



Summer Nights Nostalgia At Broadway Palm

Grease is the word at Broadway Palm Dinner Theatre, playing July 1 through August 14. Travel back in time with your favorite teenagers in this lighthearted and nostalgic look at young love. This feel good, rock 'n' roll musical is sure to get everyone dancing in the aisles and singing along to their favorite songs.

Rydell High is the setting for the hot-rodding Burger Palace Boys and their gum-snapping, hip-shaking Pink Ladies. Head "greaser" Danny Zuko and new girl Sandy Dumbrowski try to relive their summer romance as the rest of the gang sings and dances their way through musical hits including *Greased Lightnin'*; *Summer Nights*; *Born to Hand Jive*; *We*



Danny Zuko and Sandy Dumbrowski are back

photo provided

Go Together; *Look at Me, I'm Sandra Dee*; *You're The One That I Want*; and *Beauty School Dropout*.

Performances are Wednesday through Sunday evenings with selected matinees. Tickets are \$48 to \$73. There is a summer special for children age 18 and younger, with tickets at \$20 for the meal and the show. Group prices are also available.

Broadway Palm is continuing to follow CDC guidelines while providing meals and entertainment in a socially distanced environment. For a list of the health and safety measures, visit www.broadwaypalm.com. Guests that are not fully vaccinated are asked to wear a face mask while not eating or drinking. Proof of vaccination will not be required.

Broadway Palm Dinner Theatre is located at 1380 Colonial Boulevard in Fort Myers. For tickets, call 278-4422, visit www.broadwaypalm.com or stop by the box office.✱



Artwork by Marcus Zotter, Matt "Mully" Mulhern and Marvin Rouse

image provided

Exhibits Focus On Facing Pandemic

There will be an opening night reception with an artist meet-and-greet and cocktails at the Sidney & Berne Davis Art Center on Friday, July 2 from 6 to 10 p.m.

A trio of artists – Marcus Zotter, Matt "Mully" Mulhern and Marvin Rouse – will present Three M's Synergy in the Grand Atrium, while Cath Branwood's latest world perceptions will be depicted during her solo art exhibit titled *Me, You & Them* in the Capital Gallery.

Naples-based Marcus, Mully and Marvin are the three M's that have been painting together over the recent years creating "Synergy" during their live art sessions. They decided to make it the title for their upcoming show. This event represents the fact that when people can come together and are true to working with each other all though different styles, having love and

good feeling precede their actions, they can create something powerful for all to experience. During a time such as what people are experiencing globally with the pandemic, having art that speaks, uplifts and creates synergy has the power to bring people together.

Originally from the United Kingdom, Branwood traveled extensively before moving to the U.S. almost 10 years ago. She continually tries to share her unique perception of the world through being a creator. Branwood is a painter, visual artist, photographer and poet. The *Me, You & Them* exhibition originated from the 2020 lockdown period, where she was isolated and took the opportunity to explore herself, producing her stark black and white self-portraits displaying loneliness, isolation and the "shadow side" of herself, but also showing the open blank space for things which lie beyond all that. This exhibition also features the contrasting style with the graphic lineal

continued on page 14

Curious Works By Gallery Artists



Frida's Heart by Claudia Goode

photos provided

Arts for ACT Gallery will host an opening reception and meet the artists session for a group exhibit with over 20 artists during Art Walk on Friday, July 2 from 6 to 10 p.m. The gallery will feature the exhibition called *Altars, Shrines, Ditty Boxes and Cabinets of Curiosities*, and new works from the gallery co-op artists.

The exhibit is an open invitation to produce 2D or 3D art for the annual fundraiser to support ACT and ACT



Paris Love Shrine by Claudia Goode

Gallery. This year, the artists were asked to create altars, shrines, ditty boxes and cabinets of curiosities of icons, sacred spaces or notable objects. They were

continued on page 12

Historic Downtown Fort Myers, Then And Now:

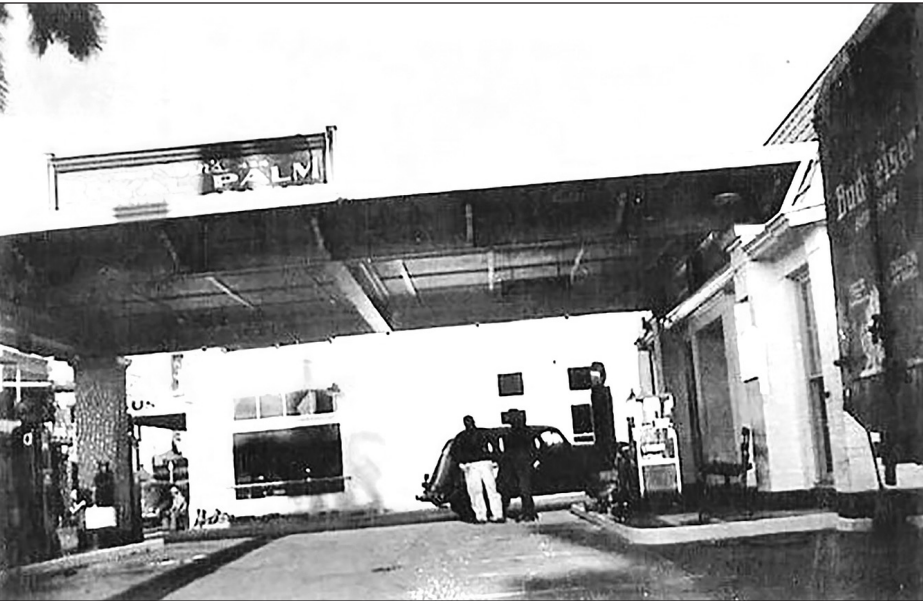
At The Station



by Gerri Reaves, PhD

In the 1940s, Royal Palm Service Station on the southeast corner of Main and Broadway was one of many filling stations that dotted the downtown landscape. Seen in this 1943 photo is the station’s canopied entrance from Broadway looking east. Note the sign above the awning reading “Vern’s Royal Palm Service Station.” In the background is Bob Wallace Motors, a Dodge and Plymouth dealership, which was located mid-block on Main across from the Patio de Leon entrance.

Vern Jungferman began operating this station in 1941 or 1942, just in time for the gas and tire rationing of World War II (WWII). He came to the job with experience, having previously run another Standard Oil station on the corner of McGregor Boulevard and Carson Street. Like stations of its era, the Royal Palm offered an array of personalized services. Not only was gas astonishingly cheap by today’s measure – about 25 cents per gallon – but customers could get their vehicles and bicycles repaired on the premises. During WWII, the station’s bicycle-rental concession owned by Coley Westbrook did a booming business with soldiers stationed at nearby Page Field and Buckingham Army Air Force Base. In July 1943, Jungferman was appointed an official tire inspector. Repairing tires that in other days would have been declared beyond repair became a regular task due to tire rationing. He called the result “duration specials.” The business also repaired bicycle tires. Today, service stations like Vern’s are no longer combination garages with



This 1943 photo shows the Broadway entrance to Vern’s Royal Palm Service Station on the southeast corner of Main Street and Broadway. In the background is the western side of Bob Wallace’s Dodge and Plymouth dealership. photo courtesy SWFL Historical Society, Dicky Jungferman Collection



Today, the former filling station spot is a parking lot photo by Gerri Reaves

skilled mechanics on staff. Nor do uniformed attendants fill the gas tank, wash the windshield, or check the oil level or tire pressure while motorists sit in their vehicles. Another major change in recent decades is the scarcity of filling stations in main business districts, for they are generally considered incompatible with pedestrian-friendly urban areas and are relegated to the fringes of business districts or along major highways. Like most towns, in the last half of the 20th century, Fort Myers changed from a town with numerous stations to one with none – in the historic district, that is. Around 1946, Jungferman left the Royal Palm and started a tire service. He later managed a Pure Oil station for 17 years. In 1955, big changes came to the corner. The filling station was razed, and First Federal Savings and Loan built a new building there. In the 1990s, the location returned to vehicle-related uses, but as a parking lot. Walk to the corner of Main and Broadway and envision a full-service gas station of the WWII era. Then check out the following research centers to learn more about the town’s mid-20th century glut of gas stations. 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. Visit the IMAG History & Science Center at 2000 Cranford Avenue or at www.theimag.org. Sources: Archives of the Southwest Florida Historical Society and *The News-Press*.☆☆

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Rooftop Bash At Davis Art Center On Fourth Of July

The public is invited to a patriotic evening of barbecue, libations, live music and entertainment to celebrate America's birthday atop the Sidney & Berne Davis Art Center Rooftop Sculpture Garden on Sunday, July 4 from 7 to 11 p.m. Roxx Revolt & The Velvets, a glam-punk band, will perform.

The Velvets met Roxette "Roxx" Barrios in 2018, and the music scene of Southwest Florida was changed forever. With originals such as *King Revolt*, *Delilah* and *Kiss Kiss Bang Bang*, this band will pump up the dance floor. Visit www.roxxrevoltandthevelvets.com to learn more.

Dave's Bangin' Barbecue will be serving ribs, pulled pork, chicken, turkey sliders, brisket sliders and fresh fruit. Draft beer and wine will also be available. Dress code is patriotic casual.

Limited tickets are \$99 in advance and \$125 on the day of the event. A VIP reserved table of four, which includes a full open bar, unlimited barbecue buffet for four from Dave's Bangin' Barbecue,



Roxx Revolt & The Velvets

photo by Jesi Cason

the sweets table and a premium view of the river and fireworks, costs \$1,000 in advance.

The Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District. For more information, visit www.sbdac.com or call 333-1933.✱

Red, White And Brew Trolley Tour This Saturday

The South Cape Hospitality & Entertainment Association (SCHEA) will host its 9th annual South Cape Red, White & Brew Trolley Event on Saturday, June 26 from 7 to 11 p.m. This 21-plus nightlife event takes guests to 11 locations for American-made beer samples and appetizer samples. During each trolley ride, guests will have the opportunity to partake in patriotic trivia and win giveaways.

"This is our second trolley event since COVID-19," said SCHEA President Shelly Walton. "Our first event had a great turnout, and we are expecting even more attendees this time around. On behalf of SCHEA, we are excited to see the community coming out to celebrate and support South Cape businesses."

Guests who get their provided passport stamped at all 11 locations will be entered to win a patriotic gift basket. Guests can also have their photo taken at the South Cape Hub and will be entered into the Photo Booth Contest. The winning photo receives four tickets to the BaconFest Trolley Event on August 14.

Participating locations include BackStreets Sports Bar, The Dive, Dixie Live, Dixie Roadhouse, Good Intentions Uncorked, Monkey Bar Steak & Seafood, Rack'em Spirits & Times, Ralph's Place, Rusty's Raw Bar & Grill, Sidecar Treats, and the Tiki Hut Bar & Grill.

All-inclusive tickets are \$15 and include a drink sample and appetizer

sample at each location. Designated Driver tickets are \$10 and include appetizer samples, plus a non-alcoholic beverage at each location upon request. Guests can use the Google Map and view trolley tips at <http://bit.ly/SouthCapeRWB>.

Tickets may be purchased online via Eventbrite or at South Cape Hub, located at 909 SE 47th Terrace in Cape Coral. In-person ticket purchases must be made in cash and carry no fees.

For more information, visit the Facebook event and www.SouthCapeEntertainment.com.✱

Locals Named To Dean's List

Mia Edwards of Fort Myers recently earned semester honors for the spring 2021 semester at Edgewood College in Madison, Wisconsin. Fulltime students who achieve a 3.5 grade point average for the semester are eligible for this honor.

Kaili Yap of Fort Myers was named to the dean's list for the spring 2021 semester at College of Charleston in Charleston, South Carolina. Yap is majoring in chemistry.

To qualify for the dean's list, students must earn a grade-point average of 3.600 or higher and complete a minimum of 14 semester hours.✱

College Graduate

Stephanie Baptiste of Fort Myers recently graduated from Eastern New Mexico University in Portales, New Mexico.✱

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Fort Myers Art:

Collective Art Exhibition At FSW Gallery



by Tom Hall
The exhibit now on display in the Bob Rauschenberg Gallery at Florida SouthWestern (FSW) State College is Postcards for Democracy, the premiere of Mark Mothersbaugh and

Beatie Wolfe’s collective art campaign. The exhibition supports the United States Postal Service (USPS) and elucidates its essential role in our elections. It will be on view through August 8.

As artistic visionaries, Mothersbaugh and Wolfe share a love of tangible art forms. In and amongst their futuristic explorations, they have joined forces to create Postcards for Democracy. The resulting gallery exhibition is expansive, immersive and participatory, but the concept continues to be quite simple: create and mail your postcard design to 8760 Sunset Blvd., Los Angeles, CA 90069 to become part of this art demonstration and, in so doing, support the USPS and democracy in the process.

To date, Mothersbaugh and Wolfe have received thousands of cards,



Postcards for Democracy exhibit will be at Bob Rauschenberg Gallery through August 8
photo courtesy www.rauschenberggallery.com

covering themes from COVID-19 and science to democracy, capitalism, the environment, social injustice and even

insomnia. Together, these postcards (like the exhibition itself) form something of a time capsule – reflecting our collective experience personally, socially, societally, politically and environmentally – while the archive expands with ongoing contributions.

Both Mothersbaugh and Wolfe have strong ties with Bob Rauschenberg’s work and ethos – Mothersbaugh in his adoption of Pop imagery and early experimentation with industrial printing techniques (including cyanotype) and Wolfe due to her reboot of the Rauschenberg-founded Experiments in Art and Technology (EAT) program of the late ‘60s with her Raw Space project.

Postcards for Democracy also extends the tradition established by the gallery in 2014 with Yoko Ono Imagine Peace and ELEVEN: The John Erickson Museum of Art (JEMA). The latter, in particular, featured Ono’s *Wish Tree*, to which attendees attached shipping tags containing scribbled wishes in a process that Ono likened to a collective prayer. After the exhibition, the gallery harvested the wishes and sent FSW Studio Art Professor Dana Roes and three “Wish Ambassadors” – Christopher Lacoste, Leila Mesdaghi and Josue Charles – to Iceland for purposes of adding them to more than a million others that have been placed in the base of the Imagine Peace Tower on Videy Island in Kollafjordur Bay near Reykjavik.

The difference between *Wish Tree* and Postcards for Democracy, of course, is that while the shipping tag wishes were kept completely private, the postcards are shared publicly with those who visit the gallery to take in the site-specific, groundbreaking show.

Mothersbaugh first started making postcard art as a young art student at Kent State University in the early ‘70s,

exchanging work with known and unknown artists alike. Through these exchanges, he realized that he was creating an image bank and a lyric collection that served as a basis of inspiration that he would later use in the creation of his seminal art-rock band, DEVO. Since then, he has filled over 490 archival volumes of 100 cards each. These cards became the basis of his most recent show, *Myopia*, a retrospective beginning in 2015 and focusing on modern man’s ongoing, internal dialogue of beatnik stream of consciousness poetry, the surrendering of the intellect to the primordial and science versus faith.

Mothersbaugh has shown his visual art in over 125 solo exhibits over the last 35 years, with touring shows *Homeland Invasion*, *Beautiful Mutants*, and *Myopia*, a 30,000-object retrospective in 2015. His art has been featured on numerous books, album art and consumer products. He has collaborated musically with artists such as Brian Eno, David Bowie, Iggy Pop, Beck, The B52s and Neil Young, to name a few.

Mothersbaugh was given an honorary doctorate of humanitarian letters from Kent State in 2008.

“What better way than to use the very system of the USPS as proof of concept that if we protest through art and connection, we not only capture this moment, but we also create a movement and preserve it for posterity,” Mothersbaugh said.

Wolfe, a “musical weirdo and visionary,” is an artist, singer-songwriter and innovator who has beamed her music into space, been appointed a U.N. Women Role Model for Innovation, and held an acclaimed solo exhibition of her “world first” album designs at the Victoria & Albert Museum.

Named by *WIRED* Magazine as one of “22 people changing the world,” Wolfe is at the forefront of pioneering new formats for music that bridge the physical and digital, which include: a 3D theater for the palm of your hand; a wearable record jacket – cut by Bowie/Jimmy Hendrix’s tailor out of fabric woven with Wolfe’s music – and most recently an “anti-stream” from the quietest room on earth and space beam via the Big Bang horn.

The Barbican Centre in London recently commissioned a documentary about Wolfe’s pioneering work titled *Orange Juice for the Ears: From Space Beams to Anti-Streams*. Her latest innovation is an environmental protest piece built using 800,000 years of historic data that will be premiered at the London Design Biennale in 2021.

“Lockdown has reminded me of the joy and importance of physical communication at a time when it’s more important than ever,” said Wolfe, “and mail connects us in a way that technology never can. So let’s use it before we lose it!”

The Bob Rauschenberg Gallery is located on the FSW campus at 8099 College Parkway, Building L, in Fort Myers. For more information, visit www.rauschenberggallery.com.

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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Lillie Peterson receives a hurricane preparedness meal kit from Florida Power & Light Company External Affairs Manager Charlotte Miller photo provided

Hurricane Meal Kits Distributed To Local Residents

For the third year, Florida Power & Light Company (FPL) partnered with Community Cooperative to distribute 400 hurricane kits to Meals on Wheels recipients who are homebound and often unable to go out and buy necessary items to prepare for storms.

Each kit included a three-day supply of nutritious shelf-stable food for breakfast, lunch and dinner, water and snacks to help homebound residents in case Community Cooperative is unable after a storm to make regular food deliveries to Meals on Wheels recipients.

"It means a lot of things besides the survival aspect of a hurricane or getting food in," said Dennis Dial, Meals on Wheels recipient who also received the hurricane kit. "It means that somebody's there that cares, and I think that's a big part of this Meals on Wheels program."

Volunteers, including Miss Cape Coral Juliandra De Jesus and her mother, Alexandra Berru, along with Community Cooperative and FPL staff, packaged the kits, which were distributed with Meals on Wheels deliveries on June 9.

"Since the pandemic, Community Cooperative's Meals on Wheels program has grown about 20 percent," said Stefanie Ink-Edwards, CEO of Community Cooperative. "We are extremely grateful to FPL for their continued partnership that ensures our elderly homebound clients will have three days' worth of food supplies in the event they become isolated due to a storm, and we can't get to them quickly."

FPL, which is headquartered in Juno Beach, has been hosting events like this since 2016 and began working with Community Cooperative in 2019 by providing funds and volunteers to pack and distribute the emergency kits.

"We are happy to partner with Community Cooperative once again this year to help seniors in our community prepare for hurricane season," said FPL External Affairs Manager Charlotte Miller. "At FPL, we work with our communities to help make them better places to live, work and raise a family, and helping our most vulnerable residents prepare is one of the ways we do that."

For information on how to volunteer, support or receive Meals on Wheels food deliveries, visit www.communitycooperative.com.*

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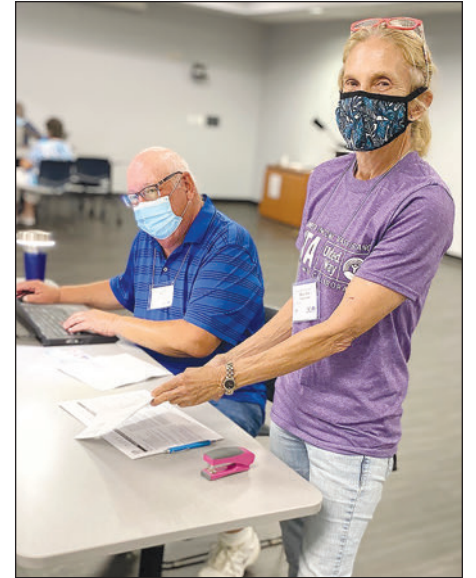
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Extended Tax Season Ends With Positive Results

United Way of Lee, Hendry, Glades and Okeechobee's Volunteer Income Tax Assistance (VITA) program has concluded the extended 2021 tax season with tremendous results. United Way's VITA volunteers provided free tax preparation services to over 6,700 individuals and families who received approximately \$9.7 million in tax refunds and saved over \$2 million in tax preparation fees. That is money that goes back into the community, which is especially helpful during one of the most difficult years witnessed.

With the help of 147 determined IRS certified VITA volunteers and the support of many community partners, the local United Way operated 16 traditional tax sites, five limited contact drop-off/pick-up sites and one completely virtual site. Provided services met the needs and comfort level of clients and volunteers throughout Southwest Florida. Together, the VITA volunteers provided over 12,800 hours of service, valued at \$348,160, bringing the community impact for this program alone to \$12 million.

"This was my rookie year and I am so impressed with the leadership, fellowship and professionalism of United Way VITA. I so appreciate the interaction with clients who are so grateful for the services provided by knowledgeable volunteers,"



Volunteers Richard LaCivita and Deb Schuckman photo provided

said Kristi Haustman, VITA volunteer.

It was seen as a monster of a tax year while the program managers, volunteers and clients battled with how to provide and receive services safely during the continued COVID pandemic.

Jeannine Joy, United Way president and CEO, said, "We are grateful for the dedicated group of volunteers, partners and staff that made this tax season our most successful to date. Pandemic safety protocol, mid-season tax law changes, the American Rescue Plan and a five-week extension made this tax season the most

continued on page 6

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Partnership Strengthens Youth Mentor Program

Midwest Food Bank of Florida has partnered with SJC Boxing in Fort Myers and its youth mentor program.

The recently launched SJC Boxing Mentor Program is open to middle and high school students Monday through Friday from 12:30 p.m. to 3 p.m. or 6 p.m. to 8 p.m. Students can come to the local Fort Myers gym and receive boxing training, a meal provided by Midwest Food Bank Florida, as well as mentoring from various professional athletes and community business leaders, all at no charge.

Home to the oldest three rope, certified boxing ring in the U.S., SJC Boxing is a fully equipped boxing gym, run by owner, trainer and Florida 2009 Boxing Hall of Fame recipient Steven Canton and his wife Beth. Starting a pilot program with Coronado High School, the word is quickly spreading and expansion efforts are already under way. Students can now also earn school grade-point average credits through participation of the mentor program, and many professional athletes are looking to offer their expertise.

“As one of the 172 nonprofit partner agencies (churches, veteran supports, shelters, schools and soup kitchens) that Midwest Food Bank Florida donates



SJC Boxing owner and trainer Steven Canton, center, with youth mentor program participants photo provided

food to each month, this partnership with SJC Boxing allows us to expand our community impact even further. We understand the importance of education, exercise, mentorship and nutrition, and all these components working together to give our youth a chance to thrive,” said Karl Steidinger, executive director.

“Getting the kids off the streets and focused on their future is why we set this program up. We want to offer them a safe place to go during lunch or after school, where they can train, receive

mentorship from people who care, as well as enjoy some nutritious food that might not be an option at home,” said Canton.

Midwest Food Bank has 12 locations, including 10 in the U.S., and one each in East Africa and Haiti. For more information, visit www.midwestfoodbank.org/florida.

SJC Boxing Inc. is located at 4220 Cleveland Avenue in Fort Myers. To learn more, visit www.sjcboxing.com and www.facebook.com/sjc-boxing-144809292240075.

From page 5 Tax Season

challenging we have witnessed. We are thrilled that our dedicated VITA team was able to put a record-breaking amount of refunds into the pockets of hard-working residents and families when they needed it most.”

The VITA program serves households earning \$66,000 or less by accurately preparing and e-filing federal tax returns for free. United Way’s IRS certified volunteers help determine if clients are eligible for the Earned Income Tax Credit (EITC), education and/or childcare credits when they file, ensuring clients get the full refund they are entitled to.

For those who still need to file their 2020 tax return, United Way has four year-round VITA sites located in Estero-San Carlos, LaBelle, Lehigh Acres and Fort Myers to help. These year-round sites can also help with filing previous years’ taxes and amendments. All sites operate by appointment only, so call 433-3900 to schedule an appointment. Those who prefer to file on their own, can do so free of charge at www.myfreetaxes.com as long as total household income is under \$66,000.

United Way will be recruiting volunteers to serve as tax preparers, greeters and interpreters for the 2022 tax season over the next few months. Volunteers will complete free classroom and online tax preparation training and certification using the TaxSlayer software. To join the VITA team, visit www.unitedwaylee.org/vita-volunteer.

Churches/Temples

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

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

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

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

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

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

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

CHAVURAT SHALOM
For summer (June, July, August) 7:30 p.m. Friday Shabbat services every week. Other programs on vacation. 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.crownoflifelutheran.com. 5820 Daniels Pkwy, 482-2315.

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

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

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

FAITH UNITED METHODIST
Sunday 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, www.christianscience.com. 2390 West First Street, 334-6801.

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

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

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

FIRST PRESBYTERIAN CHURCH OF FORT MYERS
11 a.m. Sunday, www.fpcforymyers.org, 2438 Second Street, 239-334-2261

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

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

481-1143.

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

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

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

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

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

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

SAMUDRABADRA BUDDHIST CENTER
Meditation classes. www.MeditationInFortMyers.org, 567-9739.

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

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

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

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

SAINT NICHOLAS MONASTERY

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

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

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

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

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

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

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

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

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

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

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

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



Florida butterfly orchid's pseudobulbs (upper left) and hanging fruit capsules (center)
photos by Gerri Reaves

Plant Smart

Florida Butterfly Orchid

by Gerri Reaves

Florida butterfly orchid (*Encyclia tampensis*) is the most widespread of the state's epiphytic orchids. The common name derives from the resemblance between the panicles of flowers and hovering butterflies.

Another common name, Tampa butterfly orchid, refers to the plant's discovery in the Tampa Bay area in 1846.

This slow-grower is found on trees in wet hammocks, mangroves and cypress swamps of the central and southern parts of the state. Favored trees are cypress, live oak and buttonwood.

Each plant produces one to three strap-like leathery basal leaves of three to 12 inches long. They emerge from egg- or onion-shaped pseudobulbs, which store water and enable the orchid to endure droughts.

Flowering occurs between late spring and early fall, and fruiting occurs throughout the year.

The arching branched inflorescences extend beyond the leaves and hold three to 45 fragrant flowers, each on its own stem and measuring about an inch across.

The spatulate petals and sepals are similar to one another, ranging in color from green to yellow or bronze.

The flower's white lip is three-lobed. The center fan-shaped lobe has a purple or rose splotch, and the side lobes have purple veins.

The hanging ellipsoid fruit capsule



Panicles of flowers usually bloom spring to fall

contains numerous dust-like seeds. Upon maturity, it splits into three valves and the seeds are dispersed by wind.

This orchid is pollinated by small bees. It prefers filtered light or morning sun only.

Although Florida butterfly orchid is not listed as endangered or threatened, it is officially listed as "commercially exploited."

Plants in that category are defined in Florida Statutes as "species native to the state which are subject to being removed in significant numbers from native habitats in the state and sold or transported for sale."

As for establishing this or any epiphytic orchid in your yard, finding the right platform is the key. Despite connotations of exotic delicacy, orchids are best left alone once anchored in the right place.

Epiphytes like this species use a tree limb or other surface as a growing platform. They are not parasites. Nor do they need soil to grow.

With its spongy roots firmly anchored to a tree or other clay pot, it accesses moisture, sunlight and nutrients, the later

in the form of mostly plant debris.

A location in the crotch of a tree or at the base of a palm frond is an excellent spot for collecting organic material.

Approximately one hundred orchids are native to Florida and were once abundant. Now scores are threatened or endangered due to habitat loss, primarily.

Do your part by always purchasing your orchids from a responsible native nursery. Collecting from the wild is prohibited by law.

Sources: *Complete Guide to Florida Wildflowers and Everglades Wildflowers* by Roger L. Hammer, *Five Hundred Plants of South Florida* by Julia F. Morton, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, *National Audubon Society Field Guide to Florida* by Peter Alden et al., *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, and www.fnps.org.

Plant Smart explores the diverse flora of South Florida.✽

Openings At Sanibel School

The Sanibel School is currently accepting new student applications. If you live on or off island and desire an education from a small public community school for your school-age child, now is the time to apply. The Sanibel School is

"A" rated and designated a School of Excellence by the Florida Department of Education. The K-8 campus provides an exceptional learning environment for its students, and the array of programs available is comparable with even the largest schools in the district.

To learn more about enrollment and the waiver process, call Donna Marks at 472-1617 or email donnamm@leeschools.net.✽



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Summertime Trout Fishing



by Capt. Matt Mitchell

With a passing tropical disturbance, we got a break from the sizzling summer heat, with overcast conditions all week. Even though we saw very little rain,

the cloud cover did wonders for keeping temperatures lower than normal. Slower tides did make fishing a little tougher at times, with little to no water movement even in the passes for hours. Moving out to the many grass flats was one option, as the snook and redfish bite simply quit at times.

When tides are not right, sometimes you just have to switch gears and target a species that seems to feed no matter what. Trout are one of the most popular species in Florida and can be caught a variety of ways, with both live bait and artificial. Finding the small fry bait and feeding birds out on the open water flats is a sure sign to locate trout. Look for clean clear water and the trout will be there.

The tried and true method to catch these fish is a live shrimp under a popping cork. Make long casts and snap the rod tip making the cork pop. This sound imitates a shrimp or bait skipping

on the surface and draws the trout in. There are lots of ways to switch this rig up, with either a soft plastic or DOA like shrimp, or a live pinfish or grunt. Big trout love grunts, aka pig fish, more than anything else that swims.

Top water plugs may be the most fun way to catch trout. Watching them chase and miss the plug is great entertainment. Low light conditions are the best time for this. Some really big trout are caught in super shallow water around both oyster bars and shoals. Look for the transition areas where grass and sand meet. Soft plastics bounced across the bottom on a jig head is another way to catch trout. We often drift and fan cast the flats in three to five feet of water to catch these fish.

Some of the biggest trout we catch all year, we pick up as bycatch while tarpon fishing. Large pinfish under a float catch some giant 24-inch-plus trout on almost every tarpon trip I run this time of year. Although they are not the target species, catching a 26-inch trout is a great sign about the amazing recovery we have seen in our waters. Trout are a very delicate fish and gentle handling is the key to a good release. Wetting your hands or using a hook-out tool, and not even touching the fish, gives them the best chance at swimming away unhurt.

Although trout has been reopened to harvest in our region as of June 1, the recreational limits have been lowered to six fish maximum per vessel. The slot limit has also changed to 15 to 19 inches, with only one per vessel over 19 inches in that bag limit. The regulations for the entire state of Florida changed on



Mary Laser with a 26-inch "gator trout" she caught while tarpon fishing this week photo provided

February 1, 2020.

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.✱

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Cycling Safety Notes

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Warn to pass
Wear a helmet
Use lights at night
Always be courteous

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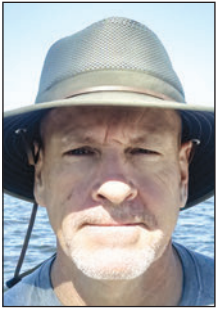
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CROW Case Of The Week:

Animal Ambassadors



by Bob Petcher

Who do you think would make a great representative or promoter of your business?

At CROW, that specific team member would be an animal, of course.

Since 2012,

CROW has instituted an animal ambassador program to provide a home for critters who are unable to be released into the wild. Dr. Heather Barron, CROW'S medical and research director, instituted the program to utilize these animals as foster parents, blood donors and as an educational outreach for an up-close experience with wildlife.

"She realized how critical it would be for our mission to start an animal ambassador program," said CROW Rehabilitation Manager Breanna Frankel. "With our education outreach starting to grow, we realized that it would be much more successful if people were able to have one-on-one, in-person experiences. The animal ambassadors would serve as species representations of patients we treat at CROW, and serve other functions such as being blood donors, foster parents, etc."

CROW has six animals in the animal ambassador program: Lola, the American kestrel; Talon, the red-tailed hawk; Mina, the great horned owl; Billy, the nine-banded armadillo; Gigi, the Virginia opossum; and Biscuit, the gopher tortoise, the most recent addition.

Lola, who arrived in March of 2013, suffered from a broken wing that had not healed correctly. She was capable of



Biscuit, the gopher tortoise is CROW's latest animal ambassador

photo by Brian Bohlman

short flights but would not be able to fly well enough to hunt in the wild. Frankel said Lola's "flight abilities are diminishing as she ages" but called her "an excellent species ambassador."

Talon arrived at the clinic in January of 2014 with a broken left wing. The fracture had already healed incorrectly, and he was unable to fly. Frankel said Talon is CROW's "most used animal for blood transfusions."

Mina was admitted in December of 2016 with a partially amputated right wing. The injury had mostly healed by the time she was brought to the clinic but rendered her unable to fly. "She has come a long way. Aside from assisting with regular duties, she also participates in research outings with Avian Research and Conservation Institute (ARCI), trapping swallow-tailed kites for satellite tracking," said Frankel.

Billy arrived in April of 2017 as an orphan that was weak and malnourished. The rehabilitation team nursed him back to health, but since armadillos were classified as a nonnative or invasive species by FWC at the time, Billy was unable to be released. The classification was changed recently to reflect that

armadillos have naturally expanded their range to include Florida. Billy has since become too accustomed to human care to live a successful life in the wild.

Gigi was admitted in April of 2019 after she was found orphaned with her two siblings. She had sustained a traumatic amputation of most of her tail. Since wild opossums use their prehensile tails for balance and climbing to escape from predators, Gigi would not be a successful opossum in the wild. "She has changed thousands of minds regarding common opossum myths," noted Frankel.

Then there's Biscuit, who came to the clinic at just a few months old after being attacked by a dog. Frankel said, "The dog unfortunately caused rear leg damage, and Biscuit cannot use the leg

appropriately – it drags behind him/her. This would lead to significant issues in the wild with abrasions and potential infection. Due to the difficulty, Biscuit was added to our program because our previous gopher tortoise ambassador healed enough over a few years to be fully rehabilitated and released back to the wild. They are a keystone species, so they are incredibly important for people to learn about. Some of our live animal exhibit animals have had food names over the past two years, and Biscuit fit right in with Pancake, Waffle and Chip (aka, chocolate chip). Apparently, we like breakfast foods! Biscuit is also the perfect size of a biscuit but is growing quite rapidly."

The rehabilitation staff spends countless hours training and building trust with these animals so that they can remain relaxed around crowds.

"These animals teach us something new every single day. Watching their training progress, watching them interact with people and watching them change minds across the country is the greatest feeling in the world," said Frankel. "The bonds you can create with the animals is astounding, and earning their trust is a very high honor. Some of our favorite days are ones spent with our ambassador animals."

CROW (Clinic for the Rehabilitation of Wildlife, Inc.) is a nonprofit hospital providing veterinary care for native and migratory wildlife. 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.✱

Free Meals While School Is Out

The School District of Lee County is partnering with Florida's Summer BreakSpot program to keep children healthy and well nourished while school is out. The Summer BreakSpot program allows the district's food and nutrition services department to provide free meals to children who are 18 years and younger at no cost while school is out during the summer.

This summer, meals will be served at more than 75 locations in Lee County between school-based sites and community sites between June 21 and July 28. There are no income requirements or registration. Anyone age 18 or younger may come to eat.

"The School District of Lee County has partnered with the Summer Feeding Program for over 20 years. Providing summer meals to the students when school is not in session is an important service that we are able to provide," said Kandy Messenger, food and nutrition services director.

There are three ways to find a Summer BreakSpot site and serving times. Dial 2-1-1, Text "FoodFL" to 877-877 or visit www.SummerBreakSpot.org.✱

New Members For Rotary Club

The Rotary Club of Fort Myers inducted three new members recently.

Joe McKim, owner of Limitless Health Movement, is a military veteran, personal trainer and health coach.

T. Michael Rooks, director of survey at Morris Depew, has more than 25 years of experience in the survey industry.

Nate Sallee, owner of Sallee Promotions, Inc., provides marketing and branding materials.

"I am confident that bringing these new members into our club will strengthen our ability to deliver 'service above self' to our local community," said Rotary Club of Fort Myers President Skip Camp. "Rotary is committed to improving our community through our member's leadership and willingness to give back."✱

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United Way Elects New Officers And Board Members

New officers and nine new board members were elected at the recent United Way of Lee, Hendry, Glades and Okeechobee's annual meeting.

Officers and executive committee members for 2021-22 are as follows:

Board Chair – Roger Desjarlais, manager, Lee County

Vice Board Chair – Bob Beville, Waterman Broadcasting Corporation

Treasurer – Cynthia Hawkins, Wiltshire Whitley Richardson & English PA

Assistant Treasurer – Victoria Loyola, Markham Norton Mosteller Wright & Co.

Secretary – Mary Vlasak Snell, Pavese Law Firm

Immediate Past Chair – Robert Shearman, Henderson, Franklin, Starnes, & Holt, PA

Joining the United Way Board of Directors are as follows:

Corey Vertich, Uhler and Vertich Financial Planners

Dotty St. Amand, Lighthouse of SWFL

Darren Wallace, Henderson, Franklin, Starnes & Holt, PA



Corey Vertich



Dotty St. Amand

David Klein, Klein Solutions Group, LLC

Earnest Wilks, Regions Bank
Harlan Parrish, FineMark National Bank & Trust

John Joyce, CRS Technology Consultants

Kevin Anderson, mayor, City of Fort Myers

Kevin Karnes, Lee County Clerk of Courts

All money raised in the United Way Campaign stays in the local community to help support the local human service network. United Way Partner Agencies and initiatives like Alvin A. Dubin Alzheimer's Resource Center, Children's Advocacy Center, United Way's WeCare, ACT, LARC, Inc. and United Way 211 serve a diverse range of needs in our community such as nurturing children and youth, strengthening families and meeting critical needs such as helping the elderly and disabled live



Darren Wallace

independently, and empowering communities by bringing health and human services to neighborhoods.

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

The United Way of Lee, Hendry,



David Klein



Earnest Wilks



Harlan Parrish



John Joyce



Kevin Anderson



Kevin Karnes

Glades and Okeechobee has raised and distributed over \$199 million since established in 1957. For more information, call United Way at 433-2000 or visit www.unitedwaylee.org.

Bank Manager Appointed To Committee

Kristin Dilorio, Sanibel Captiva Community Bank vice president and downtown branch office manager, was recently appointed to the University of South Florida Muma College of Business Customer Experience Certificate Program steering committee.



Kristin Dilorio

The committee provides oversight for the interactive, eight-week online program that teaches participants how to apply principles that drive customer experience using techniques developed

by top companies. The program also teaches how to integrate strategies and methodologies to measure, evaluate and improve the customer experience in participants' own organization.

"We're extremely proud of Kristin for investing her time in such an exciting professional growth opportunity," said Lana Hollier, Sanibel Captiva Community Bank senior vice president and director of deposit operations. "Her experience will help our entire SanCap team continue to live up to our promise of delivering exceptional customer service."

Dilorio joined Sanibel Captiva Community Bank in 2016 to lead the bank's downtown Fort Myers branch. She manages daily operations and customer relationships, including business and consumer banking. With more than 15 years of banking experience, she has helped the downtown branch grow and cultivate a healthy customer roster within a range of industries, including legal, hospitality, finance and construction.



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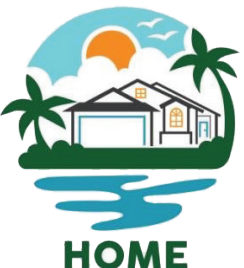
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Book Review

Sunflower Sisters



by Di Saggau

Sunflower Sisters is a saga of the Civil War with all the usual suspects – enslaved people, slave owners, abolitionists, soldiers and nurses. When the nation goes to war, Georgeanna

“Georgey” Woolsey follows her passion for nursing during a time when doctors didn’t consider women fit for the work. Georgy is one of seven daughters of the abolitionist Woolsey family. She is determined to become a nurse and she studies with America’s first female medical school graduate. She also works against prejudice against women in the medical field.

In the South, Jemma is enslaved on a Maryland plantation, where she lives with her mother and father. Her sister Patience is enslaved on a plantation nearby. Both live in fear of LeBaron, an abusive overseer who tracks their every move. When her cruel mistress Anne-May sells her, she escapes but has to leave her loving family behind.

Anne-May is left behind to run the plantation when her husband joins the Union army. Being in charge, she uses the opportunity to follow her own ambitions



image provided

and is drawn into a Southern network of spies.

Sunflower Sisters is inspired by true accounts and provides a vivid, detailed look at the Civil War experience. It’s a sweeping story of women caught in a country on the brink of collapse. Don’t miss the author’s notes which mention that this story was inspired by the real-life Woolsey sisters. *Sunflower Sisters* follows the popular *Lilac Girls* and *Lost Roses*. All the stories in the trilogy can be read as stand alone.

I love what author Lisa Wingate said

about the book: “From Southern spies to nurses on the Northern battlefields, *Sunflower Sisters* weaves an exquisite tapestry of women determined to defy the molds the world has created for them.

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My child is disorganized and often impulsive, and I have difficulty being positive with her. I’m concerned about the message I send when I react in a

negative way. Can you suggest some ways for me to stay positive with her?

Thanks.

Nicole W, Fort Myers

Nicole,

Impulsivity is very difficult and exhausting to deal with. I applaud you for wanting to do more to help cope with this situation. Reframing your language when you are dealing with stressful situations may help. Reframing is a technique where you turn your language and words from negative to positive. The following are four situations that are typical of impulsive interactions. They have been reframed or rewritten in a more positive manner, if these situations are pertinent to you, study these examples and practice the reframed language so you can use it easily.

Situation One – Your child interrupts often. Instead of emphasizing this negative behavior, comment on your child’s overall conversational skills. You might say, “I know that you are a polite person and will do your best to wait to speak until it’s your turn and not interrupt. This way, you can listen to what I’m saying, and we will have a much better conversation.

Situation Two –Your child leaves important books or assignments at school instead of taking them home and conversely forgets to take important items to school. Instead of telling your child how forgetful and careless she is, focus on why she forgets her work. Is it a time issue, or another pressure? Figure out the why and problem-solve it. It might be a simple matter of needing a few minutes more in the morning, using a checklist, or color coding her work. Maybe a buddy at school could help her or maybe her teacher could put up a daily reminder on what the class needs to bring home. Focus on your belief that she can be a responsible student, not a disorganized one.

Situation Three – Your child becomes agitated easily and says unkind, disrespectful words. It is very easy to snap at this and escalate the situation. Instead, acknowledge that she is upset and ask your child to calm herself with 10 deep breaths, and tell her that then you will discuss the problem with her.

Situation Four – Your child leaves little messes all over and never cleans up after herself. Most impulsive and disorganized children don’t realize that they’ve left a mess because they’re so focused on their next activity. While it’s hard not to be negative as you encounter these mini messes, remain calm, nonjudgmental and

The journeys of Jemma and the Woolsey sisters will have readers celebrating those who came before us, fought for what they knew was right and became timeless women ahead of their times.”✧

simply say that you expect the mess to be cleaned up in the next 10 minutes and set a timer. When she cleans up within the time limit, give her lots of specific verbal praise about her cleanup behaviors, like she put away everything where it belongs, and thank her for following your directions. If your child doesn’t comply, you can offer a second chance for her to clean up immediately, following up with praise saying that you knew she could do this and be responsible. The key for the parent is to stay calm while coping with the mess, often not easy to do.

You can guide and shape your child’s behaviors with this reframing technique. Focus on the positive instead of criticizing. Most kids want to be thought of as responsible and caring. As you guide your child with these strategies to help them achieve more positive behaviors, you will see changes even though it may take some time.

Shelley Greggs 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 may be addressed to smgreggs@gmail.com or at www.schoolconsultationservices.com.✧

President’s List

Marissa Council of Fort Myers was named to the spring semester president’s list at the University of Alabama. Ryan Albrecht, Rory Chappuis, Lexi Graber, Lily Griffith, Aden Phoenix and Alexandra Salter were named to the dean’s list. To qualify, students need to have academic records of 3.5 or above for the dean’s list, or 4.0 for the president’s list.✧

Dean’s List

Montana Ligman of Fort Myers was named to the dean’s list for the spring semester at the University of Rhode Island in Kingston, Rhode Island. To qualify, full-time students must have completed 12 or more credits and achieved at least a 3.30 quality point average.✧

From page 1

Curious Works

instructed to use canvas, shadow boxes, tins, cigar boxes, upcycled clocks and other containers, and then fill them with objects, photos, memories and treasures.

Over four years ago, gallery officials hosted this same exhibit and the artists that participated created an array of exceptional art. Dale Weber is the judge and he will award ribbons to the best exhibits. This exhibit runs through Monday, August 2.

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

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

Love Your Neighbor Event Raises \$500,000

The Heights Foundation/The Heights Center's 13th annual fundraiser, Love Your Neighbor, raised \$500,000 recently to support the organization that works to build strong, self-sufficient families in The Harlem Heights neighborhood of Fort Myers. The event, typically hosted in a private home in Gulf Harbour, was moved to The Heights Center this year, and the number of attendees was limited.

Guests sipped cocktails and listened to a performance by The Heights MOSAIC woodwind students on the rooftop terrace, then proceeded to auditorium and were greeted by emcee Kellie Burns of NBC-2. Chef Norman Love of Norman Love Confections and Chef Harold Balink of Harold's Restaurant provided an "amuse-bouche" chocolate and wine tasting. Balink served a farm-to-table dinner featuring Twelve Seasons Farm tomato tartar, Hokkaido scallops, 48-hour sous vide short rib and wines paired by wine writer Gina Birch. Love provided a bittersweet chocolate mousse with a raspberry crème brulee interior for dessert.

Scott Robertson of Scott Robertson Auctioneers conducted the fundraising to support the organization's summer camp and afterschool programs and the live auction. Donors exceeded a \$100,000



Kathryn Kelly with JoAnn and Joe Catti

challenge match by Gaye and Jim Pigott. In addition, the Danny Sinoff Trio performed during dinner and after the auction for dancing.

Top auction items included a one-of-a-kind pendant created and donated by Mark Loren Designs, a wine and culinary trip to Sonoma, a VIP day for six at Trucks Gone Wild donated by The Kelly family and The Redneck Mud Park, and two bottles of Screaming Eagle Cabernet Sauvignon.

"Our Love Your Neighbor event is our biggest fundraiser of the year," said Kathryn Kelly, founder, president and CEO of The Heights Foundation/The

Heights Center. "The families in Harlem Heights are extremely vulnerable, and our enriching afterschool and summer camp programs ensure that parents can work and kids can have fun, be safe and learn. We were amazed by the outpouring of support by our friends and donors."

Supporters included Harold's Restaurant, Mark Loren Designs, Norman Love Confections, Gaye and Jim Pigott, Dede D'Arcy, Entech, Dean and Janie Schreiner, Lisa Bommarito Floral Designs, Bon Soiree Events, Crave Culinaire, Creative Sound and Lighting, Davis Brothers Limo and Buses, Elly Hagen Marketing & Public

photo by Vandy Major

Relations, Gina Birch, Hyatt Regency Coconut Point Resort & Spa, Jennifer's Boutique, Joeline Barb, Jordan Vineyard and Winery, Kellie Burns of NBC-2, Danny Kelly and The Kelly Family, Lucas Century, Mauritson Winery, Mix Marketing, RS Walsh Landscaping, Redneck Mud Park, Scott Robertson Auctioneers, Valette, Healdsburg, Brenda Krieger, Cindie Barker and Teri Palmer.

For more information about The Heights Foundation/The Heights Center, visit www.heightsfoundation.org or call 482-7706. To donate, visit www.heightsfoundation.org/donate.

Bank Donates Office Space

Sanibel Captiva Community Bank has donated rent-free office space to the South Gulf Coast Chapter of Community Association Institute (CAI) trade association in Fort Myers. CAI works to assist and provide community associations, managers, management companies and those affiliated with them, educational programs, social networking opportunities and information for related community matters.

Last summer, the bank relocated, creating approximately 2,700 square feet of available office space. The Southwest Florida Chapter of Blessings in a Backpack and the Southwest Florida Symphony moved in under the bank's offer of rent-free office space.

Chamber Installs Board And Officers

The Greater Fort Myers Chamber of Commerce recently installed its 2021-22 board of directors and officers for its organization and the Greater Fort Myers Chamber of Commerce Foundation.

The board will be led by board chair Angela Schivinski, publisher for Fort Myers *Florida Weekly*; first vice chair Michele Hoover, managing partner of Solomon & Hoover CPAs, PLLC; second vice chair Jay Johnson, owner of Bubba's Roadhouse & Saloon; treasurer Samantha Scott, owner of Pushing the Envelope; and immediate past chairman Jim Larkin, general manager of Crowne Plaza Fort Myers at Bell Tower.

Working to support the chamber's efforts to enhance education and professional development at a variety of levels within Southwest Florida, the foundation's board of directors will be led by chair Joe Mitchell, president of Pool Pros, Inc.; vice chair Bryan Blackwell, managing partner of Southern Oak Wealth Management; and secretary Suzanne Boy, founding partner and board certified attorney in labor and employment law for Boy Agnew Potanovic, PLLC.

The 2021-22 board of directors were appointed during the chamber's monthly luncheon on June 11. Outgoing board chairs, board members and volunteer committee chairpersons were recognized during the ceremony for their year of service. For more information, visit www.fortmyers.org.



From left, Jim Larkin, Joe Mitchell and Angela Schivinski

photo provided

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Will Power

What Is Information?



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

The world changes at a rapid pace. As recently as 25 years ago, fax machines weren't ubiquitous, personal computers were clunky and not very useful, there were no cell phones, and there was no Internet of which to speak.

Information bombards each and every one of us daily. The smart phone in your pocket contains more communication, digital computing and research capabilities than the largest mainframes of a generation ago. We have access to the Internet in our homes, offices and local eateries. Information is more readily and instantaneously available to us now than at any other time

in history. When my mother was diagnosed with acute myeloid leukemia (AML), for example, I searched the Internet for information about its prognosis and treatment.

People tend to search the Internet when making major decisions, whether they are medical, financial or legal. What you have to realize, however, is what kind of information you've discovered. We've all heard, "I learned enough on the Internet to make me dangerous." That's a very true saying. Allow me to take the next step to differentiate between the four different levels of information.

Data is the first level. Data is everywhere – but it's fleeting – relevant only in the moment. Stores record the amount of sales revenue daily. The rise and fall of stock prices, the number of individuals affected by a flu virus and how many new jobs were created in the past quarter. Newspapers cite data from baseball players' hitting averages to the amount of rainfall recorded in the past 24 hours. We may learn the number of months the average patient diagnosed with AML lives.

Without context, however, data means absolutely nothing.

The second level is information. Information is useful but has a shelf life. The news contains much information, but it may only be relevant today. It's stale tomorrow. The Internet is chock full of information. Some may be from a knowledgeable source, while

some other is nothing more than uninformed opinion.

Knowledge is the third level of information. Knowledge has a much longer shelf life than information has, and is usually supported with years of education and experience. Knowledge is not something gained by reading articles in newspapers, magazines and Internet blogs. You may digest information from those sources, but you won't earn any knowledge without being able to put that information into both a historical context and a view of relevant but interrelated factors.

Shortly after my mother's AML diagnosis, for example, and after having gained information as to which medical centers treated the disease with success, we flew to Houston's MD Anderson Cancer Center where trained doctors with AML specialties used their years of accumulated knowledge to begin treatment. Through their efforts, my mother achieved remission for many years following a bone marrow transplant, which ended up having to be repeated eight years later. While I had found all sorts of information on the Internet about AML, I did not have the knowledge necessary to save my mother's life. Only the expert physicians and their medical teams had that.

Knowledge changes over the years, however. So it too has a shelf life. The cancer treatments of 10 years ago are vastly different than those of today. The knowledge has changed.

In contrast, the highest form of information doesn't have a shelf life – and that highest form is wisdom. Most of the world's major religions are predicated on the wisdom of how to live a full and good life as a human being with all of our faults and foibles. Wisdom can also be found in many of the best medical, legal and financial professionals.

There are some professionals who have knowledge gained from years of experience but lack the wisdom to choose whether one course of action is better than another – which is the wisdom of how to best apply knowledge. None of us knows what the future brings, even the most knowledgeable professionals. Life has a way of surprising us.

I believe that true wisdom comes from a unique ability to filter knowledge and life experience into a fabric of understanding, with an ability to communicate that understanding in a way that endures. It's not always sexy or flashy, but when you find someone who has true wisdom, you never want to lose them.

I therefore try not to confuse data and information with true knowledge and wisdom. This helps me find clarity in my everyday decisions.

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Federal Student Aid Available For Graduates

Filing for the Free Application for Federal Student Aid (FAFSA) is essential for graduating high school seniors planning on attending college or career school.

With high school graduations upon us, it's not too late for students to fill out the FAFSA to receive funding, whether they have decided upon the secondary school they plan to attend or not.

FAFSA is the only way for students to apply for federal student aid and is the largest provider of student financial aid in the nation with \$150 billion offered annually to help millions of students pay for college or career school. The Florida Financial Aid application is also important for students to complete, and students must complete this application for state scholarships and grants including but not limited to Bright Futures, First Generation Matching grants and the Benacquisto Scholarship.

Unfortunately, many students do not fill out the FAFSA each year and leave millions of dollars in funding on the table.

FutureMakers Coalition's FAFSA first! is available to help make the application process as easy as possible. FutureMakers has a team of cross-sector partners leading the campaign including the United Way of Lee, Hendry, Glades and Okeechobee; Lee and Collier's school foundations; FGCU; FSW; and Future Ready Collier.

"We are here to help no matter where a student plans to attend college or career school," said Patrice Cunningham, volunteer center director of United Way of Lee, Hendry, Glades, and Okeechobee.

According to Cunningham, students, parents and counselors with

questions can reach out to fafsafirst@futuremakerscoalition.com and a financial aid representative from the team will assist them. Additional resources including a step by step FAFSA guide are available at www.futuremakerscoalition.com/fafsafirst.

Regionally, FAFSA completion goals have been down since 2017. Several factors have played a role in the decline including the economic impact of Hurricane Irma, the blue-green algae and red tide events and, most recently, the COVID-19 pandemic. Regionally, funding was lacking to amplify the FAFSA first! campaign, which had a positive impact on completion prior to 2017.

FAFSA first! was recently awarded a \$30,000 Local Access Network FAFSA and Enrollment Grant by Florida College Access Network to encourage FAFSA completion. Part of the grant will be used for incentives for schools with the biggest increase in FAFSA completions for each county.

"In a year-end push, local high school counselors and administrators have been allowing us to reach students through some key graduation touchpoints, such as graduation material pick-ups," Cunningham said. "We are also working with school counselor pulled reports that indicate if the FAFSA application is complete, missing tax or social security information, etc. so we can assist the students with completing their application."

She added that many times the students do not realize that their application is not complete due to missing information and errors.

FAFSA first! is also gearing up for this fall's incoming senior classes and plan to assist in county-wide Financial Aid Nights with the purpose of simplifying the financial aid process for prospective college and career students.

"Our FAFSA first! team of financial aid experts and partners are here to help each

school in whatever capacity they need with a menu of options such as Financial Aid 101 for Fall Senior nights or FAFSA walkthrough sessions," Cunningham said.

FutureMakers Coalition encourages businesses to invest in this initiative by visiting www.futuremakerscoalition.com or emailing Tessa LeSage at tesage@collaboratory.org.✧

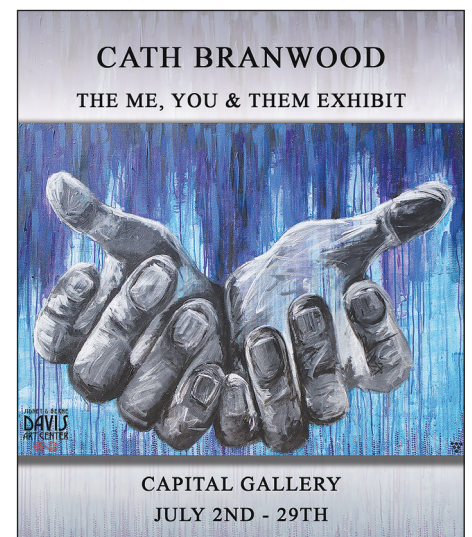
Online Resource For Businesses

SWFL Inc. has launched Business Builders, a one-stop online resource for articles, podcasts and videos curated by SWFL Inc. from business professionals in Lee, Collier and Charlotte counties.

"We have experts in every field right here in Southwest Florida," said Charles Stanisce, SWFL Inc.'s technology and content manager. "Any question a new business owner or entrepreneur has, we can find an answer for in our regional network."

The Business Builders webpage at www.swflinc.com/business-builders will feature new blog posts and interviews with area professionals every month. All topics are curated by SWFL Inc. based on the questions it hears the most frequently from its members – anything from how to craft a social media strategy to how to get started with QuickBooks.

The webpage also features semi-monthly roundups of popular business articles from national sources. These roundups are emailed out to subscribers twice a month in the Business Builders newsletter, and always include content from at least one local professional. Individuals can sign up to receive the newsletter at www.swflinc.com/business-builders-sign-up.✧



World perception art by Cath Branwood
image provided

From page 1

Facing Pandemic

"words and faces" pieces, created in mixed media and portraying images of people living and passed who have inspired the artist through their presence on earth with books, letters, plays, poems, speeches, lyrics and music.

Both exhibits close on Thursday, July 29. Summer gallery hours are Monday through Friday from 10 a.m. to 3 p.m.

Sidney's rooftop sculpture garden, open Friday, July 2 from 7 p.m. to midnight, has works on display by artists such as Juan Miguel Vazquez and Mario Almaguer of Miami, as well as the painted mural *Paradise City* by Artsemble Underground of Fort Myers.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information, call 333-1933 or visit www.sbdac.com.✧

Superior Interiors

Key Pieces
Every Stylish
Bedroom Needs

by Katie Frederick

If you're considering redesigning your bedroom, you'll want to create a cozy escape that welcomes you with open arms at the end of a long day. After all, your bedroom is

your personal haven. When it comes to selecting the furniture, you'll want to include key pieces that make the space functional and comfortable.

Everyone knows that a bed and dresser are necessary for a functioning bedroom, but keep in mind that you'll need accents to complete the overall look and complement the theme that these bigger furniture pieces have established. However, with so many furniture options out there, from window benches to accent chairs, narrowing down your selection to just a few pieces can get overwhelming.

Nightstands provide essential surface and storage space for everything from your lamp and alarm clock to your reading glasses and books. However, don't underestimate the style that bedside tables can contribute to your room. Choose one that works with your bed's color and design for a coordinated look or step out of your comfort zone and find a bold piece that serves as a stylish accent. If you have a large, shared bed, having a nightstand on either side is preferable.

You don't need a lot of space in your bedroom to create a reading nook or cozy seating area. Set up an accent chair or two (or love seat if you have the space) in a corner by the window to establish a cozy area where you can relax when you're not in bed. The

plusher the chair, the more enticing your seating area will be. Choose a bold color that pops to add flair to the space. Distinguish this area from the rest of your room while adding a personal touch by hanging photos or artwork on surrounding walls. If you don't have dimmers in your bedroom that can set the mood for reading or conversation, a floor lamp will do the trick.

Decorate with furniture that has hidden storage benefits to use your space to its maximum potential. Upholstered benches and ottomans with storage room add texture and style to the area and eliminate the need for extra closet or floor space. Incorporating personalized shelving that works with your unique space and design theme is an excellent way to keep your bedroom clutter-free and organized, one of the keys to maintaining a relaxing personal escape.

Nothing creates a cozy, welcoming environment like a soft and stylish area rug. Treat your feet to a furry rug in the mornings or transform the ambiance of your space with a multicolored, patterned product. Don't forget that your rug should be two feet shorter than the smallest wall in the room. If you have a particularly large bedroom, the rug should fit the configuration of the space and its furniture.

Introducing a vanity to the area will automatically add elegance and style to your bedroom. Many of them give off a classic, antique vibe. In addition to their sophisticated appearance, vanities bring a lot of comfort and convenience to the space, as they provide a personal sit-down area and mirror for grooming and applying makeup. They also work as a storage area for belongings like hair accessories and jewelry.

Once you have these five essential bedroom pieces, get creative and top off your new look with accessories like bedding and table lamps that work with the design theme, colors and layout of your bedroom.

Katie Frederick is an interior designer on Sanibel/Captiva Islands. She can be reached at katie@coincdecden.com.✧

Trade
Scholarships
Awarded

The Foundation for Lee County Public Schools and the Shadow Wood Charitable Foundation recently awarded nine students with a \$5,000 scholarship to any trade or technical school. The scholarship was awarded to seven students from Bonita Springs High School and two students from Estero High School virtually in front of their principals, families and counselors. The scholarship recipients are Ashly Altuzar, Edward Benitez, Andrew Chase, Durham Egger, Juana Francisco, Francisco Garcia, Sulamita Lucas, Julian Pedro and William Stollard.

"This awesome scholarship

opportunity, created by the Shadow Wood Charitable Foundation, will help very deserving students achieve their highest level," said Marshall T. Bower, esq., president and CEO of The Foundation for Lee County Public Schools. "Career pathways in the trades and technical field help to ensure a robust economy."

Tod Wilcock, president of the Shadow Wood Charitable Foundation, said. "The Shadow Wood Charitable Foundation, generously supported by the Shadow Wood Community, wishes to congratulate those outstanding students of Bonita Springs and Estero High schools, who have been awarded scholarships to support their training and education for their future in trade and technical vocations. These scholarships will provide for these students, fulfilling their dreams as they become valuable contributors to our community."✧

Southwest Florida
Symphony Hires
Grants Manager

The Southwest Florida Symphony has added Emer Olivarez to its administrative team as a grants and communications manager. She will undertake grant writing and research opportunities and further broadcast the symphony's voice on social media and beyond to facilitate growth and expand the orchestra's reach. Recalibrating out of the pandemic for many arts organizations has presented with challenges and opportunities, so her arrival comes as a timely benediction.

Olivarez has played the violin for 20 years, and grew up playing and teaching in Southwest Florida. In addition to her new role at the Southwest Florida Symphony, Olivarez also instructs violin at Educator's Music in Cape Coral. With all the musical resources at her fingertips,



Emer Olivarez

she is beginning to delve into music production.

Olivarez smiles as she says, "I have wonderful childhood memories of the symphony and attending concerts, so it warms my heart to be here. Having grown up in Southwest Florida, I am fully aware of what a tremendous artistic pillar the symphony is in our community, and the large shoes I now fill."

Olivarez attended New York University, originally pursuing a degree in music education. She won scholarships accruing to \$35,000 a year, including being the recipient of the Strings Magazine Edith Eisler Scholarship, which was published in *Strings Magazine*. Olivarez graduated with a bachelor of science degree in media, culture and communications, with a minor in Spanish.

Olivarez began playing the violin in first grade at North Fort Myers Academy for the Arts and studied for years with Mitsue Schmidt, using the Suzuki Method. Olivarez began teaching while still in high school and was invited to join a community orchestra, where she was the youngest member at the time. Her mother served as the hispanic choir director and children's choir director at St. Andrews Catholic Church in Cape Coral for more than 15 years and sang alto with the Southwest Florida Symphony Chorus.✧

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Frankly Speaking



by Howard Prager

Baseball starts off today's column, with a perspective from baseball historian Ralph Moses comparing last year's 60-game season with the Negro League 50 to 60 game seasons.

"Imagine for a few minutes that we are time travelers in the year 2070 looking back 50 years from now to the 2020 baseball season. We study the league leaders for that season in hits (Trey Turner, 78), doubles (Freddie Freeman, 23), home runs (Luke Voit, 22), RBIs (Jose Abreu, 60), wins, (Shane Bieber and Yu Darvish, eight each), and strikeouts, (Shane Bieber, 122). We then realize that the 2020 season was just 60 games long. How can it be considered legitimate? Yet with a global pandemic, it is a miracle that any baseball was played under such conditions.

Continuing back through time, our travels take us to baseball in the 1930s. Not the baseball of Lou Gehrig, Joe DiMaggio, Jimmie Foxx and Lefty Grove who played in 154 game seasons. Our Great Depression era travels allow us to see equally great players such as Josh Gibson, Buck Leonard, Oscar Charleston, Satchel Paige and Cool Papa Bell, limited to 50 or 60 games per season, only some of which were statistically kept, segregated

by white America and MLB for nothing more than the color of their skin. As we return to the present, we learn that Baseball-Reference has begun to statistically attempt to right the wrongs of the past. Negro League players and their records are listed with the National and American Leagues as Major Leagues, not separate but as equals. Commissioner Rob Manfred said, "All of us who love baseball have long known that the Negro Leagues produced many of our game's best players, innovations and triumphs against a background of injustice. We are now grateful to count the records of the Negro Leagues where they belong – as major leaguers within the historical baseball record." It's about time.

Records continue to be tied and soon may be set this season. The Yankees made their third triple-play of the season Sunday night, and will own the record with their next one. Kyle Schwarber tied a record by hitting five home runs in two games last weekend as he led the Nationals over the Mets. He also set a Nationals/Expos record, knocking nine out of the park in a 10-game span.

Closer to home, the Mighty Mussels have started June with a 14-4 record, pitching a stingy 1.97 ERA while striking out 215 batters in 155.1 innings (12.5 K/9). Perhaps most impressively, they've walked the fewest batters (68) in the league this month. This week, they are playing the Cardinals in Palm Beach.

The NBA had a game seven for the ages last weekend with Milwaukee and Brooklyn battling back and forth until the closing seconds of OT. Each team had won three games on their home court,

but thrw those stats out for game 7 as the Bucks prevailed. In the other eastern game 7, Atlanta and Philadelphia also battled a close game, but the Hawks overwhelmed the 76ers in the last minute to propel them to face the Bucks in the Eastern Finals. Over on the ice, all four teams in the Stanley Cup tied their series at two apiece over the weekend, but Tampa Bay crushed the Islanders 8-0 Monday to go up three games to two. You'll see if they win it out this week to get to the finals facing the Golden Knights or Canadiens.

Who's not tied anymore are college athletes. MSN Sports reported that, "The Supreme Court ruled unanimously on Monday that the NCAA had violated antitrust law in a case about the range of permitted education-related benefits that college athletes can receive. In the future, the NCAA will now be subject to the same kind of scrutiny as other entities as to whether its rules unlawfully suppress competition. It can't fall back on arguments that maintaining an amateur model is crucial to its product. The decision marks a historic loss of control for an organization that for decades has maintained a narrow view of how athletes are compensated for playing college sports – and wielded a powerful enforcement club at those who violated them. It held the power to vacate titles and remove wins.

The Supreme Court decision will not stop the NCAA from continuing to make rules. But the association has already lost control of the debate going forward. That is because it also faces a wave of state laws that address far more sweeping compensation for college athletes than what is addressed in the Supreme Court ruling – the rights to own their name,

image and likeness, and sign endorsement deals with third parties. At least seven of those laws are due to come into effect July 1." It's a whole new ballgame. Who's going to take charge – the states, the conferences, the schools or the athletes? All athletes or just the very best ones? Should be an interesting summer.

There are always two sides to a story, as we look at Joey Votto and the Cincinnati Reds in our good news story of the week. In Saturday's game in San Diego, Votto was arguing with the umpires on a checked swing in the first inning, which they called a strike. The argument led to him being ejected from the game. It happens. But it made a young fan most upset. Abigail was at her first MLB game and Votto is her favorite player. Seeing him tossed brought tears to her eyes. Her Mom posted her picture and said it took some popcorn a few innings later to calm her down. The Reds saw the post and offered them tickets to Sunday's game to hopefully see Votto for longer than one at bat. Votto gave her a signed baseball and inscribed it with "I am sorry I did not play the entire game." He met Abigail and her Mom on Sunday when they returned as guests of the Reds.

We all have frustrating days, but when you're in the major leagues and in the spotlight, your actions affect more than just you. I wonder if he sent another signed baseball as an apology to the umpire?! Have a good week, fans.

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

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Varsity Football Coach Named

Cypress Lake High School has promoted Joseph Mendes to head coach of the varsity football team. Mendes has been on the coaching staff since 2016, most recently as defensive coordinator. "We are so excited about Coach Mendes taking over



Joseph Mendes

the program," said Principal Angela Roles. "He has been a huge part of building the football culture that exists now. We are so lucky to have someone on the current staff to step into the role. He brings continuity to the program. He knows what it means to do the work; he loves his players but expects a lot from them in the classroom and on the field." In 2018, Mendes' defensive unit was ranked in the Top 5 in Florida Class 5A Varsity Football. In 2019, Cypress Lake won its first district championship in 25 years and in 2020 won its first playoff game in school history. Mendes also served as head coach for the junior varsity team at Cypress Lake High and finished with a 13-1-2 record.✴

SPORTS QUIZ

1. What member of the Pro Football Hall of Fame Class of 2021 was named general manager of the San Francisco 49ers in 2017?
2. How old was NASCAR driver Morgan Shepherd when he started in the 2014 Camping World RV Sales 301?
3. Iga Swiatek, 2020 French Open women's singles tennis champion, hails from what country?
4. In 2001, six-time Olympic gold-medalist swimmer Amy Van Dyken married Denver Broncos player Tom Rouen. What position did he play?
5. What sports nutrition center, founded by Victor Conte, became the focal point of a performance-enhancing drug scandal in the early 2000s?
6. Bobby Winkles compiled a 524-173 record and won three national titles as head coach of what college baseball team?
7. What team snapped the Los Angeles Lakers' NBA-record 33-game winning streak in January 1972?

ANSWERS

1. John Lynch. 2. 72. 3. Poland. 4. Punter. 5. Bay Area Laboratory Co-operative (BALCO). 6. The Arizona State Sun Devils. 7. The Milwaukee Bucks.

Doctor and Dietician

Being A Good Listener



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

We love reading inspirational newsletters, blogs and books. As you can imagine, our favorite book is the Bible, but another favorite is the Blue Zones e-newsletter. We combined some truths we learned at Sanibel Community Church with a recent Blue Zone e-newsletter to write today's Doctor and Dietitian article.

Why is it important to be a good listener? We all know what it feels like to be in the presence of someone who looks you in the eye and truly hears you and deeply cares. One of those people for us was our first pastor – Peter Blakemore. True listeners make us feel valued, loved, heard, understood, respected. We feel safe, not judged. We are important to that person – we matter. We can truly be ourselves and share truths and heart-felt concerns. Often, these types of people will help develop greater insights or different perspectives on a difficult situation. “The simple act of being listened to can melt our defenses and open our minds.”

Unfortunately, not too many good listeners exist. After taking a course at Sanibel Community Church called Transformational Conversations, we have become keenly aware of the lack of listening, combined with the many distractions that most people experience during conversations. Learning to actively

listen, ask questions and not talk about ourselves or jump to a story has been life-altering for many of our relationships.

When we actively listen, we are in the here and now – not thinking about the future or trying to recall a story from our past to “one-up” the person speaking to us. Not actively listening takes a toll on relationships of all kinds – spouses, kids, workmates, friends – all of them. Not actively listening is quite rude and gives the appearance of being boring and even narcissistic. As we have talked about in other articles, our lives here on earth are not just about us. We are here to love God and love other people. Truly listening shows we care. Not listening makes people feel like they don't matter and eventually people will stop sharing because they get the message that the listener really does not care.

Transformational conversations involve listening with compassion without judgment with an end goal of actually understanding – not to win an argument or even solve a problem. This involves not talking or thinking of what to say next, only asking clarification questions. It does not involve checking cell phones or watches, yawning, or looking around. It involves sitting in an engaged position with good eye contact and minimal distractions. After listening, paraphrase what you heard to show understanding. “So, what I hear you saying is...” “It sounds like this made you feel...” As you listen, practice compassion, curiosity and courage to go where you may have never gone before. The results will astound you!

Many feel lonely, unheard, or misunderstood, or would just like to feel loved. It is a great gift to truly listen and become a part of someone's life. Using this method will transform relationships and the world at large if we all choose to try this in our conversations. The world could sure use some more compassion and understanding.

*This information is not intended to treat, cure or diagnose your condition. Ross Hauser, MD, and Marion Hauser, MS, RD, established Caring Medical in 1991. They can be reached at info@caringmedical.com.**

dearPharmacist

Six Ways To Help Hashimoto's Disease



by Suzy
Cohen, RPh

Dear Readers: Thyroid hormone is not always understood, so I'll tell you that it is a fat-burning switch. If the hormone swings low, you

gain weight, if it's elevated, you may not be able to gain weight. With the auto-immune condition Hashimoto's, your levels of thyroid hormone may be like a pendulum driving you crazy with varying symptoms. I think many people have this condition and do not know it yet. Today's article is to help you understand the symptoms, as well as new information about it.

Hashimoto's disease is an immune disorder and condition in which your own immune system attacks your thyroid. When the human body's own immune system targets the thyroid gland as if it were a foreign tissue, it causes an autoimmune disorder of the thyroid gland, termed Hashimoto's thyroiditis. Other names for this condition include chronic lymphocytic thyroiditis or chronic thyroiditis. A new study published this month in the *Romanian Journal of Internal Medicine* found that the ratio of uric acid to HDL cholesterol are elevated. Both uric acid and HDL can be measured with simple blood tests.

Hashi's, like other autoimmune conditions, will cause pro-inflammatory cytokines that attack different systems of the body. So antioxidants are very important, and a clean diet is too.

Digestive enzymes are important for a person with any type of autoimmune condition because they help reduce the

burden of partially digested proteins in your body, which sometimes exacerbate your symptoms. When a dietary antigen is seen by your immune system – and I'm thinking gluten or casein – your immune system goes to work to fight that off, not realizing it is attacking its own tissue. So your intestinal microflora plays a role, and probiotics are useful, especially in Graves' disease, but I wonder if digestive enzymes are even more important.

Other symptoms of thyroid dysfunction include problems with memory. Is it crisp and do you focus on what people are saying? Do you have more anxiety lately or suffer with insomnia? Brain problems are an under-diagnosed, but well known phenomena that occur with this condition, and it's called Hashimoto's Encephalopathy.

Sometimes thyroid problems can be mitigated with antioxidants (especially those that specifically break down peroxide and turn it into water and oxygen). Some of the things you can do to help yourself with Hashimoto's include the following:

- 1) Reduce peroxide and break it down with catalase enzyme
- 2) Calm down the inflamed tissues by eating a low histamine diet
- 3) Consider minerals like selenium to support healthy TPO levels
- 4) Take protease enzymes and/or DPPIV to help break down gluten and casein
- 5) Routinely check blood levels for thyroid antibodies, uric acid, HDL, free T3/T4 and more
- 6) Consider probiotics and a high-quality B complex vitamin

Certain foods can trigger you, especially those that are high in histamine. I wrote a special food guide that I'm giving away called *Hashi No No's* and it's downloadable at my website here: store.suzycohen.com/hashi-no-no.

*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.**

Independence Day Closings For Lee County

The Fourth of July holiday will result in some closures and schedule changes for Lee County operations. Lee County administrative offices will be closed on Monday, July 5 and will reopen on Tuesday, July 6. The following are adjustments due to Independence Day falling on Sunday:

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

The Resource Recovery Facility on Buckingham Road will be open to

accept waste from 6:30 a.m. to noon on Saturday, July 3. The Resource Recovery Facility will be closed on Sunday, July 4 and open 6:30 a.m. to 6 p.m. on Monday, July 5.

All solid waste offices and the Household Chemical Waste Collection Facility, 6441 Topaz Court, will be closed on Saturday, July 3 and Monday, July 5.

The Household Chemical Waste Collection Facility, which is normally open on the first Saturday of each month, instead will be open from 8 a.m. to noon on Saturday, July 10.

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

Lee County Utilities – The offices of Lee County Utilities, the Customer Service Center and drive-through

window will be closed on Monday, July 5 in observance of Independence Day. A drop-box is on site at the front door and another box is accessible via the drive-through for payments by check.

Parks and Recreation – Lee County's parks, splash pads and preserves remain open through the holiday weekend. Pools will be closed on Sunday and Monday, July 4 and 5. Pools will reopen on Tuesday, July 6.

Centers will be closed on Sunday, July 4 and reopen on Monday, July 5. Administration offices will be closed on Monday, July 5 and reopen on Tuesday, July 6.

Animal Services – Animal Services, 5600 Banner Drive, Fort Myers, will be closed on Monday, July 5. Normal business hours will resume on Tuesday, July 6.

Lee Tran – Bus service will operate

its regular schedule on Saturday, July 3. LeeTran will not operate regularly scheduled bus or paratransit service on Sunday, July 4. Limited trolley service will be available in the downtown River District and on Fort Myers Beach on July 4. For details, visit www.RideLeeTran.com. Full bus, trolley and paratransit service will resume on Monday, July 5.

Library System – Library branches will be open on Saturday, July 3. Library branches and administrative offices will be closed on Monday, July 5.

Libraries will resume regular schedules on Tuesday, July 6.

Library online resources are available 24/7 at <https://www.leegov.com/library/online>.

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



- Emergency 911
- Lee County Sheriff's Office 477-1200
- Florida Marine Patrol 332-6966
- Florida Highway Patrol 278-7100
- Poison Control 1-800-282-3171
- HealthPark Medical Center 1-800-936-5321
- Ft. Myers Chamber of Commerce 332-3624
- Foundation for Quality Childcare 425-2685
- Fort Myers Beach Chamber of Commerce 454-7500
- Fort Myers Beach Library 463-9691
- Lakes Regional Library 533-4000
- Lee County Chamber of Commerce 931-0931
- Post Office 1-800-275-8777
- Visitor & Convention Bureau 338-3500

- ARTS**
- Alliance for the Arts 939-2787
- Arts For ACT Gallery & Studio 337-5050
- Art League Of Fort Myers 275-3970
- Barbara B. Mann Performing Arts Hall 481-4849
- BIG ARTS 395-0900
- Broadway Palm Dinner Theatre 278-4422
- Cultural Park Theatre 772-5862
- Edison Festival of Light 334-2999
- Florida Repertory Theatre at the Arcade 332-4488
- Florida West Arts 948-4427
- Fort Myers Harmonica Band 610-653-7940
- Fort Myers Symphonic Mastersingers 288-2535
- Gulf Coast Symphony 489-1800
- Harmony Chorus, Charles Sutter, Pres 481-8059
- Naples Philharmonic 239-597-1111
- The Schoolhouse Theater 472-6862
- SW Florida Symphony 418-0996
- Theatre Conspiracy 936-3239
- Young Artists Awards 574-9321

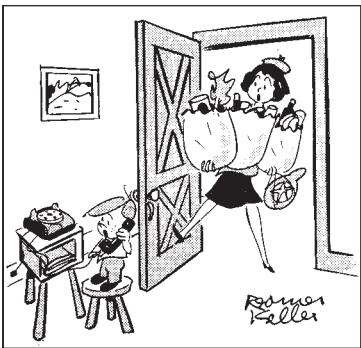
- CLUBS & ORGANIZATIONS**
- American Legion Post #38 239-332-1853
- Angel Flight 1-877-4AN-ANGEL
- Animal Refuge Center 731-3535
- American Business Women Association 357-6755
- Audubon of SWFL <https://www.audubonswfl.org/>
- Caloosahatchee Chapter DAR 482-1366
- Caloosahatchee Folk Society 321-4620
- Cape Chorale Barbershop Chorus 1-855-425-3631
- Cape Coral Stamp Club 542-9153
- duPont Company Retirees 454-1083
- Edison Porcelain Artists 415-2484
- Embroiderers Guild of America - Sea Grape Chapter 239-267-1990
- FM UDC Chapter 2614 728-3743
- Friendship Force Of SW FL 561-9164
- Garden Club of Cape Coral 239-257-2654
- Horticulture and Tea Society 472-8334
- Horticultural Society 472-6940
- Lee County Genealogical Society 549-9625
- Lee Trust for Historic Preservation 939-7278
- Navy Seabees Veterans of America 731-1901
- Paradise Iowa Club of SWFL 667-1354
- Sons of Confederate Veterans 332-2408
- Southwest Florida Fencing Academy 939-1338
- Southwest Florida Music Association 561-2118
- Kiwanis Fort Myers Beach 765-4254 or 454-8090
- Kiwanis Fort Myers Edison 694-1056
- Kiwanis Fort Myers South 691-1405
- Iona-McGregor 482-0869
- Lions Club Fort Myers Beach 463-9738
- Lions Club Fort Myers High Noon 466-4228
- Lions Club Estero/South Fort Myers 898-1921
- Notre Dame Club of Lee County 768-0417
- Organ Transplant Recipients of SW Florida 247-3073
- POLO Club of Lee County 477-4906
- Rotary Club of Fort Myers 332-8158
- Sanibel-Captiva Orchid Society 472-6940
- United Way of Lee County 433-2000
- United Way 211 Helpline (24 hour) 211 or 433-3900

- AREA ATTRACTIONS**
- Bailey-Matthews National Shell Museum 395-2233
- Burrough's Home 337-9505
- Calusa Nature Center & Planetarium 275-3435
- Edison & Ford Winter Estates 334-7419
- Fort Myers Skate Park 321-7558
- Imaginarium Hands-On Museum & Aquarium 321-7420
- JN "Ding" Darling National Wildlife Refuge 472-1100
- Koreshan State Historic Site 239-992-0311
- Langford Kingston Home 239-334-2550
- Ostego Bay Foundation Marine Science Center 765-8101
- Skatium 321-7510
- Southwest Florida Historical Society 939-4044
- Southwest Florida Museum of History 321-7430
- True Tours 945-0405

To be listed in calling card email your information to:
press@islandsunnews.com

PUZZLES

Answers on page 23



"I gotta hang up now and help Mom.
She's coming in _____."

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Sever
CHATED

Pole
TILTS

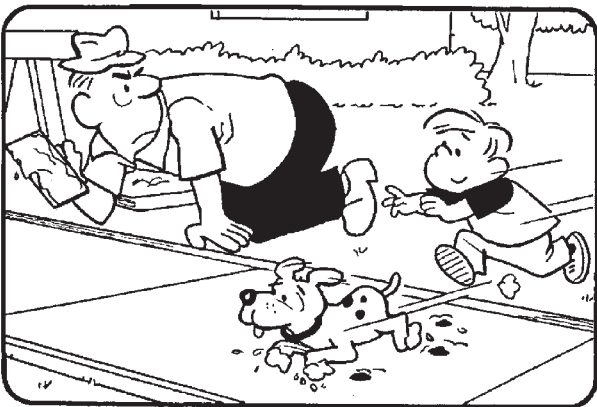
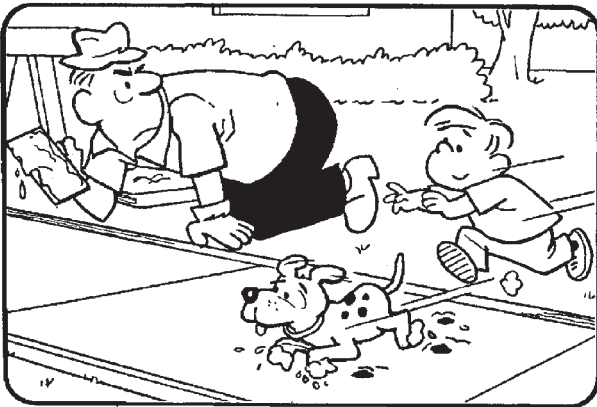
Devour
SETING

Tallied
DECORS

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Collar is different. 2. Spot is missing. 3. Tail is shorter. 4. Glove is removed. 5. Drip is missing. 6. Shirt is different.

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.

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

PUZZLES

Answers on page 23

Super Crossword

TINKERING WITH THE ELEMENTS

- ACROSS
- 1 Austrian peaks

5 MLB stat

8 Mitch who wrote "Tuesdays With Morrie"

13 Three-tone chords

19 Toxin-fighting fluids

20 Critter treater

21 "The king," in France

22 Popular social news website

23 Extracted element #79 with a big hammer?

26 Renée of silent films

27 "Science Kid" of PBS

28 Reinforcing eyelet in a hole

29 Go out on —

31 Chilling stuff

32 Unfeeling

34 Element #16 that's causing difficulty?

37 Owls' prey

38 Carrere of "Jury Duty"

41 Fleming and McKellen
- 42 "August: Osage County" playwright Tracy

43 "That celestial object seems to be composed of element #5"?

48 Tartan wearers, e.g.

50 Some dashes

51 Neighbor of Lithuania

52 Off-road rides, in brief

53 Before now

56 Sea rovers plundering element #6?

60 Big road rig

63 Bismarck-to-Austin dir.

64 — Tomè

65 Overcomes

66 Shawls, e.g.

68 ICU worker

71 Genetic ID

73 Small sample

74 Very virtuous

77 Gaudy scarf

79 Suffix with peace

82 Prattle

83 "Quit asking about my supply of element #83"?

88 Stew tidbit
- 89 Birch, e.g.

90 "Impossible for me"

91 Small sample

94 Twyla of dance

96 Element #30 in a medicine cabinet?

98 "George & —" (old talk show)

101 Special glow

103 "FWIW" part

104 Gets the total

105 Element #18 found in a city opposite Vancouver?

110 Lightish sword

111 Hub city for Israel's El Al

112 Bad-smelling

113 Narcissist's quality

117 Biol. or anat.

119 Combo punch

121 Element #29 collected by actress Loni?

124 Ancient Crete native

125 To the point

126 ETs' ship

127 Gershon of "Face/Off"

128 "— Wedding" (1990 Alan Alda film)
- 129 Great Lakes tribespeople

130 Go bad

131 Crumb toters
- DOWN
- 1 Invites

2 Russian Revolution theory

3 Things made for sale

4 Small pouch

5 Unendingly

6 Change

7 Very little bit

8 Change

9 Without a — stand on

10 Good pal

11 "So chic!"

12 Hanging to the calves, as a dress

13 Brits' trolleys

14 Popular energy drink

15 Altar reply

16 Free-floating

17 Punched out, as jigsaw pieces

18 Pilots

24 CIA's onetime rival

25 MLB arbiter

30 Rescuee's cry

33 "Give — call"

35 Big box

36 The, to Yves
- 37 Fannie —

38 Rows

39 Lands in el océano

40 Subsided

44 MLB stat

45 Raw rock

46 Toys — (kids' chain)

47 Bears, in Spain

49 Suffix with opal

52 Loads

53 Put to shame

54 "I — run!"

55 First stage

56 Brought (in), as music

57 Voguish thing

58 Rear, at sea

59 Make it to

60 Boggy area

61 Bert's friend

62 — Carta

67 Surreptitious

69 Double-reed instrument

70 Bovine critter

72 Aziz of "Master of None"

75 Very little bit

76 Small raisin

78 Actress Kendrick

80 "— one to complain ..."

81 Accolades

84 Disavow
- 85 Net automaton

86 I, to Wilhelm

87 Hanks of film

91 Slice-serve motion

92 Not proper

93 Windows 10 runners

94 Blasting inits.

95 To the middle point

96 Drinking spot

97 Microwave

98 Poise

99 Canadian dollar coin

100 Passionate

102 Comedian Gilda

106 Long spans

107 Fliers in V's

108 Ugly beasts

109 Tel. book collection

110 Angry rock genre

114 See 123-Down

115 News

116 Kilt sporter

118 Nest egg funds, for short

120 How- — (DIY books)

122 Soft & —

123 With 114-Down, it includes the Brit. Open

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

King Crossword

- ACROSS
- 1 Egyptian deity

5 Piercing tool

8 Probability

12 Lion's share

13 Hot tub

14 Stench

15 Unoriginal one

16 Home to the Buccaneers

18 Pizza topping

20 Wine container

21 Off-white

23 Dict. info

24 Spoofs

28 Pharmaceutical

31 Playwright Levin

32 Leg bone

34 Mentalist's gift

35 Rhett's last word

37 Mildew cause

39 Scratch

41 Valentine flower

42 Molds

45 Foliage

49 Marshmallow toaster

51 Carousel, for one

52 "I cannot tell —"

53 Pair
- 54 Aspiring atty.'s exam

55 Fork setting

56 Still, in verse

57 Orange veggies
- DOWN
- 1 Apple computer

2 Former frosh

3 "Got it"

4 Meryl of film

5 Space rock

6 New Deal agcy.

7 Gentle soul
- 8 Gave a speech

9 Owing nothing

10 Transaction

11 Terrier type

17 Group of seals

19 Highlander

22 Release a deadbolt

24 Cover

25 Altar constellation

26 Abba-inspired hit musical

27 Buck
- 29 Constitution letters

30 Family docs

33 Church section

36 Caught some z's

38 Almost

40 Ump

42 "Lion King" villain

43 Saintly ring

44 Faction

46 Travel permit

47 Dutch cheese

48 Collections

50 Regret

MAGIC MAZE ● SWAMPS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: A Swamp is a Wetland With —

- Asmat
Candaba
Congaree
Everglades
- Great Green
Honey Is.
Mangrove
- Niger Delta
Okefenokee
Pantanal
Pripyat
- Ratargul
Sudd
Vasyugan



Peach, Tomato and Mozzarella Salad

photo courtesy Fresh From Florida



Peach, Tomato and Mozzarella Salad

- 2 medium sized tomatoes or 10 ounces bite sized tomatoes, sliced
- 3 Peaches, sliced
- ½ Cup Fresh Basil leaves, torn into bite sized pieces

- 1 pound fresh mozzarella cheese, sliced
- 2 tablespoons Balsamic or white Balsamic vinegar
- 2 tablespoons olive oil, plus more if desired
- Sea salt and fresh ground pepper to taste
- Arrange the peaches, tomatoes, mozzarella and basil in a fun pattern on a chilled platter. Lightly season with salt and pepper. Drizzle evenly with the olive oil and vinegar.✧

My Stars ★★★★★

FOR WEEK OF JUNE 21, 2021

- Aries** (March 21 to April 19) Family and friends rally around as you confront an unexpected challenge. Some plans will have to be changed until all the fuss and fluster settle down.
- Taurus** (April 20 to May 20) Your creative gifts find new outlets for expression this week. Someone (a Libra, perhaps) has ideas that you might find surprisingly appealing. Pay attention.
- Gemini** (May 21 to June 20) You'll soon be able to restart those delayed travel plans. A financial matter you thought was closed could suddenly reopen. Be prepared to take swift, decisive action.
- Cancer** (June 21 to July 22) A romantic relationship takes an unexpected turn. You might be confused about how to react. It's best not to be rushed into a decision that you're not ready to make.
- Leo** (July 23 to August 22) Don't let your pride stand in the way of resolving an emotionally painful situation. This is a good time to deal with it and let the

- healing finally begin.
- Virgo** (August 23 to September 22) A workplace problem that you've been handling so well suddenly spins out of control. Don't panic. You can rely on your good sense to help you restore order.
- Libra** (September 23 to October 22) Wearing rose-colored glasses won't solve a thorny personal situation. You need to take a hard look at what's happening and then act according to the facts.
- Scorpio** (October 23 to November 21) Weigh all your options carefully before making any decisions you've been putting off. Then go ahead and plan a weekend of family fun.
- Sagittarius** (November 22 to December 21) While personal and financial situations continue to improve, some setbacks might occur. But they're only temporary, so hang in there.
- Capricorn** (December 22 to January 19) Family matters dominate the week. Health problems raise concern, but soon prove to be less serious than you had feared. Things start easing up by the weekend.
- Aquarius** (January 20 to February

PETS OF THE WEEK



McKenzy ID# A869707 photos provided Lee County Domestic Animal Services

McKenzy And Precious

Hello, my name is McKenzy. I'm a white and red 7-year-old female Labrador retriever mix. I came to LCDAS with my sister Sunny, who has since been adopted. Like typical sisters, we were polar opposites, and I'm the shy, quiet one. Once I warm up to you, my personality shines bright and I am a goofy gal that loves belly rubs. My adoption fee is \$20.

Hi, my name is Precious. I'm a seal point 10-year-old female Siamese. I am LCDAS' Super Senior that is looking for my perfect retirement home. I have only become more beautiful with age and I have the temperament to go



Precious ID# A868546

along with my beauty. One look into my amber eyes and you will fall in love. 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 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.✧


- 18) Most situations are calmer now, both at home and on the job. But there's still a chance that a co-worker will set off another round of unpleasantness.
- Pisces** (February 19 to March 20) There's no need to fish for compliments from an admirer who can't say enough nice things about you. The upcoming holiday bodes well for family gatherings.
- Born This Week:** You love to compete, both on a personal and a sporting level, and you hate to settle for anything less than excellence.

MOMENTS IN TIME


- On June 29, 1613, the Globe Theatre, where most of Shakespeare's plays debuted, burns down. The Globe was built by Shakespeare's acting company, the Lord Chamberlain's Men, in 1599 from the timbers of London's very first permanent theater, Burbage's Theater, built in 1576.
- On July 2, 1776, the Second Continental Congress, assembled in Philadelphia, formally adopts Richard Henry Lee's resolution for independence from Great Britain. The

- vote was unanimous, with only New York abstaining.
- On July 4, 1884, in a ceremony held in Paris, the completed Statue of Liberty is formally presented to the U.S. ambassador as a commemoration of the friendship between France and the United States. The statue was then disassembled and shipped to New York City, where it would be reconstructed in 1886.
- On June 30, 1936, Margaret Mitchell's *Gone with the Wind*, one of the best-selling novels of all time and the basis for a blockbuster 1939 movie, is published. Scarlett's name was originally Pansy, but a change was requested by the publisher.
- On July 1, 1979, the Sony Walkman goes on sale. Only 3,000 were sold in the first month, but after a massive advertising campaign, available stocks quickly sold out.
- On July 3, 1989, Martha Ann Johnson is arrested in Georgia for the 1982 murder of her oldest child after an Atlanta newspaper initiated a new investigation into the suspicious death. Her three other children had also


continued on page 22




FRIDAY
Mostly Cloudy
High: 87 Low: 79




SATURDAY
Few Showers
High: 83 Low: 76




SUNDAY
Cloudy
High: 85 Low: 75




MONDAY
Cloudy
High: 86 Low: 78



TUESDAY
Cloudy
High: 85 Low: 77



WEDNESDAY
Mostly Cloudy
High: 86 Low: 79



THURSDAY
Few Showers
High: 85 Low: 76

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	1:11 pm	9:17 pm	None	None	Fri	12:16 pm	9:19 pm	None	None	Fri	2:59 am	7:31 am	1:16 pm	9:19 pm	Fri	3:21 pm	None	None	None
Sat	1:59 pm	10:05 pm	None	None	Sat	1:04 pm	10:07 pm	None	None	Sat	4:14 am	8:38 am	2:17 pm	10:11 pm	Sat	4:09 pm	12:33 am	None	None
Sun	2:50 pm	10:50 pm	None	None	Sun	1:55 pm	10:52 pm	None	None	Sun	5:05 am	9:41 am	3:35 pm	10:56 pm	Sun	5:00 pm	1:21 am	None	None
Mon	3:43 pm	11:33 pm	None	None	Mon	2:48 pm	11:35 pm	None	None	Mon	5:44 am	10:37 am	4:45 pm	11:39 pm	Mon	5:53 pm	2:06 am	None	None
Tue	7:18 am	10:03 am	4:41 pm	None	Tue	6:23 am	10:05 am	3:46 pm	None	Tue	6:21 am	11:30 am	5:40 pm	None	Tue	9:28 am	2:49 am	6:51 pm	1:19 pm
Wed	7:41 am	12:13 am	5:49 pm	11:44 am	Wed	6:46 am	12:15 am	4:54 pm	11:46 am	Wed	6:57 am	12:21 am	6:31 pm	12:29 pm	Wed	9:51 am	3:29 am	7:59 pm	3:00 pm
Thu	8:08 am	12:51 am	7:12 pm	1:23 pm	Thu	7:13 am	12:53 am	6:17 pm	1:25 pm	Thu	7:33 am	1:05 am	7:22 pm	1:36 pm	Thu	10:18 am	4:07 am	9:22 pm	4:39 pm

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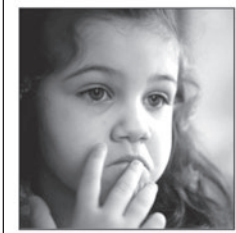
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News Team Wins Broadcast Journalist Awards

The WGCU news team won first place in four categories and second place in three others for radio and television reporting in 2020. The winners were announced recently by the Florida Association of Broadcast Journalists.

The awards are as follows:
Winner, Breaking News, Individual: Julie Glenn, for *First Coronavirus Death Outside of West Coast*;
Finalist, Team Coverage: *Election Day Coverage*, Julie Glenn, John Davis, Cary Barbor;
Finalist, General Assignment: *DeSantis Talks Covid in Collier County*, Julie Glenn;

Winner, Hard News Feature Reporting: *Naples Restaurants Re-open, Slightly*, Julie Glenn;

Winner, Sports Reporting: *Moore Wrote the Book on Wheelchair Tennis*, Cary Barbor;

Winner, Traffic/Transportation Reporting: *End of the Road for M-Co fres Toll Road*, Valerie Vande Panne; and

Finalist, in Political Government, Election Reporting Series: *U.S. House of Representative Seat Debate: Donalds vs. Bany*i, Julie Glenn, John Davis, Amy Williams.

“What makes these awards most impressive is that our very small staff competes directly with the entire state, including much larger newsrooms in top-10 markets, and we still manage to bring home the trophies,” said Julie Glenn, WGCU news director.

“In a year when the news did not stop, every newsroom had an opportunity to

report on the same topics, and there was a record number of entries for all competitions, so being recognized is an honor. Every member of our team showed heart and grit in a tough year,” said Amy Shumaker, WGCU associate general manager of content.

The Florida Association of Broadcast Journalists, formerly known as Florida Associated Press Broadcasters, is a not-for-profit organization focused on honoring the craftsmanship and creativity of Florida’s professional and college-level broadcast journalists.✧

From page 20

Moments In Time

mysteriously died. Johnson’s case sparked a trend in which authorities look closely into the sudden deaths of young children.

• On June 28, 1997, Mike Tyson bites Evander Holyfield’s ear in the third round of their heavyweight rematch. Though Holyfield was in obvious pain, the fight resumed after a brief stoppage, and then Tyson bit Holyfield’s other ear. Tyson was disqualified from the match and later suspended from boxing.

NOW HERE’S A TIP

• Fill a 2-liter soda bottle with water, then plunge the top upside down into a potted plant for self-watering while you are on vacation. Use smaller bottles for smaller pots.

• Going to the beach for your vacation? Here’s a handy hint to take great care of your swimsuit. (They get more expensive all the time!) Pack at least two suits and bring a box of baking soda. Soak the suit for 15 minutes in a baking soda and water solution, then lay flat on a towel. Roll the towel up and wring lightly. Unroll and hang

to dry. Rotate suits. – JoAnn

• Help for a sunburn: Take two nonsteroidal anti-inflammatories (aspirin, ibuprofen) right away. Soak a cloth in cold milk and drape over the burn until it warms to room temperature. Repeat if necessary and apply a light moisturizer.

• Use your Christmas light timers to set different lights to go on or off at certain times of the day while you are away on vacation. You can even use a timer on a radio, so it comes on sometimes too. The variation will make people think you are home.

• To ease the ache of a brain freeze, simply cup your hands over your mouth and nose. Blow out hot air, and it will recirculate to warm your palate in seconds. Works like a charm.

• Always keep a couple bottles of water and a roll of duct tape in your trunk. You never know when you’ll need these items, and they seem to be pretty handy when traveling.

STRANGE BUT TRUE

• A green cat was born in Denmark in 1995. Some people believe that high levels of copper in the water pipes nearby may have given his fur a verdigris effect.

• Edgar Rice Burroughs, creator of the iconic jungle man Tarzan, worked as a pencil-sharpener salesman before trying his hand at fiction. He only started writing at the age of 36 to support his wife and two kids.

• Boanthropy is a psychological disorder in which patients believe they are a cow.

• The infamous crocodile jump by James Bond in *Live and Let Die* was performed with real crocs by the only person willing to attempt it – the owner of the crocodile farm.

• In early 2015, Mattel released Hello

Barbie, an interactive talking doll that didn’t just repeat preprogrammed phrases, but could actually hold a two-way conversation. The doll raised major concerns over privacy, however, since the discussions between it and child owners were recorded and sent to third-party vendors. Goodbye, Barbie!

• Like casinos, your local shopping mall is intentionally designed to make you lose track of time, with clocks and windows removed to prevent views of the outside world, in a type of “scripted disorientation” known as the Gruen Transfer.

• The original recipe for chocolate contained chili powder instead of sugar.

• As if it weren’t cool enough that your DNA encodes the entire blueprint for your body using a set of just four characters (amino acids), you can treat the outside surface of cotton fabric with concentrated genetic material, as the DNA is also flame retardant: Its molecules are similar to those in other fireproofing substances.

THOUGHT FOR THE DAY

“I’m a great believer in luck, and I find the harder I work, the more I have of it.” – Thomas Jefferson

TRIVIA TEST

1. **U.S. Presidents:** Who was the first president to sign into law a declaration of war?
2. **Television:** What was the name of the federal agent in the 1990s drama *Twin Peaks*?
3. **Geography:** What is the smallest country in South America?
4. **General Knowledge:** What is the color maroon?
5. **Inventions:** When was the can opener invented?

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NOTICE IS HEREBY GIVEN that the undersigned, desiring to engage in business under The fictitious name of REBEL 839, located in Lee County, Florida, with an address of 2499 Palm Ridge Road, Sanibel, FL 33957 has registered said name with The Division of Corporations of the Department of State, Tallahassee, Florida. Dated the 18th Day of June 2021.
Future Energy Florida, Inc.
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Kenyatta Savage-Belmer
6/25 ✧ 6/25

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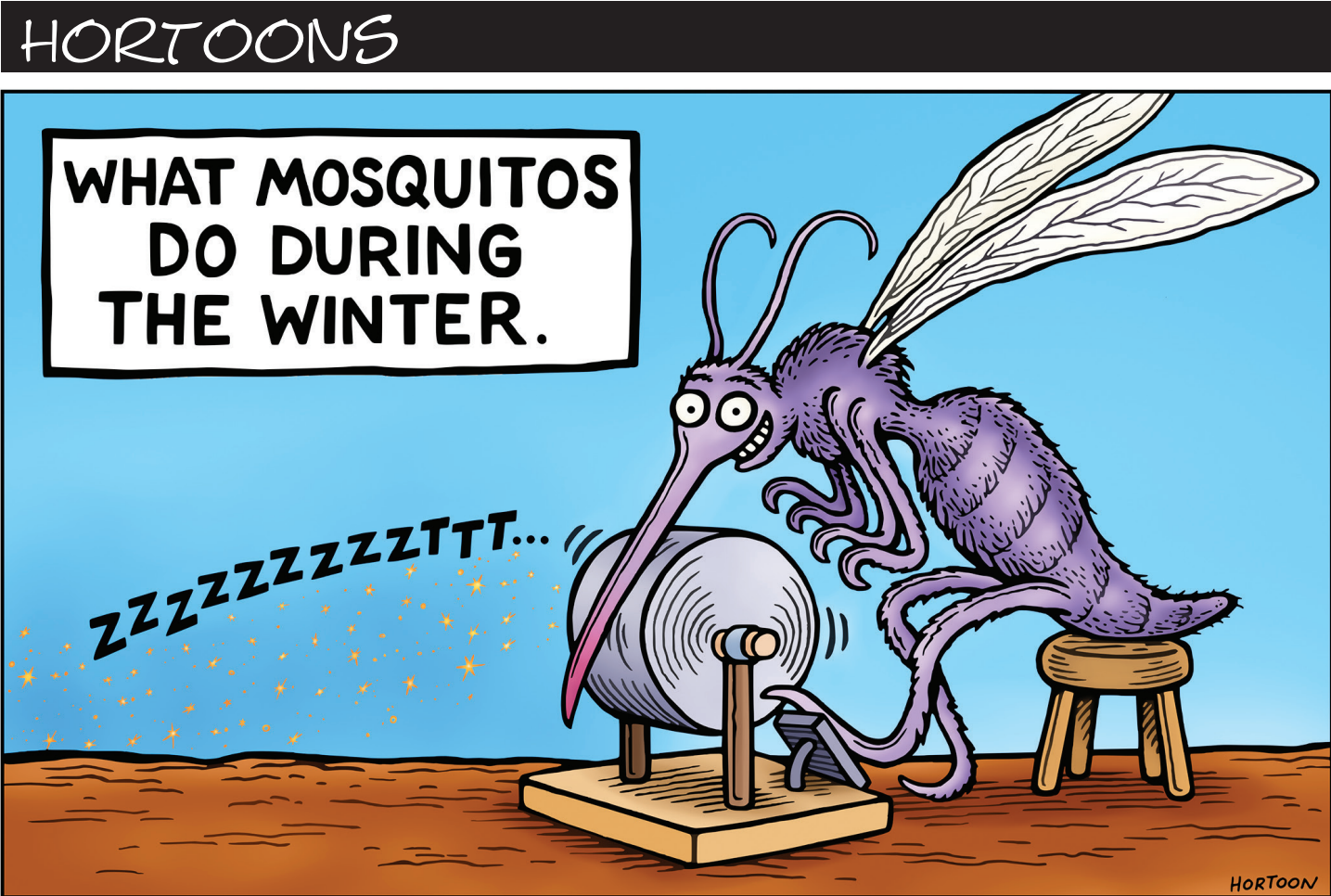
- 6. **Movies:** What was Andy Dufresne’s profession before he was sent to prison in 1994’s *The Shawshank Redemption*?
- 7. **U.S. States:** Which state was the last one to be admitted to the union?
- 8. **Famous Quotes:** Who wrote this about summer, “Live in the sunshine. Swim in the sea. Drink in the wild air”?
- 9. **History:** In what year were the first slaves from Africa brought on a ship to the American colonies?
- 10. **Geology:** What kind of rock is coal?

TRIVIA ANSWERS

1. James Madison, War of 1812
2. Agent Dale Cooper 3. Surname
4. Dark brownish red 5. 1858 – almost 50 years after canned food was invented
6. Banker 7. Hawaii 8. Ralph Waldo Emerson 9. 1619 10. Sedimentary

SCRAMBLERS ANSWER

1. Detach 2. Stilt;
3. Ingest; 4. Scored
Today’s Word
LOADED



PUZZLE ANSWERS

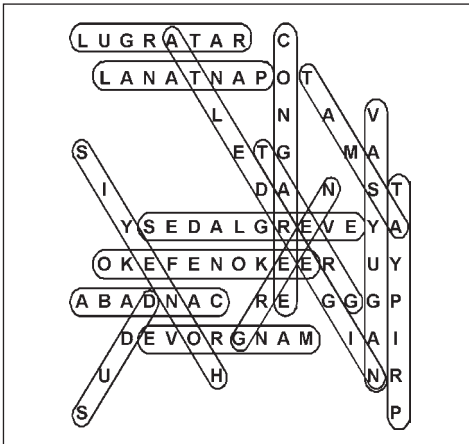
SUPER CROSSWORD

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

I	S	I	S	A	W	L	O	D	D	S
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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Tarpon Bay At Captiva	Captiva	2010	5,695	\$6,495,000	\$5,850,000	173
Mcphe Park	Fort Myers Beach	1950	2,228	\$3,799,000	\$3,799,000	141
Metes And Bounds	Sanibel	1988	3,698	\$3,795,000	\$3,700,000	0
Bayfront Gardens	Bonita Springs	1990	3,200	\$3,175,000	\$2,925,000	196
Tahitian Shores	Fort Myers	1990	7,376	\$2,920,000	\$2,700,000	52
Tuscany Isle	Bonita Springs	2002	5,628	\$2,635,000	\$2,500,000	54
Caprini	Miromar Lakes	2004	2,984	\$1,995,000	\$1,900,000	1
Metes And Bounds	Captiva	1985	1,600	\$1,975,000	\$1,875,000	330
Sanctuary At Wulfert	Sanibel	1997	4,782	\$1,895,000	\$1,780,000	42
Shell Harbor	Sanibel	1998	3,803	\$1,895,000	\$1,750,000	117

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