with calcium, which helps keep bones strong.

If you would like to try adding tahini to your meals, you can make your own from ground sesame seeds or you can purchase tahini already blended. We like to use it in dips, sauces, salad dressings, and in many different cultural dishes that we like to try. Dr. Hauser likes to spread it on gluten-free millet toast and eat it just like that. You can also mix it with ground pistachios for another delicious treat and/or sprinkle in a little cocoa and Monk fruit sweetener. If you like to make your own hummus – we like to make it not only from chickpeas but white beans and cauliflower – tahini adds great flavor, especially with some lemon, garlic and olive oil drizzled over it.

Give tahini a try – especially if you are someone who should be following more of a keto/Atkins type diet. More recipes

and ideas are located at [www.hauserdiet.com](http://www.hauserdiet.com).

*This information is not intended to treat, cure or diagnose your condition. Ross Hauser, MD, and Marion Hauser,*

## dearRPharmacist

Factors That  
Contribute To  
Thyroid Disease

by Suzy  
Cohen, RPh

## Dear Readers:

Many people already know that iodine deficiency is one reason for insufficient thyroid hormone, but you may not realize that

much more is at play when it comes to total thyroid gland health. There are a number of minerals that are essential for thyroid activation, for example, selenium and zinc. You don't hear much about those two, however, a deficiency of either mineral will lead to poor activation of T4 to T3. Do you know what that means?

It means that T4 won't convert to T3, and that would be a type of “hypothyroidism.” Put differently, if you can't convert the T4 (inactive) to T3 which is active, then you will feel most of the symptoms of hypothyroidism. I discuss this in great detail in my best-selling book entitled, *Thyroid Healthy: Lose Weight, Look Beautiful and Live the Life You Imagined*.

Selenium and zinc are needed for the metabolic pathway that converts T4 to T3, and medications to restore the thyroid hormone never hit the root cause, although they may help if they have T3 in them. But what if you are zinc deficient because you take a drug mugger of zinc, for example, you take famotidine every day for your reflux? Over time, you will

likely become zinc deficient.

Let's say you're zinc deficient, and feeling symptoms of hypothyroidism. Your doctor may see on your labs that you're TSH is high, indicating that your thyroid hormones are low. And seeing that, your doctor may now prescribe Synthroid or Levothyroxine for you, which is a T4 drug. But what is going to happen now? Is that useful, do you think? Of course not, in this specific example, the zinc deficiency remains an obstacle to you getting well, and it will continue to prevent your new T4 drug from converting to T3. If you don't have enough T3, you don't feel well.

In this case, the ideal scenario would be to know this information: To know the connection between zinc and thyroid hormone activation. So the best resolution would be to recognize that you are taking a strong “drug mugger” of zinc, and restore the missing nutrient. For many people, this is a problem that persists for years, and it shouldn't because zinc levels are easy to test for.

One more important point is that you have both regular T3 (which is active, it works) and you have something called reverse T3 (noted as rT3). Too much rT3 (and not enough active T3) will make you feel hypothyroid as well. It's a factor that should be considered, and one that is easy to measure with a blood test.

If you have further questions refer to my book *Thyroid Healthy* or speak to your endocrinologist about all the factors that contribute to thyroid disease. If this topic interests you, I have posted a more comprehensive article on my website at [www.suzycohen.com](http://www.suzycohen.com).

*This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit [www.SuzyCohen.com](http://www.SuzyCohen.com).*

Grant To Expand  
Best Buddies In  
Southwest Florida

Best Buddies International has announced a generous grant from the Golisano Foundation of \$50,000 to expand its work in Southwest Florida to serve more individuals with intellectual and developmental disabilities (IDD).

“Best Buddies Southwest Florida is honored to have been selected for a \$50,000 grant from the Golisano Foundation. With a goal of creating awareness and inclusion throughout Southwest Florida, Best Buddies will use this grant to help forward our mission of providing more opportunities in area schools for students with intellectual and developmental disabilities,” said Melanie Musick, Best Buddies area director.

With the Golisano Foundation's support, Best Buddies was launched in Southwest Florida in October 2017. Initial funding supported organizing the local office, providing for space and operations. The Southwest Florida office, located at 5237 Summerlin Commons Boulevard in Fort Myers, is staffed with two full-time employees, Musick and Program Manager Molly Morrina, who is the school liaison. Currently, Southwest Florida has Best Buddies chapters at 26 schools throughout the local community. Each chapter is supported by a faculty advisor/special education advisor plus a chapter president, in addition to the program manager.

School administrators, teachers and/or parents wanting Best Buddies offered at a specific school location in Lee, Collier, Charlotte or Sarasota counties are welcome to contact Musick at [melaniemusick@bestbuddies.org](mailto:melaniemusick@bestbuddies.org) or 275-2510.

Best Buddies International is a nonprofit founded in 1989 by Anthony K. Shriver to establish a global volunteer movement that creates opportunities for one-to-one friendships, integrated employment and leadership development for people with IDD. For more information, visit [www.bestbuddies.org](http://www.bestbuddies.org) or [www.bestbuddies.org/florida](http://www.bestbuddies.org/florida).

Food Bank  
Salutes Return  
Of Volunteers

At the start of the pandemic last year, Midwest Food Bank Florida (MFB) made a commitment to the community and remained open. To do that, MFB had to adjust its volunteer model. Fewer people were allowed in volunteer groups to accommodate the need for social distancing. At the same

time, the need for emergency food assistance rose sharply.

Now that COVID-19 restrictions are loosening, people are comfortable with returning to volunteerism. MFB Florida welcomes people back and eagerly anticipates an increase in the number of volunteers.

“Volunteers are core to the MFB mission,” says Karl Steidinger, executive director of Midwest Food Bank Florida. “We are excited to welcome volunteer groups looking to serve together.”

Over 99 cents of every dollar donated to Midwest Food Bank Florida goes into its feeding programs and services. A large volunteer base is credited for this amazing figure. Two of MFB's values are Embracing Our Communities and Empowering Volunteers. Interested individuals, families and groups should contact Midwest Food Bank Florida.

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



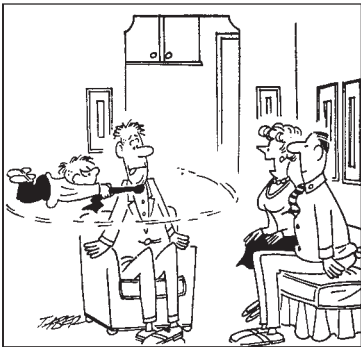


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- Horticultural Society ..... 472-6940
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- Kiwanis Fort Myers South ..... 691-1405
- Iona-McGregor ..... 482-0869
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- POLO Club of Lee County ..... 477-4906
- Rotary Club of Fort Myers ..... 332-8158
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PUZZLES

Answers on page 23



"It's a bid for attention.  
Just \_\_\_\_\_ him."

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!

Common

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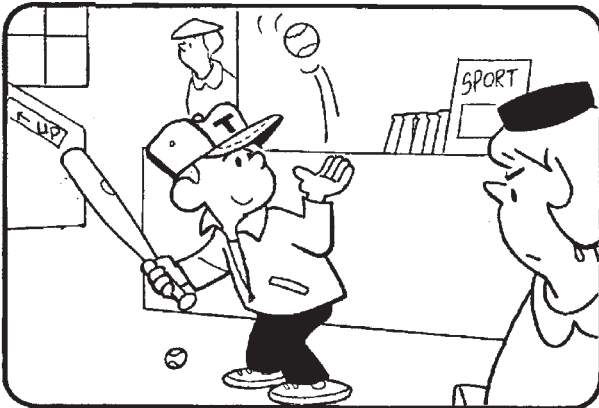
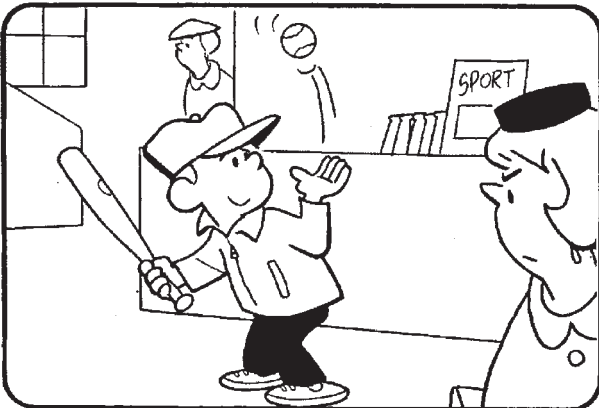
Flee

GIRMATE

TODAY'S WORD

HOCUS-FOCUS

BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Jacket is unzipped. 2. Cap is different. 3. Sign is added. 4. Button is removed. 5. Pocket is different. 6. Ball is added.

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.

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



## INITIAL RATING

1 Ukraine's capital	61 Long-nosed swimmer	98 U.K. mil. fliers	35 Weaving	45 Certain day of the wk.	86 Teresa of —
5 Tehrani, e.g.	62 Year, to Livy	101 Yet to come	6 Throws together	47 Yoga pose	87 39.37 inches
10 Iowa city	63 Taint	103 Dudes	7 Japanese beer	48 Golf marker	88 — flowing with milk and honey
14 Hay bundler	64 Research into a political foe's weaknesses, in slang	105 Novelist Deighton	8 '60s conflict site	50 — cum laude	90 "Grand Ole" venue
19 Black-and-white bite	66 Silky casing	106 Acted omnipotent	9 Resistance to change	51 Thick cuts	91 Happy
20 First Hebrew month	68 2015 Bryan Cranston film	111 Jail official	10 Gig gear	52 '60s hairdos	92 Mani- —
21 Fine rain	70 She's a symbol for a cause	114 Stable grain	11 Actress Farrow	54 Highest ladder part	93 Forest figure
22 "You can't beat me!"	74 Window material	116 Suffix with planet	12 Cosmetician	55 Limey's drink	96 Under-soil layer of clay
23 Chess or charades	76 1974 hit subtitled "Touch the Wind"	117 The planets, e.g.	13 Quiet	56 Lobbying gp.	99 Eagle nests
25 Hibachi, often	77 Signaled "yes"	118 Societal welfare	14 Narcissist's quality	57 Ponying up, in poker	100 Bank door abbr.
27 Grind, as grinders	79 Cambodian currency	121 Film rating that's apt for this puzzle's theme	15 Pt. of ETA	58 26-Down's country, to its natives	102 Lead-in to Pen
28 Dorm VIPs	80 Slugging stat	126 Babble on	16 Verdi's "— Miller"	61 Aquarium favorite	103 Starbucks selections
30 Otherwise	81 Stats, e.g.	127 Designer Saarinen	17 Page of films	65 — four (small cake)	104 Total
31 Six, in Roma	83 Hi- — (some stereos)	128 Prayer place	18 Sparked anew	66 — -Magnon	106 Red flower
32 Tell the judge you did it	84 Roget's entry: Abbr.	129 Jazz singer Fitzgerald	24 2009 Colin Farrell film	67 Antique	107 Dern of films
36 Financial aid option	85 Aunt's sis, maybe	130 NFL gains	26 Capital in Scandinavia	69 Funnywoman	108 Being tried in court
38 Ordinance	89 Dry white wine of Italy	131 Romanov royal	29 Novelist Rand	70 Criminals, to cops	109 Fetch
39 Verizon Fios, e.g.	92 Small, loose stones for a walkway	132 Snaring loop	32 Sinks heavily	71 Go around	110 Siouan tribespeople
40 Reply to "You're a stinker!"	95 Adversities	133 Result of a falling-out	33 "Cagney & —"	72 Tuna net	112 — voce
42 Hugs, in a love note	96 Chop down		34 Actor Tom of "The Seven Year Itch"	73 How tuna may be packed	113 Total
43 Wet expanse			35 Croquet site	75 "— little harder"	116 Bad smell
45 Bygone flight inits.			36 Landing site	78 The Divine, in Genoa	119 U.K. "Inc."
46 Stack messily			37 Film director Nicolas	82 Three days after	120 Man-mouse link
49 It, in Italy			41 Things to show a trainee	45-Down: Abbr.	122 Mop & —
53 Air rifle					123 Yalie
56 Waters off Qatar					124 Fairy
59 Word div.					125 Rebel Turner

1	2	3	4		5	6	7	8	9		10	11	12	13		14	15	16	17	18		
19					20						21					22						
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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				

**Answers on page 23**[illegible]

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

Bracelet	Dust	Mine	Saw
Brooch	Head	Necklace	Shaft
Coast	In the rough	Paste	Wedding
Cutter	Jubilee	Ring	





Sweet Corn Succotash

photo courtesy Fresh From Florida



**Sweet Corn Succotash**  
4 ears fresh sweet corn, kernels cut off the cob  
2 large bell peppers, sliced thin  
1 large zucchini, diced small  
¼ cup green onion, washed and chopped fine  
1 teaspoon plus more to taste seasoning blend (Greek, Latin, Cajun)  
½ lemon, juiced

1 teaspoon olive oil  
Sea salt and fresh ground pepper, to taste  
Preheat a large sauté pan over medium heat. Add vegetable or olive oil to the preheated sauté pan. Add the corn kernels, zucchini, and sliced bell pepper to sauté pan. Cook ingredients for 2 to 4 minutes until the ingredients become crisp-tender. Add the seasoning blend and lemon juice. Stir ingredients to combine. Add the green onion and taste. Adjust seasoning with sea salt and pepper. Remove from heat and serve warm as a side dish.\*

PETS OF THE WEEK



Mandy ID# A865082 photos provided  
Lee County Domestic Animal Services

Mandy And Skittles

Hello, my name is Mandy. I'm a black and white 4-year-old female American Staffordshire Terrier. My adoption fee is sponsored by another adopter because she saw my sweet face and wanted to be sure someone else fell in love with me, too! I'm a medium-sized pup who would be a great fit for any home because I love to play with just about any toy and will quickly settle in for affection whenever I have the chance. Hi, my name is Skittles. I'm a brown tabby 4-year-old female domestic shorthair. I'm a beauty with amber eyes that will melt your heart. My independent nature is perfect for the busy individual



or family. I will be ready and waiting for you when you get home from a busy day to give you love and affection, but I'm perfectly content on my own while you are away. Animal Services thinks that is the perfect combination for a new best friend, don't you? My adoption fee is \$10, and you can adopt a feline friend for me at no additional charge. Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit [www.leelostpets.com](http://www.leelostpets.com) to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.\*

My Stars ★★★★★

**FOR WEEK OF JUNE 5, 2021**  
**Aries** (March 21 to April 19) Lots of possibilities begin to open up by midweek. Some seem more appealing than others. But wait for more facts to emerge later on before you consider which to choose.  
**Taurus** (April 20 to May 20) Bravo to the determined Bovine. While others might give up, you continue to search for answers. Expect your Taurean tenacity to begin paying off by week's end.  
**Gemini** (May 21 to June 20) You might want to consider stepping back from the task at hand for a while. This could help you get a better perspective on what you've done and what still needs to be done.  
**Cancer** (June 21 to July 22) Your keen Cancerian insight should help you determine whether a new offer is solid or just more fluff 'n' stuff. The clues are all there, waiting for you to find them.  
**Leo** (July 23 to August 22) Being ignored is difficult for any proud Leo or Leona. But pushing yourself back into the spotlight might be unwise. Instead,

let things work themselves out at their own pace.  
**Virgo** (August 23 to September 22) Trying to uncover a colleague's secret under the pretext of showing concern is ill-advised. Control your curiosity in order to avoid raising resentment in the workplace.  
**Libra** (September 23 to October 22) Expect to hear good news about a loved one. Also, be prepared for some changes in several family relationships that could develop from this lucky turn of events.  
**Scorpio** (October 23 to November 21) Some surprises are expected to accompany a number of changes that will continue through part of next week. At least one could involve a romantic situation.  
**Sagittarius** (November 22 to December 21) You might be upset by some of your critics. But most of your associates continue to have faith in your ability to get the job done, and done well.  
**Capricorn** (December 22 to January 19) A workplace goal that suddenly seems out of reach is no problem for the sure-footed Goat, who moves

steadily forward despite any obstacles placed in his or her way.  
**Aquarius** (January 20 to February 18) Uncertainty about who is right and who isn't might keep you from making a clear-cut decision. Wait until you know more about what you're being asked to decide.  
**Pisces** (February 19 to March 20) Be careful to keep your emotions in check when dealing with a demanding personal situation. You need to set an example of strength for others to follow.  
**Born This Week:** You have an extraordinary ability to rally people to do their best. You would be a treasure as a teacher.

MOMENTS IN TIME

• On June 16, 1738, Patriot printer, publisher and postmistress Mary Katharine Goddard is born in New London, Connecticut. In 1777, when Congress decided to print the Declaration of Independence, they chose Mary Goddard as printer.  
• On June 15, 1877, Henry Ossian Flipper, born a slave in Georgia in 1856, is the first African-American

cadet to graduate from the U.S. Military Academy at West Point. Flipper was appointed a second lieutenant in the all-African American 10th Cavalry at Fort Sill.  
• On June 19, 1917, during World War I, as a strong anti-German feeling within Britain causes sensitivity among the royal family about its German roots, King George V orders the British royal family to dispense with German surnames. He changed his own family's surname from Saxe-Coburg-Gotha to Windsor.  
• On June 18, 1923, the first Checker Cab rolls off the line at the Checker Cab Manufacturing Company in Kalamazoo, Michigan. America's version of the London taxi would continue to be built until 1982.  
• On June 14, 1968, a Federal District Court jury in Boston convicts Dr. Benjamin Spock of conspiring to violate the Selective Service Act. Spock, a doctor and the famous author of *The Common Sense Book of Baby and Child Care*, supported draft resistance during the Vietnam War.  
• On June 17, 1972, five men are





FRIDAY  
Cloudy  
High: 85 Low: 72



SATURDAY  
Mostly Cloudy  
High: 86 Low: 74



SUNDAY  
Cloudy  
High: 85 Low: 73



MONDAY  
Cloudy  
High: 89 Low: 78



TUESDAY  
Partly Cloudy  
High: 91 Low: 77



WEDNESDAY  
Partly Cloudy  
High: 90 Low: 79



THURSDAY  
Cloudy  
High: 85 Low: 72

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	1:17 pm	9:17 pm	None	None	Fri	12:22 pm	9:19 pm	None	None	Fri	2:54 am	7:19 am	1:12 pm	9:32 pm	Fri	3:27 pm	None	None	None
Sat	1:54 pm	9:57 pm	None	None	Sat	12:59 pm	9:59 pm	None	None	Sat	3:55 am	7:52 am	1:42 pm	10:15 pm	Sat	4:04 pm	12:33 am	None	None
Sun	2:36 pm	10:39 pm	None	None	Sun	1:41 pm	10:41 pm	None	None	Sun	4:52 am	8:44 am	2:22 pm	10:55 pm	Sun	4:46 pm	1:13 am	None	None
Mon	3:22 pm	11:24 pm	None	None	Mon	2:27 pm	11:26 pm	None	None	Mon	5:40 am	9:40 am	3:19 pm	11:36 pm	Mon	5:32 pm	1:55 am	None	None
Tue	7:22 am	9:12 am	4:15 pm	None	Tue	6:27 am	9:14 am	3:20 pm	None	Tue	6:24 am	10:32 am	4:32 pm	None	Tue	9:32 am	2:40 am	6:25 pm	12:28 pm
Wed	7:51 am	12:09 am	5:18 pm	10:53 am	Wed	6:56 am	12:11 am	4:23 pm	10:55 am	Wed	7:05 am	12:19 am	5:41 pm	11:28 am	Wed	10:01 am	3:25 am	7:28 pm	2:09 pm
Thu	8:19 am	12:56 am	6:36 pm	12:38 pm	Thu	7:24 am	12:58 am	5:41 pm	12:40 pm	Thu	7:40 am	1:07 am	6:53 pm	12:47 pm	Thu	10:29 am	4:12 am	8:46 pm	3:54 pm

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



Harry Chapin Food Bank  
OF SOUTHWEST FLORIDA





Money Tips

For most students, getting at least some advanced training or education after high school will lead to a future with more opportunities and higher expected income, according to Kentucky Higher Education Assistance Authority (KHEAA). Data from the Census Bureau’s 2020 American Community Survey show why. According to the survey, U.S. high school graduates aged 25 and older reported a median income of \$31,956 per year. A median means that half of the people who responded made more than that amount, while half made less. Students who had some post-high school education made over \$5,000 more per year, while those with two-year degrees made over \$7,000 more each year. The unemployment rates for high school graduates and those with some college or technical training didn’t differ much, 4.8 percent versus 4.9 percent. The jobless rate for people with a two-year degree was much lower at 3.3 percent. For more information, visit [www.advantageeducationloan.com](http://www.advantageeducationloan.com).

From page 20

**Moments In Time**

arrested for breaking into the Democratic National Committee offices at the Watergate Hotel in Washington, D.C. Senate investigations eventually revealed that President Richard Nixon had been personally involved in the subsequent cover-up of the break-in.

- On June 20, 1980, in a match in Montreal, Roberto Duran outpoints “Sugar” Ray Leonard to win the welterweight title. Yet, five months later in a rematch, with less than 30 seconds left in the eighth round, Duran looked at the referee and famously uttered the words “no mas” or “no more,” giving up.

NOW HERE’S A TIP

- Add a cinnamon stick or softener sheet to your vacuum bag when you change it. As you clean, you will distribute the good smell throughout your home.
- To ripen a green tomato, wrap it in a sheet of newspaper or place it in a paper bag. It can then be left on the counter for several days to ripen.
- “Need to remove fruit or food coloring stains on your hands or your countertop? White vinegar will clean it off. It’s good for so many things.” – RN in Washington
- “Instead of baking soda, I use three or four charcoal briquettes in a bowl to control odor and moisture in my refrigerator. I place the briquettes in a shallow dish, then cover the top of the bowl with a small piece of cheesecloth and secure it with a fat rubber band. The best thing is that I can still use these briquettes on the grill. In the summer,

they get changed very regularly.” – ML in Virginia

- Great ways to remove stuck labels: nail polish remover (NOT for use on plastics), WD-40 oil, soaking in hot water, rubbing alcohol.
- Have a stained coffee pot, but don’t want to use a harsh chemical cleanser to scrub that stain off? For gritty cleaning power, try using a tablespoon of milk and a tablespoon of salt. The salt gives you scrubbing power, and the milk’s acids help gently dissolve the stains.

STRANGE BUT TRUE

- The word hundred is derived from the word “hundrath,” which actually means 120 and not 100.
- New Yorkers went through a bizarre phase of wearing chameleons as living ornaments in 1894. They were fastened to cushions, scarves and women’s bodices with tiny chains and collars as little “jeweled playthings,” but thankfully the trend was shut down by the SPCA, which banned their sale – though not until over 10,000 of the creatures were already running loose in the city.
- The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.
- Any photo you’ve ever seen of the Milky Way from space is either of another galaxy or an artist’s rendition, since we’re inside the galaxy and can’t take an aerial view.
- Kangaroos hop because their leg structure doesn’t permit them to walk independently.
- A six-year-old Chinese boy named Ming Ming fell from an eight-story window, only to catch his ears in a metal grate, thereby saving his life.
- In 2019, the Wendy’s fast-food chain released a tabletop board game

titled “Feast of Legends.” It’s played in a similar fashion to Dungeons and Dragons, with Wendy as the Queen and main character.

- Bananas are a natural source of radioactive isotopes. Just a few can often trigger radiation sensors used at U.S. ports to detect smuggled nuclear material.
- The Sistine Chapel contains a small side room nicknamed the “Room of Tears.” This is where the new Pope is taken after winning the election, to relieve the emotion of that process.

THOUGHT FOR THE DAY

“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.” – John Quincy Adams

TRIVIA TEST

1. **Television:** What were the names of the six children on “The Brady Bunch”?
2. **Geography:** Which of the Earth’s oceans is the smallest?
3. **General Knowledge:** What is the lowest rank in the U.S. Air Force?
4. **Language:** What is the American version of the British plimsolls?
5. **Literature:** Which one of Shakespeare’s plays is the longest?
6. **Measurements:** What time period is a decennial?
7. **Movies:** Which actor played himself in the movie “Zombieland”?
8. **Animal Kingdom:** How many eyes does a bee have?
9. **Anatomy:** What are rasceta?
10. **U.S. Presidents:** Which 20th-century president’s Secret Service code name was Timberwolf?

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5/28 ★ 7/16


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Notice is here by given that the undersigned, desiring to engage in business under the fictitious name of Nicely Done, located in Lee County, Florida, with an address of 477 Lake Murex Circle, FL 33957, has registered said name with The Division of Corporations of the Department of State, Tallahassee, Florida. Dated the 26th day of May 2021.  
Nicely Done  
John Nicely  
6/11 ★ 6/11

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6/11 ★ 6/11

Shore Fishing:



**Don't Harm The Fish**  
by Capt. Matt Mitchell

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



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1. Greg, Marcia, Peter, Jan, Bobby and  
Cindy 2. Arctic 3. Airman basic 4.  
Sneakers 5. "Hamlet" 6. 10 years 7. Bill  
Murray 8. Five 9. Deep creases at your  
wrists 10. George Herbert Walker Bush

1. Trivial 2. Canopy;  
3. Remise; 4. Migrate

### Today's Word

# IGNORE

# HORTOONS



# PUZZLE ANSWERS

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

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

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

# Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Barefoot Beach	Bonita Springs	2015	6,039	\$7,875,000	\$7,400,000	231
Esplanade Lake Club	Fort Myers	2021	3,892	\$3,084,000	\$3,084,000	423
Terabella	Fort Myers	2008	8,157	\$3,400,000	\$2,850,000	68
Bonita Beach	Bonita Springs	2022	4,533	\$6,950,000	\$2,750,000	44
Harborage	Fort Myers	2017	4,836	\$1,975,000	\$2,100,000	4
Palmetto Point	Fort Myers	2003	5,720	\$2,100,000	\$2,100,000	271
Terabella	Fort Myers	2005	4,633	\$2,100,000	\$2,000,000	35
Verona Lago	Miromar Lakes	2005	3,008	\$1,975,000	\$1,975,000	4
Vittoria	Fort Myers	2007	5,151	\$1,750,000	\$1,750,000	0
Bay Creek	Bonita Springs	2001	6,499	\$1,950,000	\$1,700,000	42

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