



## Exclusive Variety Show Saturday At Lab Theater

The Laboratory Theater of Florida will present an evening of all original song, spoken word, comedy and even beatboxing performed by talented local youth. The Prabh & Wedler All Original, Not Your Usual Variety Show is a one-night-only experience on Saturday, July 24 at 8 p.m.

Prabh Saini and Wedler Lordeus will beatbox and emcee a night of young Southwest Florida talent. Expect to hear all-original material, including a cappella singers, guitarists, ukulele, poetry and comedy. All performers are younger than age 25 and the creators of their original material.

Lab Artistic Director Annette Trossbach said, "These are names and faces to know and follow. Everybody in the show should be on a list of some of the most talented young people in Southwest Florida. All their material is original, and all these kids are at the beginning of their careers. They're about to head off to college and be connected with so many other



Prabh Saini

photos provided

talented young people who will only help to propel them to the next level. You'll be able to look back a few years and say, 'I remember when that kid was just 16 and performing her own material at the Lab Theater. And now she's got a Grammy.'"

Saini has been involved in various theater productions and musical endeavors. His latest work includes his role of Seymour in *Little Shop of*



Wedler Lordeus

*Horrors* at Cypress Lake High School (CLHS), and winning Best Mix for The A Cappella Group at CLHS during the International Competition of High School A Cappella (ICHSA). Saini has released his first album, entitled *The Collective*, under the moniker Nové. It is available on all streaming platforms.

Lordeus is a beatboxer, singer, actor and dancer who has won best vocal

percussionist twice in competitions. He is a four-time varsity vocals champion, in addition to winning numerous awards for acting and choreography. He has recorded four award-winning a cappella albums, including a "best album" that featured his beatboxing.

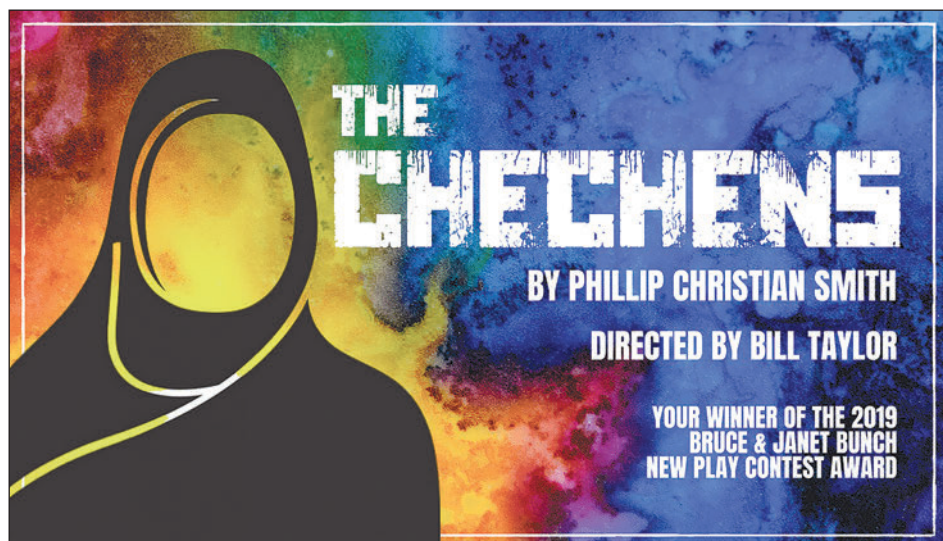
This is a special, one-night-only event. This event is not included in the Lab Theater season pass.

Besides Saini and Lordeus, the show features Kristen Noble, Darius Webb, Aarima Hondares, Anna Lehman, Gus Bahruth, Isabella Sbarra, Mady Ladd, Andrew Darden and Kinley Gomez.

"People should come to the show because it is a one-night-only event where you can see the young talent in Southwest Florida at their absolute best," said Saini. "Get this – it's all original. If you want to see a great handful of talent, this is the night for you."

To help promote these young artists, photography and videography are encouraged. Guests are invited to use #labtheaterfl.

Tickets are \$25 each or \$12 for students with valid student IDs. Seating is limited. Lab Theater is located at 1634 Woodford Avenue in downtown Fort Myers. For tickets, call 218-0481 or visit [www.laboratorytheaterflorida.com](http://www.laboratorytheaterflorida.com). ❄



images courtesy [www.artinlee.org](http://www.artinlee.org)

## Alliance Theater Season To Begin

Theatre Conspiracy will begin its 28th season at the Alliance for the Arts in August.

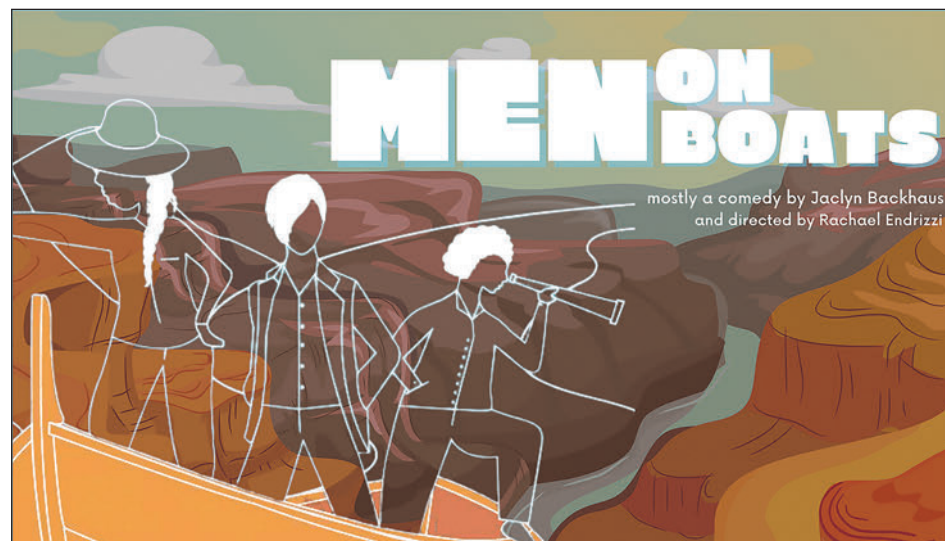
The new season will include beloved classics, comedic favorites and award-winning new plays from the most popular unknown playwrights. This year marks the return of indoor theater at the Alliance after moving online and outdoors since March 2020, due to COVID-19.

Season subscriptions range from \$112

per person for four shows to \$144 per person for all six shows. Individual ticket prices are \$30, \$13 for students or \$25 for Alliance members.

For most shows in the season, performances are Thursday, Friday and Saturday with a 7:30 p.m. start time, and Sunday matinees at 2 p.m. *The Colored Museum* performances are varied due to the immersive nature of the production and limited capacity.

Audio-described shows are also available on selected dates. For theatergoers with blindness or have moderate to severe vision loss, the



Alliance provides a specially trained describer who verbalizes what's happening on stage during pauses in dialogue. The describer uses a headset microphone, while individuals using the service listen through a receiver with a single earpiece. Reservation of headsets is required prior to the show by calling 939-2787.

To widen the post-show conversation and discuss what the art onstage means to individuals and society, Alliance officials will facilitate community conversations through talkbacks on select dates. Talkbacks allow the audience to ask questions and express their thoughts

and ideas on issues revealed in the play through discussion with the cast, director or panel guests. The opportunity is included with ticket purchase.

The plays this season include:

*The Chechens* by Phillip Christian Smith and directed by Bill Taylor: August 5 to 7, 12 to 14 at 7:30 p.m.; August 15 at 2 p.m. – Winner of the 2019 Bruce and Janet Bunch New Play Contest Award, *The Chechens* is an intense, funny and vital production. Set in modern day Grozny, the capital of Russia's Chechen Republic, rumors are going

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Historic Downtown Fort Myers, Then And Now:

Tillis Hotel



by Gerri Reaves, PhD

This hotel pictured circa 1910 was something of a quick-change artist when it came to ownership and names. The Tillis Hotel, or Tillis House, as it was commonly known, was located on the riverfront at the foot of Hendry Street, near the entrance to the Hendry Street dock. It stood on what is now the northeast corner of Hendry and Bay. At that time, the riverbank lay just beyond what became Bay Street, and plentiful rain or a storm could flood the area. On the photo's far left, part of the Jackson Street dock is visible in the distance.

That location gave the establishment two of its best amenities, a river view and cool breezes. It was a two-story, two-part structure, one side for boarding and one for dining. The hotel's owners, Mr. and Mrs. JV Tillis, had previous experience in the hotel business, having been managers at the popular Florida House on Main Street. By late 1911, however, they sold the hotel bearing their name to Mrs. HL Heath. It was sold yet again in early 1912, to WB Hingson, who made a few changes, advertising regularly with the promise of "the best meals in town, regardless of price." In February, he changed the name to the River View Hotel. He also made various improvements and repairs over the next year or so. In early 1915, it changed hands again. PR "Pat" Sullen, a newcomer to town, ran it only about a year and a half before selling out and relocating to Moore Haven.

He, too, advertised regularly, mentioning hot and cold baths, the "coolest rooms in town," and special summer rates. Regular meals were only a quarter. (History note: Sullen's move to Moore Haven proved fatal, for he was killed there in August 1916. The incident was ruled justifiable homicide.) In 1917, the hotel acquired another proprietor and name, Mrs. AR Jenny's Caloosa Hotel, which according to the ad, overlooked the "beautiful Caloosahatchee Bay."

The price of meals increased to 35 cents. By the following year, she was operating the Caloosa Dining room and meals increased again – to 40 cents! The 1920s changed the Hendry and Bay area. Bay Street underwent major development, including the extension of the street both east and west, and seawalls that gained ground for downtown.

Modern buildings were constructed where wood-frame ones once stood. Today, a parking lot exists on the former riverside hotel site. Walk to Hendry and Bay and imagine checking in at the Tillis Hotel on the banks of the beautiful Caloosahatchee and paying only 25 cents for dinner. Then visit the following research centers to learn more about the countless hotels that housed visitors and boarders in the town's early history.

The Southwest Florida Historical Society is an all-volunteer, nonprofit organization open Wednesday and 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. Call 332-8778 for post-pandemic hours or visit [www.leeountyblackhistorysociety.org](http://www.leeountyblackhistorysociety.org). Visit the IMAG History & Science Center at 2000 Cranford Avenue or at [www.theimag.org](http://www.theimag.org).

Sources: Archives of the Southwest Florida Historical Society, *The News-Press* and *The Story of Fort Myers* by Karl H. Grismer.\*



A series of seawalls pushed the riverfront northward over the last century. Today, the former hotel site is a parking lot. The Hall of Fifty States (center) faces Edwards Drive. photo by Gerri Reaves



The Tillis Hotel, pictured circa 1910, stood at the foot of Hendry on the riverfront photo courtesy SWFL Historical Society

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Students during a previous STEAM class

photo provided

## Grant Provides New Learning Opportunities

Child Care of Southwest Florida introduced additional STEAM instruction – Science, Technology, Engineering, Arts and Math – to students through a grant from the Cape Coral Community Foundation.

The STEAM initiative brought hands-on learning opportunities to students in the nonprofit's pre-kindergarten program, as well as new curriculum and lesson plans for teachers to implement in their classrooms. STEAM activities were capped with a visit to the IMAG History & Science Center, where students assumed the roles of dinosaur detectives, weather watchers, storybook scientists and workshop entrepreneurs.

"Hands-on learning is critically important for children to grasp advanced concepts in STEAM areas, especially science and engineering," said Chris Hansen, CEO of Child Care of Southwest Florida. "STEAM instruction has always been a point of emphasis for students in our pre-k program because every concept that

students learn now better prepares them for when school starts in the fall."

Child Care of Southwest Florida developed a comprehensive Focus on Four education initiative to prepare 4-year-olds for kindergarten. Focus on Four concentrates on four pillars of learning: social-emotional skills; literacy and language development; STEM activities; and hands-on learning opportunities.

Established in 1973, the Cape Coral Community Foundation's mission is to stimulate philanthropy that enriches the community and region's quality of life through lasting and meaningful giving. The organization awards grants to local nonprofits that demonstrate past impact and a strong potential for future impact while striving to meet important community needs.

"The Cape Coral Community Foundation is a proud supporter of Childcare of Southwest Florida," said Michael Chatman, president and CEO of the Cape Coral Community Foundation. "We are always impressed with their outstanding leadership and community impact."

For more information about Child Care of Southwest Florida's giving opportunities, visit [www.ccsfwf.org/giving](http://www.ccsfwf.org/giving) or call 278-1002.\*

## Mariner High School Graduate Earns Scholarship

Mariner High School 2021 graduate Danyella Orjuela was awarded a \$500 scholarship from the Florida School Boards Association (FSBA).

The scholarship was bestowed to Orjuela by Debbie Jordan, chair of the Lee County School Board. Jordan was the winner of the 2020 FSBA/FADSS Annual Joint Conference Leader Board competition, which enabled her to grant the FSBA Student Scholarship to a student in her district. Jordan participated in various networking and engagement activities to earn

points and was the top points recipient among 336 conference attendees. The scholarship provided by FSBA is given to assist a student with the financial cost associated with pursuing post-secondary education goals.

"FSBA is excited to present this scholarship in Lee County to a deserving student," said FSBA Executive Director Andrea Messina. "We are honored to support student achievement and future academic endeavors in this way."

The Florida School Boards Association is the professional membership association for school boards in Florida. The mission of FSBA is to increase student achievement through the development of effective school board leadership and advocacy for public education.\*

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Fort Myers Art:

# Playwright Tells How Love Story Ends In First Line



by Tom Hall  
The Laboratory Theater of Florida, in conjunction with The Laboratory Theater of Florida: Education, will present *Failure: A Love Story* by Philip Dawkins, opening Thursday,

July 29 and playing for two weekends. Set in 1928, the play follows the Fail sisters: Nelly, Jenny June and Gerty. They live above the family clock repair shop near the Chicago River, and are destined to die within the year in reverse order. This whimsical play weaves through the story of the Fail sisters, their hopes and dreams, all while inching toward the end of their lives. Tuneful songs and a chorus of clocks follow the sisters as their time runs out in this magical, mystical fable about the power of love.

"Failure does something curious," said co-director Madelaine Weymouth. "It tells you exactly how it will end in the show's first line. The kids and I had a great discussion: why would a playwright

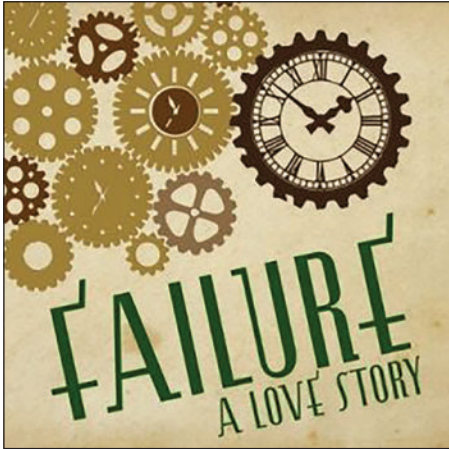


photo courtesy www.artswfl.com

do that? Why give it all away? Eventually, we puzzled out that maybe the ending's not the best part. The show focuses on how we spend the little time we have, and it does that by making us enjoy spending time with the characters we have onstage. We laugh with them, cry with them, and we root for them, even as we remember the inevitable will happen. That's the magic of this show: it tells you what will happen, but then dares you to hope otherwise."

Weymouth shares directing duties with Steven Michael Kennedy, who was last seen at Lab Theater in the role of Leonardo DaVinci in *Botticelli in the Fire*.

This touching show is presented by LabEd's summer camp students, and all proceeds support the Lab's education program.

The Lab Theater is located at 1634 Woodford Avenue in downtown Fort Myers. For more information, call 218-0481 or visit [www.laboratorytheaterflorida.com](http://www.laboratorytheaterflorida.com).

## Different Strokes at Alliance through August 28

On view in the main gallery at the Alliance for the Arts through August 28 is *Different Strokes*. The exhibition recognizes the unique styles and widely diverse approaches of Alliance member artists. The artists participating in this two-month-long, 72-piece show were challenged to exhibit pieces that didn't quite fit into other calls to artists over the past year.

Each day, the Alliance strives to support and foster all styles and mediums – ranging from traditional

two- and three-dimensional mediums (like painting, drawing, printmaking, sculpture, ceramics, fiber and mixed media) to emerging and contemporary trends (such as digital, installation, performance and experiential based works). This diversity of genre, media and motif is on full display in *Different Strokes*.

The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information, call 939-2787 or visit [www.artinlee.org](http://www.artinlee.org).

*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.✪*

## Mound House Outdoor Nature And Education

The Mound House, the oldest standing structure on Fort Myers Beach, is offering an array of outdoor nature and education programs each month.

Newton Beach Park Guided Beach Walk – for all ages; each Tuesday and Thursday; weather permitting. Free outdoor nature program. Parking is \$3 per hour; one hour generally enough. Meet at the thatched hut closest to the beach; no registration necessary; Newton Beach Park is located at 4650 Estero Boulevard.

Cool Calusa Tools – families with children ages 6 and older on Saturdays, July 24 at 1 p.m. and July 31 at 2 p.m. Learn to hunt, fish and make masks and pottery.

Junior Explorers – children age 2 to age 5 with their adult guardians at Newton Beach Park on Wednesday, July 28 at 1 p.m. Junior Explorers learn about the environment, culture and early life skills such as language, numbers, fine motor and socializing. Cost: \$2-per-child, with adult guardians and Mound House members free; no reservations necessary. Newton Beach Park is mid-island at 4650 Estero Boulevard.

Shell Mound Outside Guided Tour – All ages; July 24, 27 and 29 at

11 a.m. and 2 p.m.; July 31 at 1 p.m. Cost: \$5 per person; does not include Mound House admission; Mound House members free.

Garden Outside Guided Tour –All ages; Tuesday, July 27 at 1 p.m. Stroll through the Mound House gardens to discover how its unique plants conserve water and protect wildlife, while learning how the Calusa and other Native Americans used them in their daily lives. Cost: \$5 per person; does not include Mound House admission; Mound House members free.

Mangroves by Kayak Tour – Ages 12 and older; weather permitting. July 23, 28, 31 at 9 a.m. Cost: \$45-per-person; Mound House members \$15. Advance reservations necessary; private tours available.

Family Fun Kayak Tour – Ages 6 and older; weather permitting; Saturday, July 24 and 30 at 9 a.m. Cost: \$25 per person age 13 and older; \$15 per person ages 6 to 12; includes all equipment.

Latino History Outside Guided Tour – for all ages; July 29 at 1 p.m. Learn about the Latino fishing village known as a "Rancho" that existed on the shell mound between the ancient Calusa and Anglo-Pioneer eras. Cost: \$5 per person; does not include Mound House admission; Mound House members free.

The Mound House is located at 451 Connecticut Street with overflow parking at 216 Connecticut Street on Fort Myers Beach. For details, reservations and monthly programs schedule, call 765-0865 or visit [www.moundhouse.org](http://www.moundhouse.org).✪

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Mackenzie Hummer shaves Armando Llechu at a 2020 event photos provided

# Sponsors Needed For Clips For Cancer Event

Sponsors are needed for Clips for Cancer, a month-long event in September that raises the funds necessary to ensure that programs and services are available for the increasing number of local children diagnosed with cancer at Golisano Children's Hospital. During childhood cancer awareness month, local community leaders will shave their heads to empower cancer patients like Owen Hart.

When Owen's mother, Amy Burge, noticed bruises on her 2-year-old son that wouldn't heal, she took him to the doctor and received devastating news. Owen was diagnosed with B-cell acute lymphoblastic leukemia and admitted to Golisano Children's Hospital. Owen will remain in treatment for another year "I was devastated and lost," said Burge. "I had no family here. I was alone. I had no idea how we were going to get through it."

Thanks go to events like Clips for Cancer, the generous Southwest Florida community and Barbara's Friends, which has a 26-year history of helping kids with cancer and life-threatening blood disorders. To date, Barbara's Friends has cared for more than 10,000 local children. The program provides access to resources for families including transportation, gas cards for families to get to and from treatment and meals for parents when a child is staying overnight.

Clips for Cancer is important because:

Owen was one of more than 70 children diagnosed with cancer in Southwest Florida in the last year;

More than half of Golisano Children's Hospital's patients are underinsured, on Medicaid or have no insurance – yet no child is denied treatment;

The children's hospital is one of only nine centers in Florida to offer complete pediatric cancer care;

As a member of the Children's Oncology Group, Golisano Children's



Owen Hart at play

Hospital brings world-class cancer care close to home, offering the same treatments as other centers of excellence.

The survival rate for pediatric cancer at the children's hospital is 84 percent – higher than the national average.

Golisano Children's Hospital has more than 90 children in current treatment and more than 200 children receiving continued and follow-up care.

To raise awareness about the challenges of childhood cancer and treatment side effects, Barbara's Friends established Clips for Cancer in 2018. In 2020, 35 adult leaders stepped up to have their heads shaved and raise money. It has grown from a one-day event with a few participants to a month-long celebration of childhood cancer patients and survivors by the community. Clips for Cancer has raised close to \$300,000 in the past three years to assist families during their child's cancer journey.

Each Friday in September, shaves will be hosted on Facebook Live from Great Clips salons. Other events planned to date include: a special 9/11 heroes shave featuring representatives from multiple fire departments and law enforcement agencies, and a Haircuts Helping Heroes Block Party during

continued on page 6

## In the Main Theatre

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# GREASE

### NOW – AUGUST 14

Grease is the word! Travel back to Rydell High and 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 *Greased Lightnin'*, *Summer Nights*, *Born to Hand Jive*, *We Go Together*, *Look at Me*, *I'm Sandra Dee*, *You're The One That I Want*, *Beauty School Dropout* and more!

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# Students Honored For Excellence In Journalism

The School District of Lee County announced that LeeSchools TV intern Grace Edmonds has been awarded a 2021 Student Production Award (Student EMMY) from the National Academy of Television Arts & Sciences Suncoast Chapter. Edmonds will now compete with students from around the country in the National Student Production Awards, hosted by the National Academy of Television Arts and Sciences.

Edmonds EMMY win is for the category of Multimedia Journalist and, in particular, her story, *Earning Their Stripes*. In it, she profiles Dunbar High School student Conner Daniels and her internship in the cytometry lab at Fort Myers-based cancer diagnostic center NeoGenomics.

“I am just so grateful to have been nominated, let alone win,” Edmonds said. “Every day I’m learning in the field and my only plan is to continue to learn and grow, because this is only the beginning for me.”

Edmonds graduated from Island Coast High School in June and plans to attend Florida SouthWestern State College before transferring to a larger university to pursue a degree in broadcast journalism.

The district also congratulates



Grace Edmonds photos provided

Ashleigh Lucas on being nominated for two Student EMMYs. Her story, *Coming to a Zone Near You*, is about the school district’s plans for smaller elementary school proximity zones, and was nominated in the Public Affairs/Community Service category. *The Lady Legacy* was nominated in the Sports Story or Segment category.

Lucas graduated from Riverdale High School in June and will attend the University of Florida this fall to major in broadcast journalism.

“I am just so proud of Ashleigh and Grace,” said LeeSchools TV Intern Advisor and Multimedia Communications



Ashleigh Lucas

Coordinator Jason Sill. “They are dedicated to their work and they both have very bright futures. It’s awesome to see our world-class students winning on a world-class stage. To look at the list of schools that were nominated, it makes the recognition even more special, for Lee County and public education.”

The LeeSchools TV intern program offers high school students an educational TV production internship that provides hands-on broadcast journalism experience. Students learn and implement skills such as recording, interviewing, writing and editing stories that they’ve researched from across the

school district. High school students interested in broadcast journalism or TV production who would like more information on the LeeSchools TV intern program can e-mail Jason Sill at [jasonssi@leeschools.net](mailto:jasonssi@leeschools.net).

The NATAS Student Awards encourages the pursuit of excellence in video production and focuses public attention on outstanding achievements produced by students. The awards are intended to be an incentive for the pursuit of excellence in television journalism and focus public attention on outstanding achievements in television produced by college and/or high school students.✧

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## Clips For Cancer

Bruno’s of Brooklyn’s 7th anniversary celebration on September 19.

Clips for Cancer sponsorship opportunities include: \$25,000 presenting sponsor, \$10,000 best friend sponsor and \$5,000 clips sponsor. In addition, members of the community are invited to show their support by volunteering to be a shavee and raising \$2,500 or more to support kids with cancer and the pediatric hematology and oncology program.

For information on becoming a sponsor, a shavee or supporting Clips for Cancer, visit [www.barbarasfriends.org/clipsforcancer](http://www.barbarasfriends.org/clipsforcancer) or email [amy.frith@leehealth.org](mailto:amy.frith@leehealth.org).✧

## Churches/Temples

### ALL FAITHS UNITARIAN CONGREGATION

Service 9, and 11 a.m. Children’s RE, Adult Education Forum 10 a.m., [www.allfaiths-uc.org](http://www.allfaiths-uc.org), 2756 McGregor Boulevard, 226-0900.

### ALL SAINTS BYZANTINE RITE CATHOLIC

Sunday 10:30 a.m., 10291 Bayshore Road, 599-4023.

### ANNUNCIATION GREEK ORTHODOX

Sunday 9 and 10 a.m., [www.annunciation.fl.goarch.org](http://www.annunciation.fl.goarch.org), 8210 Cypress Lake Drive, 481-2099.

### BETH YESHUA MESSIANIC SYNAGOGUE

Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.

### BIBLESHARE

10 a.m. Sunday and 7 p.m. Tuesday, [www.simplysimpleworship.com](http://www.simplysimpleworship.com), 7050 Winkler Road, Suite 121, 437-8835.

### CHABAD LUBAVITCH ORTHODOX

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

### CHAPEL OF CYPRESS COVE

Sunday 10 a.m., [www.revtedalhouse@aol.com](http://www.revtedalhouse@aol.com) 10200 Cypress Cove Circle, 850-3943.

### CHAVURAT SHALOM

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

### CHURCH OF THE CROSS

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

### COVENANT PRESBYTERIAN

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

### CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

Sunday 8 and 10:45 a.m. Jan 1 – Easter; 9

a.m. after Easter – Dec 31. [www.crownoflifelutheran.com](http://www.crownoflifelutheran.com). 5820 Daniels Pkwy, 482-2315.

### REDEEMER CHURCH

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

### CYPRESS LAKE PRESBYTERIAN

Sunday 8, 9, 10 and 11 a.m. [www.clpc.us](http://www.clpc.us), 8260 Cypress Lake Drive, 481-3233.

### CYPRESS LAKE UNITED METHODIST

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

### FAITH UNITED METHODIST

Sunday 9 and 11 a.m., 15690 McGregor Boulevard, 482-2030.

### FIRST CHURCH OF CHRIST, SCIENTIST

Wednesday 12 noon Testimony Service, Sunday 10:30 a.m., [www.christiansciencefortmyers.net](http://www.christiansciencefortmyers.net), [www.christianscience.com](http://www.christianscience.com). 2390 West First Street, 334-6801.

### FIRST CHURCH OF THE NAZARENE

Sunday 10:30 a.m. and 6 p.m., 13545 American Colony Boulevard, 936-2511.

### FORT MYERS CHRISTIAN CHURCH

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

### FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

Sunday 10 a.m., 8210 College Parkway, 482-3133.

### FIRST PRESBYTERIAN CHURCH OF FORT MYERS

11 a.m. Sunday, [www.fpcforymyers.org](http://www.fpcforymyers.org), 2438 Second Street, 239-334-2261

### IONA-HOPE EPISCOPAL CONGREGATION

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

### JESUS THE WORKER CATHOLIC

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

481-1143.

### LAMB OF GOD

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

### NEW HOPE PRESBYTERIAN

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

### PEACE COMMUNITY

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

### PEACE LUTHERAN

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

### REDEEMER LUTHERAN

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

### RIVER OF LIFE ASSEMBLY OF GOD

8, 9:45 and 11:30 a.m., 21580 River Ranch Road, 495-0400.

### SAMUDRABADDA BUDDHIST CENTER

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

### SAINT COLUMBKILLE CATHOLIC

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

### ST. FRANCIS XAVIER CATHOLIC

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

### SAINT JOHN THE APOSTLE METROPOLITAN

Sunday 10 a.m., 3049 McGregor Boulevard, 344-0012.

### SAINT MICHAEL LUTHERAN

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

### SAINT NICHOLAS MONASTERY

Sunday 9:30 a.m., [www.saintnicholasmonastery.org](http://www.saintnicholasmonastery.org), 111 Evergreen Road, 997-2847.

### ST. VINCENT DE PAUL CATHOLIC

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

### SOUTHWEST BAPTIST

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

### TEMPLE BETH EL SYNAGOGUE

Friday Shabbat 7:30 p.m.; Torah Saturday 9 a.m.; Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m., [www.templebethel.com](http://www.templebethel.com), 16225 Winkler Road, 433-0018.

### TEMPLE JUDEA (CONSERVATIVE)

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

### UNITARIAN UNIVERSALIST

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

### UNITY OF FORT MYERS

Sunday 10 a.m., [www.unityoffortmyers.org](http://www.unityoffortmyers.org), 11120 Ranchette Road, 278-1511.

### WESTMINSTER PRESBYTERIAN CHURCH

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

### WORD OF LIFE

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

### ZION LUTHERAN

Sunday 8, 9:30 and 10:45 a.m., [www.zionfm.org](http://www.zionfm.org), 7401 Winkler Road, 481-4040. Email changes to [press@islandsunnews.com](mailto:press@islandsunnews.com) or call 395-1213.✧



Plant Smart

# Sprouting Like Mushrooms

by Gerri Reaves

Mushrooms might not technically be plants, but they sure do play a role in gardening, appearing on the soil, other plants, or plant matter. Mushrooms are classified as fungi in the plant kingdom, but botanists are establishing new classifications for them because, unlike plants, they do not photosynthesize, i.e., manufacture their own food.

They can be found any time of year, especially in moist woods or hammocks, but now that the rainy season has kicked in, they're sprouting up all over.

That characteristic inspires the common phrase "sprouting like mushrooms," meaning to suddenly and rapidly increase in number.

If you have them all year in your yard, you might be over-watering the lawn. However, there's no reason to worry about detrimental effects on the lawn.

In fact, mushrooms decompose rotting organic matter and enrich the soil. Only if a species is toxic do you want to necessarily remove it.

In addition, some species have beneficial symbiotic relationships with other plants or provide food for wildlife.

At the least, they are curiosities, and



**This mushroom is growing in a mangrove swamp** photos by Gerri Reaves

they have an astonishing range of sizes, forms and colors, which can change as they age.

There are generally two forms: ones that grow on the ground, usually with stalks and caps, and ones that grow on logs or tree trunks, called bracket or shelf mushrooms. The latter usually lacks stalks or might have short stalks.

The caps of stalked mushrooms can be flat, bulbous and curved – bell-, funnel-, or parasol-shaped.

The caps of some species caps have



**Mushrooms are common year around in South Florida, but during the rainy season, ones like these sprout in lawns and gardens**

radiating "gills" on the undersides, while others have wrinkled or pit-like spore-producing structures.

The texture and color of stalks and caps vary greatly: shaggy, warty, smooth, scaly, or wrinkly.

The stalk might be ringed by a fringy skirt.

One thing to remember: unless you are an expert on mushrooms, don't even think about ingesting one you find in the yard or on a nature walk.

At least 10 mushrooms that grow in Florida are deadly poisonous, such as

the intriguingly named destroying angel (*Amanita virosa*). Other species cause severe reactions.

For consumption, rely on the mushrooms in the grocery store's produce department.

Sources: *Field Guide to Common Macrofungi in Eastern Forests and Their Ecosystem Functions* by Michael E. Ostry et al., *National Audubon Society Field Guide to Florida* by Peter Alden et al., and [www.gardeningsolutions.ifas.ufl.edu](http://www.gardeningsolutions.ifas.ufl.edu).

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

## Trail Closure

Portions of Caloosahatchee Creeks Preserve East have been closed to improve wildlife habitat by clearing undergrowth.

The project, which started July 19 and is expected to run about a week, include the palmetto uplands around Fetterbush Trail and a portion of Sweetbay Trail. The areas will reopen once the work is complete.

Clearing undergrowth is an important

land management practice used to improve the native plant communities and, therefore, wildlife habitat. It is especially important for the gopher tortoises on the site, and it helps reduce the site's fuel load for improved safety during potential wildfires.

Caloosahatchee Creeks Preserve East is located at 10130 Bayshore Road in North Fort Myers. For more information about Lee County Parks & Recreation locations, amenities and other special events, visit [www.leeparks.org](http://www.leeparks.org), call 533-7275 or email [leeparks@leegov.com](mailto:leeparks@leegov.com).

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# Mixed Bag Summer Fishing



by Capt. Matt Mitchell

Finally, with no weather issues, we managed to get in a full week of fishing, letting our clients catch a great mixed bag of fish. Having a wide variety of both gear and baits lets us take advantage of what the day's conditions gave us. Pass fishing remained strong on the lower phases of the tide while action out on the deeper flats always produced a mixed bag of fish including trout, snapper, blacktip sharks and even some pompano. Going back in the mangroves and chumming with small shiners gave us a great bite on juvenile snook, jacks and hungry mangrove snapper.

Mangrove snapper fishing has really picked up as it always does this time every year. These tasty fish that are found all year long get to be much bigger during our summer months. They are being caught almost anywhere throughout the sound, although the passes and docks close to the passes have some of the largest concentrations. When targeting these tasty fish, you should remember they have very good eyesight so the lighter the gear you can fish, the more successful you will be. I often go all the way down to a six-foot-long 15- or even 12-pound test fluorocarbon leader.

Small light wire hooks from a No. 1 to a 2/0 are also a good choice. Baits for mangrove snapper include shiners, live shrimp and small pinfish. Chumming lots of the hatch bait that is around is a sure fire method to get them fired up too.

When flats fishing, I've been drifting in the deeper water from four to six feet. Look for areas where the sand and grass are mixed. Fosters Point flats, Red Light Shoal and Captiva Rocks have been just a few of the better flats. There is no better way to locate fish in these areas than by casting a soft plastic jig. When the water is clear like now, a quarter ounce jig head with a white paddle tail is my choice. Unlike live bait, you can make really long casts to prospect the entire area with bobber fishing. Another advantage of casting the jigs is that when you miss the bite, you simply continue the retrieve, and the bait's not gone. This allows you multiple shots before you hook the fish without having to rebait. Once you locate the fish, anchor up and enjoy. This is one time we often do much better on plastics than even a live bait.

With our summer rains in full swing, getting back to the dock before mid-afternoon has been a must. Getting caught out in one of these daily strong thunderstorms can be a dangerous or, at least, soaking wet proposition. The one real plus to these daily storms though is that it cools off the water just a few degrees, making the fish more active.

Capt. Matt Mitchell has been fishing local waters since he moved to Sanibel in 1980. He now lives in St. James City and works as a back country fishing guide. If you have comments or questions, email [captmattmitchell@aol.com](mailto:captmattmitchell@aol.com).✱



Danny with a redfish caught while fishing with Capt. Matt Mitchell this week photo provided

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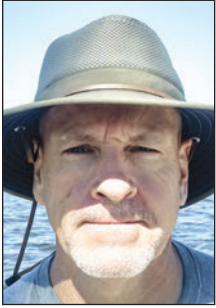
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## CROW Case Of The Week:

## Burrowing Owl

by Bob Petcher



The burrowing owl (*Athene cunicularia*) is small with long legs, a short tail and no ear tufts. Adults are brown in color with spotted chests, barred bellies and yellow eyes.

Unlike many of the owl species, these birds are generally not nocturnal and like to spend time on the ground hunting or on lower perches – different from their cousins who like height in trees. They are so-named because they live and nest in burrows either self-dug or shared with prairie dogs, ground squirrels and/or gopher tortoises.

At CROW, a fledgling burrowing owl was admitted after being found in Cape Coral with poor balance and a twisted neck, resulting in odd head positioning. Veterinarians took full x-rays that showed no abnormalities. The patient has been diagnosed with severe torticollis, also known as wryneck, a condition causing the neck to twist and tilt the head.

CROW officials were unsure how the patient's condition occurred. "In this case, it is likely secondary to head trauma," said Dr. Robin Bast, CROW staff veterinarian. "It is not an



Patient #21-3529 is improving from its head tilt, but continued recovery is needed before medical officials will allow it to be released

photo by Haillie Mesics

uncommon occurrence."

The owl was placed in a neck brace for intermittent stabilization. There is no timetable as to how long the brace will remain a part of the patient's care.

"The owl wears the brace during daytime hours – approximately 10 hours a day – while staff can monitor it closely. The brace is removed at night so the owl can eat on its own easily," said Dr. Bast.

Besides the neck brace, CROW medical staff members have been performing regular physical therapy on

the patient.

"The owl has been holding its head at an unusual angle or tilt and, if this occurs for a prolonged period of time, then the muscles in the neck can atrophy, and the owl will have difficulty using those muscles appropriately to hold its head in the correct position," said Dr. Bast.

"Physical therapy keeps these muscles in shape as the underlying neurologic issues resolve with time. PT is performed daily until the owl can hold its head normally."

After a few days of treatment,

the patient has reportedly shown improvement and is able to hold its head upright for short periods of time. Hospital staff will continue rehabilitation to improve its range of motion.

"The head tilt is still present but is less severe of an angle, and the owl can hold its head normally for progressively longer periods of time when not wearing the neck brace," said Dr. Bast. "It has a long road ahead of it, but it continues to make gradual progress."

Once the patient is cleared from its head tilt problem, it could spend time outdoors at the clinic. But a prognosis on its release is still guarded.

"Once the head tilt resolves, the patient can move to an outdoor enclosure and begin flight reconditioning, and ensure that it can maneuver around successfully enough to obtain food on its own," confirmed Dr. Bast.

"Time will tell if this patient will recover to the point of being able to be released. It continues to make gradual progress, and head injuries can take months to recover from. Clinic staff will continue to support the owl in its healing process during that time, as long as it continues to show signs of improving."

CROW (Clinic for the Rehabilitation of Wildlife, Inc.) is a non-profit wildlife hospital providing veterinary care for native and migratory wildlife from our local area. The hospital accepts patients seven days a week from 8 a.m. to 5 p.m. Mail donations to P.O. Box 150, Sanibel, FL 33957. Call 472-3644 or visit [www.crowclinic.org](http://www.crowclinic.org).

## Adoption Events To Be Held At Outreach Centers

Lee County Domestic Animal Services is partnering with the Lee County Sheriff's Office to hold adoption events at Community Outreach Centers. Deputy Chance and Sergeant Hope invite everyone to give shelter pets a 'chance' and adopt, don't shop.

A selection of adoptable pets will be available at each event and visitors also can see additional available pets online and learn more about them.

The adoption events are:

Monday, August 2, 10 a.m. to 1 p.m. – Miromar Outreach Center, Suite 109, Miromar Outlets, 10801 Corkscrew Road, Estero.

Tuesday, August 3, 10 a.m. to 1 p.m. – Cape Coral Outreach Center, 4522 Del Prado Boulevard South, Cape Coral.

Wednesday, August 4, 10 a.m. to 1 p.m. – Edison Mall Outreach Center, Suite 1930, 4125 Cleveland Avenue, Fort Myers.

Thursday August 5, 10 a.m. to 1 p.m. – Downtown Outreach Center, 2125 First Street, Fort Myers.

The adoption fee on dogs will be reduced to \$20 and cats/kittens to \$10 with an approved application for the events.

Online applications can be found at [www.leelostpets.com](http://www.leelostpets.com). For more information, call 533-7387 or visit [www.leelostpets.com](http://www.leelostpets.com).



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## Plant Collection Donated To The Estates

Edison and Ford Winter Estates received a donation of an aspidistra (cast iron plant) collection from a local gardener. The collection includes nearly 30 full-size and dwarf cultivars. This plant earned its common name from the Victorian era when it was the only houseplant that could withstand the low light, cold, and often dreary environment of Victorian homes.

Full-size aspidistra were planted in the research gardens where the plants should thrive under the shade of the Zulu fig (*Ficus lutea*). Dwarf varieties were planted with companion azaleas (*Azalea* "White Ruffles") in a shady bed near the Moonlight Garden to re-establish the Japanese horticulture link to Mina Edison.

The donation of these Japanese plants serves to remind visitors that in the 1930s, Mina Edison was renowned for her unparalleled collection of Japanese plants at her Fort Myers winter home. Mina was exposed to Japanese culture at the 1888 and 1893 World Fairs, where the country of Japan showcased art, architecture and horticulture at the Exposition Universelle – the Paris World's Fair, and then to Americans at its largest fair, the Columbia Exposition in Chicago.

According to early design plans for the Moonlight Garden, white azaleas were included in the first established plantings and were incorporated into Ellen Biddle



Horticulture specialist Karen Maxwell with one of the aspidistras photo provided

Shipman's 1929 design, along with funkia and snapdragons (*Antirrhinaea*). A plant that Mina was particularly proud of was the Japanese flowering almond (*Prunus triloba*), which produced pink flowers, but unfortunately, it was not suited for Florida's climate.

Visitors can see the new aspidistra collection and other plants when touring the gardens at Edison and Ford Winter Estates. Self-guided and guided tours are offered daily. Specialty garden tours, led by horticulture staff are available by appointment. For more information, visit [www.edisonford.org](http://www.edisonford.org).

## New Films On The Big Screen At Science Center

The IMAG History & Science Center will show three new movies at the museum throughout the day.

Discover the majesty and magnificence of the largest animal ever to walk the earth, the titanosaur. *Titanosaur 3D* is a movie that explores the life, history, and environment of long-necked sauropods from egg to towering titan. Vivid animation brings the titanosaur back to life in this touching, family-friendly celebration of the prehistoric world. *Titanosaur 3D* showtimes are 12:15 p.m. and 3 p.m. daily.

*Journey to Space: Next stop Mars* is a behind-the-scenes look at space exploration and what it will take to send astronauts to Mars within the next 20 years with new spacecraft, landers, habitats and vehicles for safe interplanetary travel, touchdown and colonization. *Journey to Space* showtimes are 12:45 p.m. and 3:30 p.m. daily.

With *Aircraft Carrier: City at Sea*, you will find yourself aboard the *USS Ronald Reagan* alongside 5,000 highly skilled sea and air personnel conducting flight operations during the largest, most comprehensive maritime training exercises in the world. *Aircraft Carrier* show times are 1:15 p.m. and 4 p.m. daily.

Admission to all three movies is included in your admission to the museum.

Cost per adult is \$15, seniors are \$14, students and children are \$12, children age 2 and younger are free, and IMAG members are free as well.

The IMAG History & Science Center is located at 2000 Cranford Avenue in Fort Myers. For more information, call 243-0043 or visit [www.theimag.org](http://www.theimag.org).

## Punta Rassa Boat Ramp To Close Temporarily

The Punta Rassa Boat Ramp will be closed temporarily from Monday, July 26 through Thursday, July 29 for parking lot improvements. The ramp will reopen Friday, July 30, weather permitting. Patch work began on July 14.

The Punta Rassa Boat Ramp, located at 15001 Punta Rassa Road in Fort Myers, is Lee County Parks & Recreation's most-used boat ramp. Signs have been posted to alert boaters of the upcoming closure.

During the parking lot project, the Lee County parking sticker will be honored at the City of Sanibel boat ramp – just across the Sanibel Causeway from the Punta Rassa Ramp – so boaters with stickers have the option to pay the bridge toll and use that ramp without paying its meter fee.

Visit [www.leeparks.org](http://www.leeparks.org) for more information. Parking fees are \$10 for 24 hours, \$20 for 48 hours or \$30 for 72 hours. Boaters can purchase an annual parking sticker online or by calling 533-7275.

## Dean's List

Four Fort Myers natives received dean's list honors for the spring 2020-21 semester at Wheaton College in Wheaton, Illinois.

Alexandra Hilton, Daniel Ibarra, Emily Ibarra and William Wiggins carried 12 or more credit hours and achieve a 3.5 grade point average or higher on the 4.0 scale for the honor.

Emma Heise of Fort Myers was named to the dean's list for the spring 2020-21 semester at Miami University in Oxford, Ohio.

Heise is pursuing a bachelor of arts degree in psychology, entrepreneurship.

John Keane of Miromar Lakes was recently named to the dean's list for

the spring 2021 semester at Rochester Institute of Technology. Keane is in the illustration program.

Victor Cabaero of Fort Myers was recently named to the dean's list for the spring 2021 semester at Montclair State University in Montclair, New Jersey. Cabaero is a theatre studies major.

## College Graduate

Matthew Borgschulthe of Fort Myers recently graduated from the Missouri State University in Springfield, Missouri.

Borgschulthe graduated with a master of professional studies.

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Manufacturers and affiliate members of the Southwest Regional Manufacturers Association attending a networking event at a local manufacturing plant photo provided

## Summit For Manufacturers

Manufacturers across the state are facing supply chain delays, workforce shortages, inflation and other challenges as they attempt to return to business as usual after a year of pivoting and pandemic. Southwest Regional Manufacturers Association (SRMA) will host a live Manufacturer Mastermind Summit for manufacturers at Florida Gulf Coast University (FGCU) on Wednesday, August 18 from 8 to 9:30 a.m. Top manufacturers will be selected to lead the discussion, and manufacturers large and small across the state are invited to take

part in the conversation.

"Our goal is to create an environment where manufacturers can freely discuss challenges, solutions and milestones over this past year," said SRMA Executive Director Rob Harris. "There is a great deal that manufacturers can learn from one another."

There is no charge to attend the summit, which is sponsored by S4J Manufacturing Services, Inc. Light refreshments will be provided. Online registration is required as space will be limited.

The summit will take place in FGCU's Lutgert College of Business, Room 2201. To register or for more information, visit [srma.net](http://srma.net), call 941-730-7903 or email [info@srma.net](mailto:info@srma.net).

## Nominations Sought For Chamber Awards

Nominations are open now for the 2021 SWFL INCredible Awards, celebrating the businesses, nonprofits and individuals who help Lee, Collier and Charlotte counties thrive. Finalists and winners will be recognized at a September 9 awards program hosted by SWFL Inc. at the Hyatt Regency Coconut Point Resort & Spa.

The awards to be presented are: Small Business of the Year, which is celebrating its 21st year; Nonprofit of the Year; Innovation Award; INCredible Award; and SWFL Citizen of the Year, which will be presented by the *Naples Daily News* and the News-Press Media Group. Organizations nominated for the Small

Business of the Year, Nonprofit of the Year or Innovation Award must be members of SWFL Inc. Membership is free and available online at [www.swflinc.com](http://www.swflinc.com).

Award applications and tickets to attend the event are available at [www.swflinc.com/incredible-awards-september-9](http://www.swflinc.com/incredible-awards-september-9). The deadline for award applications is August 10.

SWFL INCredible Awards sponsors include London Bay; Physicians Regional Healthcare System; *Naples Daily News*; News-Press Media Group; Stock Development; City of Bonita Springs; Diamond Oaks Village; NCH Healthcare System; Vi at Bentley Village; Bonita Springs-Estero Realtors; Henderson, Franklin, Starnes & Holt, PA; Willett Business Management; Hodges University; and Bonita Boarding Kennel and Pet Camp.

For sponsorship information, contact Events & Marketing Manager Hannah Phillips at [www.hannah@swflinc.com](mailto:www.hannah@swflinc.com).

## Government Relations Manager Hired

Josh Goergen has joined the SWFL Inc. team as its government relations manager. Goergen has a background in legislative affairs.

"I am thrilled to be at SWFL Inc. and look forward to working closely with local elected officials and our legislative delegation to keep Southwest Florida a business-friendly climate," said Goergen of the new role. "Because SWFL Inc. is the regional chamber of commerce and it represents so many business members, we have the ability to make a significant impact for the entire community."

Goergen worked previously as a legislative assistant for Sen. Lizbeth Benacquisto and then for Sen. Ray



Josh Goergen

Rodrigues. He graduated from Florida State University with a bachelor's degree in economics and is currently pursuing a master of business administration degree at Florida Gulf Coast University.

At SWFL Inc., Goergen will track and act on legislative activities that will influence the Southwest Florida business community and quality of life for all residents.

Tiffany Esposito, president and CEO of SWFL Inc., said she's thrilled to bring Goergen to the team.

"Everything we do at SWFL Inc. centers around supporting our region's businesses, especially small businesses who need active representation in the legislative process," Esposito said. "This new role is all about making sure what happens on a local, state and federal level is good for our local businesses, and we are thrilled to have Josh working for businesses in Southwest Florida."

To stay up to date on legislation and political activity that may impact local businesses, sign up for SWFL Inc.'s policy updates at [www.swflinc.com/legislative-updates-sign-up](http://www.swflinc.com/legislative-updates-sign-up). Contact Goergen at [josh@swflinc.com](mailto:josh@swflinc.com).



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## Book Review

## Surviving Savannah



by Di Saggau

In 1838, the steamship *Pulaski* sank with Savannah's elite on board. It was called "The Titanic of the South." Through time, their fates were forgotten until the wreck was found, and now their story is being told by Patti Callahan, author of the bestselling novel *Becoming Mrs. Lewis*.

*Surviving Savannah* is based on the true story of how the steamship's boiler exploded 183 years ago and, what was meant to be a one-night-at-sea celebration, turned into a terrifying test of fate, luck, fortitude and God's providence. There were nearly 200 crew and passengers aboard and only 59 survived.

In modern time, Everly Winthrop, a Savannah College of Art and Design history professor, is asked to guest-curate a new museum collection focusing on artifacts recovered from the steamship *Pulaski*. A few weeks into her research, explorers find the wreck's remnants some 30 miles off the coast of North Carolina. The exhibit includes coins,

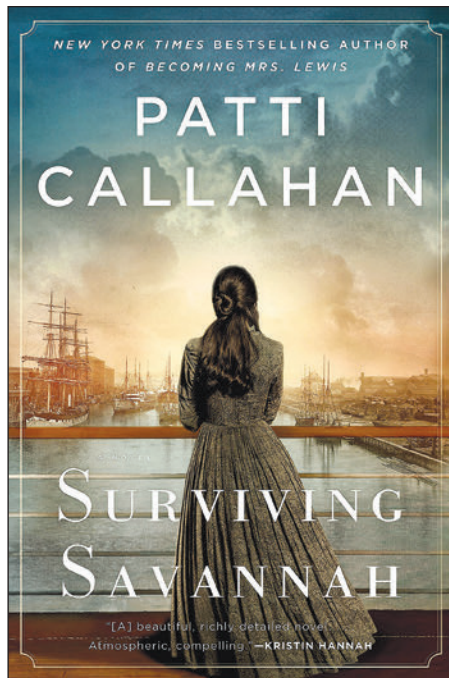


image provided

candlesticks and a gold pocket watch with the hands frozen at the time of the explosion.

The 19th century timeline is told from the perspectives of two women: Lilly Forsythe, who is traveling with her infant daughter and enslaved nursemaid Priscilla, and Lilly's 22-year-old aunt Augusta Longstreet, whose brother, a plantation owner and financier, is instrumental in the ship's construction. He is also on board with his wife and six

children. Augusta and Lily survive and, while stranded at sea, they begin to see how their comfortable life had kept them from realizing that Priscilla is an equal.

The reader feels Everly's passion as she looks into long-buried details, and we experience the *Pulaski*'s cruel demise and the life-threatening aftermath of the passengers. Callahan tells the story in vivid detail, covering land and sea.

## School Smart



by Shelley M. Gregg, NCSP

**Dear Readers,** Here is the second article in this series about school readiness. We will be covering a number of important developmental

areas that are critical for school success. With the increased academic pressure we have now, parents seem most concerned about reading skills so today's article will focus on children's readiness to read and what you can do at home to promote this readiness.

Children's readiness to read has gained greater attention recently as it has become clear that children's developmental experiences lead to more preparedness for reading. Children are ready to read when they have developed an ear for the way words sound, can identify rhyme and alliteration, can blend sounds, recognize initial sounds and can identify sound units in words. Together, these skills are called phonological awareness and usually emerge in children between ages 2 and 6. Children with good phonological awareness skills usually learn to read quickly. Children who are poor readers often have weak phonological skills.

Phonological awareness – There are many things that parents can do to facilitate phonological awareness and improve their child's readiness to read:

Read nursery rhymes, sing songs and clap along with the rhythm;

Play games with words that sound alike as you experience them in everyday life. ("We're passing 'Mark's Park,' that's a funny name because they sound alike");

Play a game where the goal is to find objects with names that begin with a certain initial sound; this is a great game for walks or car rides; and

Play clapping games and clap with each distinct sound. ("C-a-t" is a three clap word).

Comprehension – Parents can build the following comprehension skills: attending to short stories by reading the normal wide variation in young children's development and learning, and the extent to which the school's expectations of beginning kindergarten children are appropriate and respect individual differences.

Print awareness – Another important readiness skill that helps children learn to read is called print awareness. Print

It puts together a full account of that terrible night and reconstructs the details that caused the disaster.

*Surviving Savannah* is an epic novel. Author Lisa Wingate said, "Hidden history rises from the watery depths in all its glittering glory but also in its intimate, human detail. A journey readers and book clubs will treasure." It's on my book club list.✱

awareness means that the child:

Knows the difference between pictures and print;

Recognizes environmental print (stop signs, grocery);

Understands that print can appear alone or with pictures;

Recognizes that print occurs in different mediums (pencil, crayon, ink);

Recognizes that print occurs on different surfaces (paper, computer screen, billboard);

Understands that words are read left to right;

Understands the lines of text are read top to bottom;

Understands the function of white space between words;

Understands that print corresponds to speech word for-word; and

Knows the difference between letters and words.

Parents can build print awareness by pointing out print as distinct from pictures in everyday life; pointing out store and restaurant marquees; pointing out print with and without pictures (e.g., "Here's a page with just words"); pointing out words written in different media and on different surfaces (e.g., "Look, someone wrote on that wall with spray paint"); occasionally tracing words with your finger as you read; note that we begin reading at the top (point to the top and say, "Here's where we start"); playing find-the-word games with your child; and teaching the alphabet via songs and rhymes and talking about which letters make up familiar words.

Book handling – Children also need to learn book-handling skills such as orienting a book correctly and recognizing the beginning and the end; giving children their own books or letting them take books from the local library helps; allowing children to hold books while being read to; and asking them to open the book at the beginning and close the book at the end of the story to facilitate book-handling skills.

The information in this article was adapted from NASP's *School and Home* handouts by Mary Ann Rafoth, PhD, NCSP; Erin L. Buchenauer, MEd; Katherine Kolb Crissman, MEd; and Jennifer L. Halko, Indiana University of Pennsylvania.

Shelley Gregg is former faculty at Florida SouthWestern State College, where she taught psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com or at www.schoolconsultationservices.com.✱

## EPIC FIRES OF FORT MYERS

How a Series of Early Fires Influenced the Town's Development



THOMAS P. HALL  
ROBIN C. TUTTILL, EDITOR

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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



## New Leadership At Collaboratory



**Dennie Hamilton**



**Dr. Aysegul Timur**

**C**ollaboratory recently appointed new board leadership.

Dennie Hamilton will serve as board chair, Dr. Aysegul Timur will serve as vice chair and Sally Jackson will become a new board trustee.

Hamilton retired in 2019 from a 39-year career in the electric utility industry. His last 12 years, he served as executive vice president and chief executive officer of Lee County Electric Cooperative. He received bachelor's and master's degrees in nuclear engineering from Texas A&M University and a master of business administration degree from Tulane University. Hamilton also completed executive education programs at Columbia and the University of Michigan. He currently serves as a board member for Florida Southwestern State College's Financing Corporation and Texas A&M's Energy Institute. He has served as a Collaboratory board member since 2014 and as former chair of the audit and governance committees.

Dr. Timur is vice president and vice provost of strategy and program innovation and a member of the Regional Economic Research Institute at Florida Gulf Coast University. She received her doctoral degree in business administration, majoring in economics, from the University of South Florida, and both her master's and bachelor's degrees in business administration from the University of Istanbul. Dr. Timur

holds many board of directors positions including but not limited to Healthcare Network of Southwest Florida, Leadership Collier Foundation, Greater Naples Chamber, the Partnership for Collier's Future Economy – Opportunity Naples, Uncommon Friends Foundation and the South Lee Economic Development Council. In addition, she is a member of the advisory board of Seaside Bank, Southwest Florida FutureMakers Coalition and WorkforceNow Research. Dr. Timur has served on the Collaboratory board since 2019.

In 2017, Jackson retired from Lee Health after 12 years as system director, government and community relations. Her 40-plus-year career spans executive roles in business, state government and chambers of commerce including advocacy, visioning, administration, management and collaborative leadership. Jackson earned bachelor's and master's degrees in administration of justice from Southern Illinois University. She has volunteered her time with numerous boards including Pace Center for Girls, Fort Myers Republican Women's Club, American Heart Association, Hodges University, Park Royal Psychiatric Hospital, United Way, American Cancer Society and American Red Cross. She has been named a finalist for the News-Press Trailblazer of the Year and the Greater Fort Myers Chamber of Commerce APEX Award. She is a Leadership Lee County graduate, received the Pride of Florida Award by Senator Lizbeth Benacquisto and a Woman on Distinction in Health Care.

Collaboratory was founded in 1976 as the Southwest Florida Community Foundation. For more information, visit [www.collaboratory.org](http://www.collaboratory.org).

## Continental Women's Club

**T**he Continental Women's Club will hold a luncheon meeting at The Hideaway Country Club on Thursday, August 5 at 11:30 a.m. The program will feature Dotty St Amand, CEO of Lighthouse of SWFL.

Cost to attend the luncheon is \$24. The Hideaway Country Club is located at 5670 Trailwinds Drive in Fort Myers. For more information or to make a reservation, call Liz Paul at 691-7561.\*

## Director Sheds Interim Status At LARC

**A**ngela Katz has been named executive director at Lee Association of Remarkable Citizens (LARC). Established in 1954, LARC Inc. is a training center for success that provides support services to individuals with intellectual and developmental disabilities and their families.

Katz was named interim executive director in March 2021. A highly-accomplished strategic fundraising and development professional, Katz joined LARC as director of development and communications in 2016. Her responsibilities included fund development, internal and external communications, marketing, and advancing community and business partnerships.

"I am excited to work with such a talented staff and to collaborate with community partners to build upon LARC's legacy and strategic vision," said Katz. "Having the opportunity to realize one's full potential and a secure



**Angela Katz**

future, people with intellectual and developmental disabilities should be valued members of their communities. This type of passion and dedication has fueled LARC's mission for 67 years. We'll continue that legacy and grow to provide more opportunities for people with intellectual and developmental disabilities in the future."

Katz aims to continue championing innovative programs and meeting community needs for individuals with intellectual disabilities. She created the Learn, Achieve, Become program (LAB) as well as the Exceptional Employers event recognizing employers in the community that have hired individuals with intellectual and developmental disabilities. Through vision and funding, she brought LARC's Engraving Enterprise to life and established the Lori Carroll-Collins Scholarship fund.

Katz received her certification in fundraising management from Indiana University, Lilly Family School of Philanthropy. She earned certificates in non-profit management and non-profit operations from Hodges University. She is a board member of the Association of Fundraising Professionals and The Babcock Neighborhood School. She was named non-profit employee of the year by The Cape Coral Community Foundation in 2019.

For more information, visit [www.larccounty.org](http://www.larccounty.org) or contact Katz at 334-6285, ext. 210 or [angelakatz@larccounty.org](mailto:angelakatz@larccounty.org).



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### JULY 27 • 5 PM SUPERSIZED SQUID

By **Rebecca Mensch**  
Bailey-Matthews  
National Shell Museum

Join squid expert Rebecca Mensch as she presents about the Giant Squid and the Colossal Squid. For millennia the Giant Squid has captured the imagination and inspired tales of sea beasts such as the kraken. Because of the extreme depths these magnificent mollusks live in, many questions about these animals have gone unanswered until the last two decades. With recent advances in technology, many mysteries of these two extraordinary mollusks are finally beginning to be revealed, but there is still much to learn. Rebecca shares new findings and images to tell the unique story of the Supersized Squid.



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**LEE COUNTY**  
TOURIST DEVELOPMENT COUNCIL



Will Power

## Should Your Son-In-Law Or Daughter-In-Law Inherit?



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

Most of my clients' estate plans ultimately distribute the assets to the children, and if a child predeceases, then her share is often slated to be distributed to her children. This is known as a "per stirpes" distribution.

In many testamentary trusts created for children in a will or trust, that child has the ability, through a "power of appointment" to change the per stirpes schematic. As an example, Susan's trust indicates at her death to create a testamentary trust for her daughter, Madelyn, then at Madelyn's death (or if Madelyn predeceases Susan), then the trust is

distributed per stirpes to Madelyn's children, Thomas and Michael.

Susan, however, may grant Madelyn the power to appoint what remains of her share through Madelyn's will to "my descendants, their spouses and charities" that Madelyn selects. This gives Madelyn broad power to change the default distribution which is set for equal shares to Thomas and Michael.

Perhaps Madelyn wants to treat her sons disproportionately. Or if one son has a drug or alcohol dependency problem, she might choose to include special provisions relating to that and name an independent trustee to manage that son's share. She might also include her grandchildren, should she want to.

The big question here is whether Susan wants to give Madelyn the authority under the power of appointment to route any part or all of Madelyn's trust share to her daughter's spouse when she dies. Madelyn's spouse's name is Tony. What if Madelyn can redirect her inheritance to Tony?

What are the risks?

Susan may want the trust to only benefit her bloodline. What if Madelyn leaves amounts to Tony and after her death, he remarries? If his will leaves his entire estate to Tony's new spouse then at his death, Susan's wealth might never benefit her grandsons Thomas and Michael.

On the other hand, if Madelyn dies and significant wealth lands with Thomas and Michael, there is the chance that Tony doesn't have funds to pay for necessities while his children are millionaires. I've actually seen this happen with some files. Susan probably wouldn't want that result either.

There are middle of the road options available. One is to require a continuing trust for Tony if she chooses to exercise her power of appointment to benefit him, as opposed to an outright distribution that may end up out of the bloodline. Susan's documents could require that an independent trustee manage the account, and determine whether Tony is entitled to distributions, considering the assets and income otherwise available to him.

The trust for Tony could also be built as a "sprinkle" trust, benefiting not only Tony, but Thomas and Michael as well. Any income the spouse doesn't need can be distributed to the grandsons, for example.

The power of appointment could limit the percentage of Madelyn's trust that would be funneled into a share for Tony, say 30 percent. The other 70 percent could immediately vest with Thomas and Michael.

You get the picture. There are many options available with carefully worded language specific to Susan's intent.

Finally, realize just because Susan grants her daughter Madelyn the power to appoint her share at her death, this doesn't mean that Madelyn must or will do so. Madelyn might decide to let the share vest with her sons rather than with Tony.

The power of appointment is a useful tool to make an otherwise inflexible, irrevocable trust more fluid, and be able to adjust to the needs of the family many years after Susan's death. It's not (or shouldn't be) boilerplate, however.

I hope that this gives you something new to talk about with your estate planning attorney.

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

## United Way Helps Fund Eye Care For Underserved

The United Way of Lee, Hendry, Glades, and Okeechobee Counties recently awarded a grant of \$27,500 to the Florida Lions Eye Clinic (FLEC). The funding is to support optometry/ophthalmology staffing at the clinic, a mobile eye clinic and monthly eye screening events. The United Way orchestrated an additional \$20,000 donation from an anonymous supporter to fund the purchase of equipment used to perform selective laser trabeculoplasty, a form of laser surgery used for glaucoma patients. The laser treatments reduce eye pressure and/or prevent future progressive elevation of eye pressure.

"Our underserved populations continue to face difficulties in accessing eye care due to cost, transportation and limited access to services," said Robin Goldstone Garcia, FLEC executive director. "This partnership with the United Way allows us to reach more people in need and to provide the professional care that is currently underprovided. Sight can make the difference between a life of poverty and a life of opportunity to the population we serve in Lee County."

The clinic currently serves over 2,000 patients a year, but the unmet needs remain strong. FLEC is the only free eye clinic in Florida that offers comprehensive eye care services, including on site surgeries and funding for surgeries referred out, to the underserved, uninsured individuals in Southwest Florida.

Partnerships such as the one with the United Way, can bring new

resources and opportunities to our most vulnerable population, while strengthening the broader community as a whole.✧

## Drinking Water And Wastewater Operators Classes

The Florida SouthWestern State College (FSW) Corporate Training Center is offering Florida Department of Environmental Protection certified drinking water and waste water classes this fall. The classes will be taught in FSW's live online format.

Water Class Certifications are granted after 108 clock hours; each class session is three hours long and meets twice a week for 18 weeks.

Waste Water Class C (entry level) – meets 6 to 9 p.m., Mondays and Wednesdays, beginning August 2

Drinking Water Class C (entry level) – meets 6 to 9 p.m., Tuesdays and Thursdays, beginning August 3

Waste/Drinking Water Class B (mid level) – meets 6 to 9 p.m., Fridays, and 3 to 6 p.m. Saturdays, beginning August 6

These training certification classes prepare students for the state of Florida's drinking water and wastewater licensing exams. Class C and B wastewater and drinking water operators can see salaries ranging from \$40,000 to \$67,000 a year.

All courses require a high school diploma or GED, and students must be a Florida resident to qualify. Additionally, Class B certifications require three years of industry experience.

Spaces are limited. To register or to learn more about these classes, call the FSW Corporate Training Center at 405-8467 or email [corporate.training@fsw.edu](mailto:corporate.training@fsw.edu).✧

From page 1

## Alliance

around that "certain people" are being rounded up and held in a camp on the east edge of town. Can one family protect their little brother who may or may not be the next target? Will they turn him in? Will they go so far as to honor-kill him? What prevails in the end; religion, politics or love?

*Men on Boats* by Jaclyn Backhaus and directed by Rachael Endrizzi: October 21 to 23, 28 to 30 at 7:30 p.m.; October 31 at 2 p.m. – Ten explorers. Four boats. One Grand Canyon. *Men On Boats* is the true(ish) history of an 1869 expedition, when a one-armed captain and a crew of insane yet loyal volunteers set out to chart the course of the Colorado River. The outlandish crew encounters disaster, conflict and harrowing adventure along the way. Keeping with the tradition of Backhaus' acclaimed play, the cast of this comedy is composed entirely of women.

*The Roommate* by Jen Silverman and directed by Stephen Hooper: December 9 to 11, 16 to 18 at 7:30 p.m.; December 19 at 2 p.m. – Sharon, in her mid-50s, is recently divorced and needs a roommate to share her Iowa home. Robyn, also in her mid-50s, needs a place to hide and a chance to start over. But as Sharon begins to uncover Robyn's secrets, they encourage her own deep-seated desire to transform her life completely. A dark comedy about what it takes to re-route your life – and what happens when the wheels come off.

*The Colored Museum* by George C. Wolfe and directed by Sonya McCarter: January 8, 13 to 15, 20 to 22 at 7:30 p.m.; January 30 at 2 p.m. – *The Colored Museum* has electrified, discomfited and delighted audiences of all colors, redefining ideas of what it means to be black in contemporary

America. Its 11 "exhibits" undermine black stereotypes old and new, and return to the facts of what being black means. This is an immersive theatrical experience where audiences will travel throughout the Alliance gallery and campus to visit each "exhibit." Ironically, the theater will be the only space not used for the production.

*Outside Mullingar* by John Patrick Shanley and directed by Bill Taylor: February 17 to 19, 24 to 26 at 7:30 p.m.; February 27 at 2 p.m. – A "softhearted comedy freckled with dark reflections" (*The New York Times*) by the author of *Moonstruck* and *Doubt*. Near Killucan, Ireland, Tony Reilly schemes to sell the family farm and disinherit his son, Anthony. Standing in his way is a small plot of land belonging to the neighbor, Rosemary – and her long-simmering grudge. Destiny – whether embracing or fighting it – means everything in this Irish story told with a rich tapestry of language, compassion and a few surprises.

*The Cake* by Bekah Brunstetter and directed by Stephanie Davis: March 17 to 19, 24 to 26 at 7:30 p.m.; March 27 at 2 p.m. – All is going well for Della. Her North Carolina bakery is legendary, and she's just been cast on her favorite television baking competition. But then, her late best friend's daughter comes home from New York City to ask her to make a cake for her upcoming wedding. When Della learns that Jen's about to marry a woman, she is forced to re-examine her deeply held beliefs as questions of morals, judgment and family swirl around them all. This emotional and deliciously funny play was created by the writer and producer of NBC's *This is Us*.

The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. To purchase tickets or for more information, call 939-2787, stop by the box office or visit [www.artinlee.org/theatre](http://www.artinlee.org/theatre).✧



## Superior Interiors

Decorating  
And Designing  
A Small Bathroom

by Jeanie Tinch

**I**t's easy to get discouraged by a small bathroom when it's time for a redesign. You might feel like since there's little room to work with, that it's pointless to make adjustments to the space. But

just because the square footage of your bathroom is minimal, it doesn't mean you can't redecorate and redesign it in a way that provides that revival and refresh you've been craving for years. In fact, even the smallest moves made to the bathroom can make a major impact if executed correctly. There are even certain design schemes and tricks that can make the bathroom feel much larger than it is.

Give minimalism a shot. A room that is small from the start should never be cluttered with unnecessary items, accessories, decorations and furniture. If your bathroom needs a new look, first consider the way it currently looks and feels.

The bathroom is generally a place you come to pamper yourself, unwind and relax. Busy colors, accessories and unnecessary furniture can make it difficult to achieve these actions and feelings. A minimalist approach to design and

decor may be your ticket to relaxation. White walls, neutral accents, minimal countertop accessories and vertical shelving and storage can help you achieve that simplicity and style.

If minimalism isn't your style, choose uniformity instead. Maybe the idea of utilizing neutral colors and keeping the walls bare simply isn't your style. You can have fun with your new bathroom redesign, but just plan to decorate with uniformity in mind instead. Perhaps that means following a certain color scheme or hanging decor in a way that complements the rest of the room.

Make functionality a top priority. The bathroom is the last place to clutter with furniture, but there's no denying the need for ample storage in the space. Organization, style and functionality are essential elements to remember when designing your bathroom, so keep this in mind when choosing storage options. Hanging shelves on the walls is the easiest way to maximize the floor space and keep it clean. You can also consider a storage solution in the linen closet, organizing your items in a stowed away space helps to keep the bathroom clean and sleek.

Take advantage of natural lighting. One of our top design and decor tips, no matter the room, has always been to maximize natural lighting whenever possible. Bathrooms tend to have a single small window, so be sure to take advantage of the natural lighting to your best ability. The easiest way to do this is with sheer curtains and light walls, the natural lighting will bounce off the walls and make the room feel open and airy.

*Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at [jeanie@coindceden.com](mailto:jeanie@coindceden.com).\**

Teachers Earn  
Certification  
As Professionals

**T**he School District of Lee County recognized 41 graduates of the 2021 AlternativeLee Certified Program. AlternativeLee Certified is the district's alternate route to professional certification. Upon completion of the program, graduates have met state coursework requirements to become professionally certified teachers.

"We are really proud of this cohort of teachers for fulfilling all coursework requirements for professional certification," said Chief of Human Resources Dr. Angela Pruitt. "We want to recognize their dedication and perseverance, especially during the challenges presented to them this year. The Human Resources Division is excited to continue to offer this program to career-changers and temporarily certified teachers who, with this support, will remain in the district and continue to positively impact student success. Congratulations."

Career changers who become teachers must move from a temporary to a professional certificate within their first three years in the classroom.

The program simplifies the process by allowing these new teachers the opportunity to meet state requirements through job-embedded tasks that support their effectiveness in the classroom. The district offers the program at no cost to qualifying teachers, and they agree to teach in the district for three years after graduating.

"I thought a strength of the program was how it allowed me to collaborate and learn more from my mentor," said graduate Sarah Steinmann. "Any questions that I had, they clarified them. The program also allowed me to think about what I am doing in the classroom and how to improve. The cost, flexibility and having a mentor in my school made the AlternativeLee Certified Program a great option."

The goal of AlternativeLee is to train non-education majors in the method and practice of teaching so they can make a positive impact on student achievement and provide quality educational opportunities for children. After successful completion, the graduates may seek a professional teaching certificate in the state of Florida. Since the program relaunched in 2019, 53 teachers have satisfied all program requirements, providing the district with a 1,528 percent annual return on investment.\*

Public Relations  
Accreditation

**E**mily Beltran, APR, of the Southwest Florida Chapter of the Florida Public Relations Association (FPRA), recently earned professional public relations accreditation, and received the designation of Accredited in Public Relations (APR).



Emily Beltran

Beltran joins the more than 4,300 active public relations professionals worldwide who represent an elite group of skilled professionals committed to practicing with high ethical standards, including 40 currently in Southwest Florida.

Beltran is a marketing associate for Mercola Market, a natural health company in Cape Coral, where she serves on the public relations and copywriting team. In 2020, Beltran earned a bachelor's degree in communication with a concentration in public relations and a minor in journalism from Florida Gulf Coast University (FGCU). She serves as the secretary for the Fort Myers Chapter of the FGCU Alumnae Association and the media breakfast chair for the Southwest Florida Chapter of FPRA.

To earn public relations accreditation, candidates must pass an oral presentation and rigorous written examination administered by the Universal Accreditation Board (UAB), which is an alliance of eight national and statewide professional associations dedicated to furthering the field of public relations and the development of public relations professionals. FPRA is a member of the UAB.

For more information, visit [www.fpraswfl.org](http://www.fpraswfl.org).\*

Bank Hires Loan  
Servicing Assistant

**A**ddisyn Kelly has joined Sanibel Captiva Community Bank as a loan servicing assistant in the bank's loan operations division at the Bridge Branch, located at 9311 College Parkway in Fort Myers. She is responsible for processing loan payoffs, preparing loan verification requests, managing loan payoff quotes and assisting in document management.

Kelly has prior experience in retail sales and is currently pursuing an associate degree in radiology at Florida SouthWestern State College.\*



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# Frankly Speaking



by Howard Prager

**N**ow that the Major League Baseball All-Star break is over, we will focus on the July 30 trade deadline. Teams that are in first place or have a good chance to make it as a wild card are the shoppers; the rest of

the league are the sellers. We'll see what the Chicago Cubs do. They were shoppers until they went into an 11-game losing streak before the break. They already have traded outfielder Joc Pedersen to Atlanta for Bryce Ball, an unknown 23-year-old minor league first baseman. The key is what they do with the big three who are in their final contract year – Baez, Bryant and Rizzo – as well as their stellar closer, Craig Kimbrel. My guess is that two of these four stars will be gone from the Cubs roster by the end of the month as they begin the long road to rebuilding. Here are the top seven likely trades according to the *New York Daily News*: pitcher Max Scherzer of the Nationals, who also is a free agent at the end of the season; center fielder Ketel Marte of the Diamondbacks, a switch-hitter with a great average but average defense; DH Nelson Cruz of the Twins, ageless and still with good pop in his bat; second baseman Adam Frazier of the Pirates, who as of this writing has more hits than any

player and is hitting 100 points better than his average last year; relief pitcher Richard Rodriguez also of the Pirates, who has the second lowest walk ratio in the NL; relief pitcher Ian Kennedy of the Rangers, who is their closer with a 2.59 ERA; and relief pitcher Yimi Garcia from the Marlins, who has a hot fastball. All three pitchers are in the final year of their contracts, but they should be great pickups for the rest of the season, at least.

By the time you're reading this, either the Bucks (now in the lead three games to two after losing the first two games) or Suns will be NBA Champions. The Bucks have the highest regular season average per game since 1983-84 at 120.1 points per game, and they have added defense to that. Yiannis Antetokounmpo has played strong even though he's hurt. Like most superstars, he's been coming through big in the playoffs, especially with a monster slam off a Jrue Holiday steal and pass to help seal Game 5. Khris Middleton and Jrue Holiday, who won first team defensive honors this season, have also stepped up in a big way. Says Holiday, "I do think we always have our mindset on defense, but when we get rolling on both ends, that's where we find our groove." Antetokounmpo knows it's not over and they've got to get things done. "We have to stay in the present." One game to win, and you may be hearing the Milwaukee celebration down in Florida.

I always like to see new teams and cities at the top of the sporting world that haven't won in a while. Milwaukee (1971 NBA Champs) and Phoenix (never) fit the bill. Milwaukee also has the Brewers in first

place in the weak NL Central Division, so it's possible Wisconsin could have two playoff winners this year, like Tampa Bay last year. Not much of a chance of that happening in Arizona, where the Diamondbacks are the worst team in baseball and the Cardinals are in the NFL's toughest division with the Seahawks, Rams, and 49ers.

Congrats to Californian Collin Morikawa, who at 24 won his second major PGA event, the British Open, and is halfway to a Grand Slam. He joins eight others who have won multiple events before age 25, most of whom are PGA's biggest stars. He's the first player since Bobby Jones in 1926 to win two major tournaments in so few appearances (8). And, he is the first to win two tournaments on his first try. His first win, 11 months ago, came with no spectators. Very different this time with 33,000 people watching. "These are the moments you embrace so much," he said after the win.

Last week, I said that I didn't think the Olympics should be played for the safety of the spectators (now none) and the Japanese who are just starting to get vaccinated. As it turns out, I was looking the wrong way. It's the players. Young tennis star Coco Gauff is out of the Olympics after testing positive for COVID-19. Even the *Wall Street Journal* reports that 55 people connected to the Olympics, including officials and contractors working on the Summer Games, have tested positive since July 1. "Tokyo Olympics organizers have been shifting their protocols almost daily to try to head off problems. But with some competitions beginning Wednesday, ahead of Friday's official opening, the possibility looms that some athletes will miss their events because of COVID-related issues." New protocols include athletes putting on their own medals, brought on a tray and only touched by people wearing protective gloves. This Olympics will be one for the books.

Our good news story of the week was our feature last week, Shohei Ohtani. I learned from a manager in Tokyo to watch how Shohei cleans up the ballpark. There are a lot of videos of him on his way in to pitch or taking batting practice that he stops to pick up trash along the way. As someone who does that when hiking

or walking, that's very commendable. And that's not all, he is also generous. According to Jeff Fletcher of the *Orange County Register*, Ohtani donated his \$150,000 participation earnings from the All-Star Home Run Derby to 30 Angels support staff employees to thank them for their hard work. Upon returning to Southern California from Colorado, Ohtani began handing out checks to trainers, clubhouse workers and media relations staffers. In my book, Shohei is more than a once-in-a-lifetime ballplayer, he's a good citizen and role model, exactly who we hope all of our sports heroes will be.

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

## Cypress Lake High Hires Boys Basketball Coach

**C**ypress Lake High School has hired Darrin Wallace as coach of the boys' varsity basketball team.



Darrin Wallace

Wallace spent six years as head boys basketball coach at Canterbury, leading the team to the Class 3A State Finals in 2018 and finishing the year as Florida Athletic Coaches Association and Florida Association of Basketball Coaches Class 3A Coach of the Year. He started his coaching career at Gateway Charter High, coached at his alma mater Cape Coral High in 2011-12 and, most recently, coached last season at Riverdale High.

Basketball practices officially start November 2, and the Panthers will open the 2021-22 season the week of November 23.

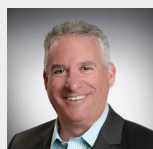
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## SPORTS QUIZ

1. Who was guest host of *Jeopardy!* when contestant Scott Shewfelt gave "Who wanted to kick that field goal?" as his Final Jeopardy answer?
2. Name the Texas Tech Red Raiders basketball player whose glass-shattering slam dunk in the NCAA Tournament appeared on the March 25, 1996, issue of *Sports Illustrated*.
3. What St. Louis Blues defenseman suffered a cardiac arrest and collapsed on the bench during a February 2020 game vs. the Anaheim Ducks?
4. What NASCAR driver finished sixth in the 2014 Indianapolis 500 and won Indy 500 Rookie of the Year honors?
5. What Oscar-winning film from 1981 depicted the true story of British sprinters Eric Liddell and Harold Abrahams, who both won gold medals at the 1924 Paris Summer Olympics?
6. At what stadium did the New York Giants' Willie Mays make his famous over-the-shoulder catch of a fly ball hit by the Cleveland Indians' Vic Wertz in Game 1 of the 1954 World Series?
7. What two brothers combined for 93 goals during the 1999-2000 NHL regular season?

## ANSWERS

1. Green Bay Packers quarterback Aaron Rodgers. 2. Darrin Ham. 3. Jay Bouwmeester. 4. Kurt Busch. 5. *Chariots of Fire*. 6. The Polo Grounds. 7. Pavel (58) and Valeri (35) Bure.



## Doctor and Dietician

## Six Habits That Reduce Obesity: Tips From Japan



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

The Japanese are among the healthiest people in the world with one of the lowest rates of obesity and longest lifespans. The current life expectancy of Japan is 84.79 years, and they are No. 2 on the list, second only to Hong Kong. The U.S., on the other hand is No. 39 at 78.99 years. So, what gives? The following are the habits that lead to less obesity and improved longevity:

First, they eat a lot of vegetables. We know we sound like a broken record, but viva the veggies! Veggies equal life. Loaded with vitamins, minerals, antioxidants and fiber, vegetables provide so much nutritional value. For us, we try to incorporate vegetables wherever we can. Thus, breakfast might be sauteed spinach and a sliced tomato topped with an egg or smoked salmon, tomato, lettuce and some organic cream cheese. Lunch is where salad is king for us. Load up some dark greens with all sorts of healthy and delicious goodies such as tomatoes, celery, beets, green beans, avocado, mushrooms, zucchini and anything else you can think of. We make our dressing at home with fresh herbs, good olive or avocado oil and vinegars. Adding veggies to dinner is simple as well – Brussels sprouts, broccoli, cauliflower (or mashed – yum), carrots, eggplant, zucchini – sky is the limit. If you can cook vegetables one way, we recommend roasting or a quick stir-fry.

Secondly, the food they consume is extremely fresh, especially their fish, which is literally fresh caught. Here in Southwest Florida, we can have the same fresh fish too, as it is available all around us. Loaded with health benefits, it should be part (if not most) of our daily protein intakes. Dump prepacked, breaded, fried, and processed so-called food.

Third, the Japanese eat smaller portions. Their plates are smaller and they use chopsticks to consume their food. In Okinawa, the locals ascribe to eating smaller portions by only eating until about 80 percent full and taking time to consume their food. As you know, we Americans eat fast and eat big. Lesson to be learned here, right?

Fourth, Japanese move more! They walk, ride bikes and stand more. Their commutes typically do not involve their own cars, but public transportation such as trains. Cars are considered a luxury. Many of the Japanese workforce has also adopted the standing concept at work, which also burns more energy. They also have a focus on morning exercise, even providing radio transmitted exercise routines.

Fifth, they spend more time outside and in communion with friends and family. Gathering has many health benefits related to stress and mood, and getting outside not only provides more Vitamin D, but energy as well.

Lastly, the Japanese drink more tea. Tea contains more antioxidants than coffee and is especially true for Japan's tea-time specialty – matcha – which is a fine powdered tea made from young leaves grown specifically to increase their chlorophyll and antioxidant content by depriving them of sunlight. Green, oolong, jasmine, rooibos, hibiscus and lemon verbena teas are some of the healthiest, decreasing obesity-related health issues.

Take note of these habits and try incorporating some of them (or all) into your lifestyle, you will be happy you did!

*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. Caring Medical Florida and the Hauser Neck Center are located in Fort Myers. They can be reached at info@caringmedical.com.✴*

throughout Southwest Florida for the remainder of July. All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida. If unable to attend one of the upcoming blood drives, donations can also be made at one of Lee Health's blood centers to help save lives.

Upcoming blood drives include:

Friday, July 23, 2 to 5 p.m. – Iona Lakes, 15000 Iona Lakes Drive, Fort Myers

Friday, July 23, 8 to 11 a.m. – Iona-College/South Pointe Fire Station, 6061 South Pointe Boulevard, Fort Myers

Wednesday, July 28, 8 a.m. to noon – The Outpatient Center at The Sanctuary, 8960 Colonial Center Drive, Fort Myers

Friday, July 30, 10 a.m. to 4 p.m., Galeana Fort Myers, 14375 South Tamiami Trail, Fort Myers

Saturday, July 31, 10 a.m. to 2

## dearRPharmacist

## Medications Can Increase Lung Complications



by Suzy Cohen, RPh

**Dear Readers:** The worldwide pandemic has caused enormous public health problems and substantial mortality, so it is important that vulnerable

groups of people know the information that I'm sharing today.

If you've followed my life's work, you know that one of my passions is the phenomena of drug nutrient depletion. This describes how medications rob the body of essential nutrients via their mechanism of action. It's something I call the "drug mugger" effect, and I have a book by the same name. The classic example that everyone understands is with antibiotics. These drugs will rob the body of essential microflora in the intestines because they cannot discriminate between good "bugs" and bad ones. Another classic example is with oral contraceptives which mug you of various B vitamins and minerals, leading to a higher risk of hypothyroidism.

Today's article is to explain the relationship between certain prescribed medications and complications that arise from the depletion of essential nutrients. That said, you should never discontinue a medication simply because it is suppressing a particular nutrient. Instead, you should install a security system in your body by simply taking the nutrients that are being mugged. This allows you to remain on your medication, while mitigating side effects that would have occurred if you didn't restore the nutrients being stolen.

You may not realize this, but two categories of medication can suppress zinc in the human body. Those include

the antihypertensives which lower blood pressure, and the acid-reducing medications for heartburn. These and other medications can negatively influence the status of zinc in your body which participates in hundreds of important metabolic reactions including those which allow you to hear well, have lovely skin and improve fertility. When zinc levels decline, it impairs one's immunity and lowers your resistance to pathogens. Zinc deficiencies also suppress your ability to do good cellular housekeeping because you can't effectively make glutathione anymore in your liver. Foods that are rich in zinc include beef, dairy, oysters, seafood, whole grains and nuts/seeds.

Several other micronutrients are important and these include vitamin D, vitamin C and probiotics. Malnutrition, medications and/or a diet consisting of nutritionally naked foods will lead to deficiencies in all of these.

Medications which impact levels of the nutrients are vast, too many to list here. Here are the most important and surprising categories of medications that reduce micronutrients. I've also included a few lifestyle factors that you can control:

Zinc – Acid blockers, antihypertensives, corticosteroids, excessive calcium, coffee and smoking  
Vitamin D – antacids, cholesterol binders, anticonvulsants, kidney damage and lack of sunlight

Vitamin C – anti-hypertensives, aspirin, corticosteroids, hormones and selective estrogen receptor modulators

Probiotics – antibiotics, estrogen-containing drugs, acid blockers and nonsteroidal anti-inflammatory drugs

For a comprehensive list of each nutrient, and all the drug muggers, refer to my book by the same name. It is sold nationwide at book stores, as well as Amazon. If you'd like to read the longer version of this article, I'm happy to email it to you; just sign up for my free newsletter at [www.suzycohen.com](http://www.suzycohen.com).

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

## Blood Drives In Lee County

Lee Health is seeking blood donations to help replenish supply levels. Current blood supplies are critically low, and Lee Health's blood centers are in urgent need of donors.

Blood and blood products are not only used in the trauma center, but also to treat cancer patients, premature babies, anemia and a variety of other conditions.

Lee Health's blood centers are the sole supplier of all blood products for the entire health system. About 800 units of blood are needed per week, and the blood centers rely on lifesaving donations from the community to maintain inventory levels.

The Lee Health Blood Mobile will continue to be at numerous locations

p.m. – The South Cape Hospitality and Entertainment Association, 909 SE 47th Terrace, Unit #105, Cape Coral

Visit [www.leehealth.org/our-services/](http://www.leehealth.org/our-services/) blood-centers for more information.✴

## Chronic Disease Program

Lee Health Solutions, a department of Lee Health, in partnership with many local community agencies and supported in part initially by a grant from the Southwest Florida Community Foundation, is offering a research-based Chronic Disease Self-Management program. Virtual workshops will be offered on Tuesdays beginning August 3 from 9:30 to 11:30 a.m. and Thursdays beginning August 5 from 1 to 3 p.m.

It's All About You, originally developed at Stanford University Patient

Education Research Center, is designed for people age 18 or older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany chronic health conditions.

The free virtual workshop is two hours once a week for six weeks. For more information or to register, call 424-3121 or visit [www.leehealth.org](http://www.leehealth.org).✴

## Drug Abuse Is On The Rise

Narconon reminds families that drug abuse is on the rise in almost every community nationwide. To learn more about how to help your loved one, visit [www.narconon-suncoast.org/blog/a-letter-to-any-family-dealing-with-addiction.html](http://www.narconon-suncoast.org/blog/a-letter-to-any-family-dealing-with-addiction.html). Call 877-841-5509 for free screenings or referrals.✴



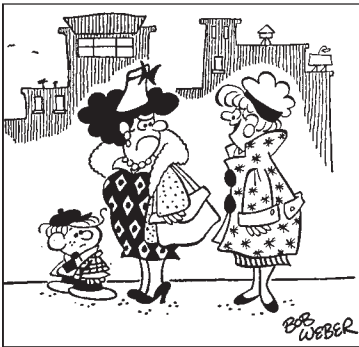


Emergency	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
HealthPark Medical Center	1-800-936-5321
Ft. Myers Chamber of Commerce	332-3624
Foundation for Quality Childcare	425-2685
Fort Myers Beach Chamber of Commerce	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
<b>ARTS</b>	
Alliance for the Arts	939-2787
Arts For ACT Gallery & Studio	337-5050
Art League Of Fort Myers	275-3970
Barbara B. Mann Performing Arts Hall	481-4849
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Cultural Park Theatre	772-5862
Edison Festival of Light	334-2999
Florida Repertory Theatre at the Arcade	332-4488
Florida West Arts	948-4427
Fort Myers Harmonica Band	610-653-7940
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	239-597-1111
The Schoolhouse Theater	472-6862
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards	574-9321
<b>CLUBS &amp; ORGANIZATIONS</b>	
American Legion Post #38	239-332-1853
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	<a href="https://www.audubonswfl.org/">https://www.audubonswfl.org/</a>
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
<b>AREA ATTRACTIONS</b>	
Bailey-Matthews National Shell Museum	395-2233
Burrough's Home	337-9505
Calusa Nature Center & Planetarium	275-3435
Edison & Ford Winter Estates	334-7419
Fort Myers Skate Park	321-7558
Imaginarium Hands-On Museum & Aquarium	321-7420
JN "Ding" Darling National Wildlife Refuge	472-1100
Koreshan State Historic Site	239-992-0311
Langford Kingston Home	239-334-2550
Ostego Bay Foundation Marine Science Center	765-8101
Skatium	321-7510
Southwest Florida Historical Society	939-4044
Southwest Florida Museum of History	321-7430
True Tours	945-0405

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PUZZLES

Answers on page 23



"You've changed a lot in ten years... I just knew it was you! I recognized your \_\_\_\_\_."

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!

Dams  
SLEEVE

Delicate  
RENTED

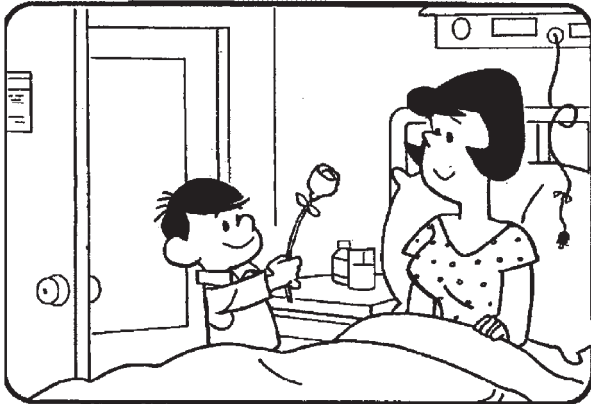
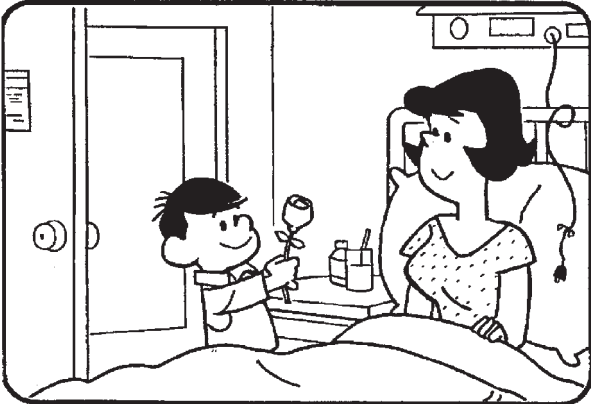
Singer  
CARTON

Survey  
DUSTY

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Rose stem is longer. 2. Straw is missing. 3. Cord is shorter. 4. Gown is different. 5. Hair is different. 6. Door knob is lower.

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

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.



PUZZLES

Answers on page 23

Super Crossword

BACKWARD  
WORD-BUILDING

- ACROSS
- 1 Really ruffle

6 Bozo

9 They may fly at half-mast

14 "— Mia" (Abba hit)

19 São —

20 Sway to and —

21 TV's Greene or Michaels

22 Ovine sign

23 S

26 Asinine

27 "— -Dick"

28 — -Ball

29 2007 Disney princess

31 Add a letter before that to spell ...

37 Above, to bards

38 "How dumb of me!"

39 Fearless

40 Orbit, e.g.

42 Foliage unit

44 In the manner of

45 "The Zoo Story" playwright Edward

50 Bozo

52 Add a letter before that to spell ...

57 Close amigo

59 Really ruffle

60 Wet-weather headgear

61 Hay fever explosion

62 Former Israeli PM Golda

64 Big fusses

66 Capitol's top

67 Add a letter before that to spell ...

71 "I know! Pick me!"

74 Novelist Jaffe

75 Two before X

76 Deadly

80 Fruity, sourish dessert

82 The

83 Falsify

85 Add a letter before that to spell ...

89 Pear, apple and quince

90 Main artery

91 Essen "a"

92 He married Lucy

94 Moor growth

95 Tennis great Jennifer

99 Young — (toddlers)

101 '60s Pontiac muscle car

102 Add a letter before that to spell ...

109 Alveolar trill, as in Spanish speech

110 Tofu source, to Brits

111 Long stretch

112 Perfect little kid

113 Add a letter before that to spell ...

120 Gettysburg victor George

121 C-3PO, e.g

122 Stanley Cup gp.

123 In snazzy clothes

124 Media biggie

125 Tabby cries

126 Dems' rival

127 Bergen dummy Mortimer

DOWN

1 Rival of FedEx

2 With 6-Down, yield a profit

3 Hot stretch

4 Macaroni shape

5 "Such a pity"

6 See 2-Down

7 Popped up

8 Two-pronged vehicle

9 Well-spoken

10 E-giggle

11 Dog's yap

12 Wildebeest

13 Composer Prokofiev

14 En — (as one)

15 1989 Disney princess

16 Metric

17 — Yello (soft drink)

18 Thus far

24 Germ killer in a can

25 Connery of film

30 "— be an honor"

31 Subjects

32 In direct confrontation

33 "Trauma: Life in —" (old TLC series)

34 Guzzled, e.g.

35 Ill-gotten gains

36 Shimmery gem

41 Bride-to-be's clothing drawer

43 Lumberjack, at times

45 Nickname of Onassis

46 Phyllis' last name on the old sitcom "Phyllis"

47 — -chic (hippie-inspired fashion)

48 Mild cheese

49 Italy's Villa d'—

51 Brand of tea

53 Jacob of social reform

54 Part of ETA

55 "No —!" ("Sure thing!")

56 Studio tripods

58 Old-time actress Dolores

63 Water quality org.

64 Onetime ring king

65 Longtime soap actress Hall

68 Movie mogul Marcus

69 Bird beak

70 Tonto player Johnny

71 Gymnast Korbut

72 Seat of Hawaii County

73 Sharif of "Che!"

77 Uniform liquid suspension

78 Zend- — (Zoroastrian scripture)

79 Rent check collector

81 Org. with putters

82 Levi's fabric

84 Subject

86 Univ. division

87 Hidden mike

88 Uplifting spiritually

93 Like King Atahualpa

95 Movie dancer Charisse

96 Aviation branch of the military

97 Great traits

98 Traffic noise

100 Yarn units

102 Intense ache

103 Real introvert

104 Tank slime

105 Vehicles near igloos

106 Tennis great Monica

107 Cantina chip

108 Grown gal

114 Boot part

115 "Vice" ailer

116 Dejected

117 Swiss peak

118 Env. insert

119 Guitarist Barrett

King Crossword

ACROSS

1 Parking place

4 Toy block name

8 Narcissist's love

12 Bashful

13 Cameo shape

14 Russian river

15 Home

17 Wheels of fortune?

18 One of the Fab Four

19 Doze

20 Con games

22 Facebook action

24 Director Wertmuller

25 Tyrannize

29 Vichy water

30 Church key-board

31 Big D.C. lobby

32 Realm

34 Hertz rival

35 Swiss peaks

36 Justice Kagan

37 Waterlogged

40 Mideast airline

41 Say it's so

42 Rectangular game pieces

46 Painter Magritte

47 Regarding

48 Shell-game

10 Hobbling

11 Broadway failure

16 "— Rock"

19 Epidermis

20 Rosebud, to Kane

21 Pisa farewell

22 Trademark symbols

23 One-named supermodel

25 Faucet problem

26 Letter holder

27 Ms. Brockovich

28 Tabula —

30 Unique

33 "Amen to that!"

34 Actor Rickman

36 "Adam Bede" author

37 Poet Teasdale

38 Roasting spot

39 Bloke

40 911 responders

42 Wee dollop

43 Sugary suffix

44 Moray, for one

45 America's uncle

DOWN

1 Leary's drug

2 Discoverer's call

3 Ear membrane

4 Venue

5 Satan's forte

6 Lass

7 Flamenco cheer

8 Morose

9 Buffalo's lake

MAGIC MAZE ● WORDS MADE OF CELLS

X M J M E G D A X V S N Q N K

I C F O D N A X V T K A T Q O

L E E N M J O H C N C C C F C

A L C T Y W E H U E O E R P N

L L E I I J H X P L L L F D B

Z M L C X L C V C L B L T R Q

O A L E O E U M U E L E I K I

H T U L L T F L D C L E B S Z

Y E L L E C O Y L X E L C W T

V T A O R I Q H O E C N E T L

K R R S D I H F P D C C A D Z

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: **A Room Below Ground Level**

- Cellblock
- Cellist
- Cellmate
- Cellos
- Cellphone
- Cellular
- Cellulite
- Celluloid
- Excelled
- Excellent
- Lyocell
- Monticello
- Nacelle
- Photocell
- T cell





Steamed Clams

photo courtesy Fresh From Florida



Steamed Clams

- 2 dozen clams in-the-shell
- 1 cup dry sherry
- ½ cup green onions, chopped
- 2 teaspoons garlic, chopped
- 2 teaspoons fresh ginger
- Chopped Lemon wedges, for garnish

Wash clams thoroughly under cold running water and set aside. Place all ingredients except clams in a large sauce-pan. Simmer on medium heat for 3 minutes; add clams and cover. Simmer until clams open; remove clams to a large bowl. Simmer remaining liquid until it is reduced to ¾ cup. Pour liquid over clams and serve.\*

My Stars ★★★★★  
FOR WEEK OF JULY 19, 2021

**Aries** (March 21 to April 19)  
You're not Sheepish when it comes to asserting your opinions on what you think is right or wrong. Be assured that you're being heard, and something positive will follow.

**Taurus** (April 20 to May 20)  
Your sense of justice makes it difficult not to speak up about a recurring matter involving a co-worker. But, once again, you need facts to back you up before you can act.

**Gemini** (May 21 to June 20)  
Romance is still dominant, and if Cupid misfired before, don't worry. He'll take better aim at someone new this time around. Expect favorable news about a financial matter.

**Cancer** (June 21 to July 22)  
The zodiac's Moon Children can expect things to work out pretty much as planned. One negative note involves a minor relationship problem that suddenly turns serious.

**Leo** (July 23 to August 22)  
You're suddenly being asked to make choices between two practically equal offers. Which one to choose? Easy. The one

most likely to gladden your Lion's heart.

**Virgo** (August 23 to September 22)  
Once again, you're confronted by a workplace problem you thought you'd already resolved. This time, you might need to go higher up to find a just resolution.

**Libra** (September 23 to October 22)  
Good for you: You're determined to stick with your goals and ignore those naysayers who might try to discourage you. You're on the right track. The challenge now is to stay on it.

**Scorpio** (October 23 to November 21)  
You'll soon get news that is supposed to help you with a troublesome situation. Use your sharp Scorpion instincts to determine if the information is reliable.

**Sagittarius** (November 22 to December 21)  
If you learn someone has betrayed your trust, don't just accept it and walk away. You need to know why that person decided to do what he or she did.

**Capricorn** (December 22 to January 19)  
A painful family relationship problem could finally begin to heal. Be prepared to show more flexibility than you might like. But it could be worth it.

**Aquarius** (January 20 to February

PETS OF THE WEEK



Calvin ID# A873604 photos provided  
Lee County Domestic Animal Services

Calvin And Hops

Hello, my name is Calvin. I'm a brown 8-year-old male German shepherd mix. I may be considered a senior in years, but I have the spirit of a teenager. I have quickly become a volunteer favorite. To quote one, "He's more than perfect, he's impeccable, excellent, superb, affectionate and handsome with a very charismatic personality. He's simply the best!" My adoption fee is \$10.



Hops ID# A876602

Hi, my name is Hops. I'm a white 2-year-old male shorthair rabbit. Did you know it is National Adopt a Rabbit Month? I'm the perfect one for you at Animal Services. I'm a small bundle of white fur. I'm a little guy who is quite social, and I've earned my name from my quirky hop that I do when someone passes to get attention. My adoption fee is \$5.

Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit [www.leelostpets.com](http://www.leelostpets.com) to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.\*

18) It's a good idea to enhance your career skills so you'll be prepared to accept a more responsible position when it's offered. A friend returns a favor just when you need it.

**Pisces** (February 19 to March 20)  
Show that strong, steely backbone that you usually hide, and demand to be included in any family decision-making that could affect the well-being of a loved one.

**Born This Week:** You can be happy being alone at home. But you also love exploring the world outside and meeting new people and sharing new ideas.

MOMENTS IN TIME

- On July 30, 1619, in Jamestown, Virginia, the first elected legislative assembly in the New World – the House of Burgesses – convenes in the choir of the town's church. Its first laws included prohibitions against gambling, drunkenness and idleness. Sabbath observance was made mandatory.
- On July 31, 1937, Charles Martine, an Apache scout who played an important role in the surrender of Geronimo, dies on the Mescalero Reservation in New Mexico.
- On July 26, 1948, President

Harry Truman signs Executive Order 9981, banning discrimination in the military. It ended a long-standing practice of segregating Black soldiers and relegating them to more menial jobs. African Americans had been serving in the U.S. military since the Revolutionary War.

- On July 29, 1967, a fire on the USS Forrestal stationed off the coast of Vietnam kills 134 service members. The deadly fire on the Navy carrier began with the accidental launch of an F-4 Phantom-jet rocket, which hit a parked A-4 Skyhawk jet.
- On July 28, 1978, *National Lampoon's Animal House*, a movie spoof about 1960s college fraternities, starring John Belushi, opens in U.S. theaters. "Animal House" became a huge box-office hit, spawned a slew of cinematic imitations and became part of pop-culture history.
- On August 1, 1981, MTV: *Music Television* goes on the air for the first time, with the words "Ladies and gentlemen, rock and roll." The Buggles' *Video Killed the Radio Star* was the first music video on the new cable TV channel.
- On July 27, 1996, in Atlanta, the

continued on page 22





**FRIDAY**  
Mostly Cloudy  
High: 86 Low: 76



**SATURDAY**  
Mostly Sunny  
High: 85 Low: 77



**SUNDAY**  
Cloudy  
High: 84 Low: 75



**MONDAY**  
Mostly Sunny  
High: 87 Low: 79



**TUESDAY**  
Cloudy  
High: 89 Low: 78



**WEDNESDAY**  
Sunny  
High: 90 Low: 82



**THURSDAY**  
Mostly Sunny  
High: 88 Low: 78

**Redfish Pass Tides**

Day	High	Low	High	Low
Fri	12:24 pm	8:21 pm	None	None
Sat	1:16 pm	9:03 pm	None	None
Sun	4:37 am	6:56 am	2:06 pm	9:40 pm
Mon	4:53 am	7:59 am	2:54 pm	10:14 pm
Tue	5:10 am	9:03 am	3:43 pm	10:45 pm
Wed	5:30 am	10:10 am	4:35 pm	11:14 pm
Thu	5:54 am	11:20 am	5:34 pm	11:44 pm

**Point Ybel Tides**

Day	High	Low	High	Low
Fri	11:29 am	8:23 pm	None	None
Sat	12:21 pm	9:05 pm	None	None
Sun	3:42 am	6:58 am	1:11 pm	9:42 pm
Mon	3:58 am	8:01 am	1:59 pm	10:16 pm
Tue	4:15 am	9:05 am	2:48 pm	10:47 pm
Wed	4:35 am	10:12 am	3:40 pm	11:16 pm
Thu	4:59 am	11:22 am	4:39 pm	11:46 pm

**Punta Rassa Tides**

Day	High	Low	High	Low
Fri	12:34 pm	8:19 pm	None	None
Sat	3:53 am	7:41 am	1:38 pm	9:13 pm
Sun	4:15 am	8:47 am	2:41 pm	9:58 pm
Mon	4:41 am	9:43 am	3:44 pm	10:36 pm
Tue	5:08 am	10:30 am	4:37 pm	11:09 pm
Wed	5:36 am	11:14 am	5:23 pm	11:40 pm
Thu	6:04 am	11:58 am	6:05 pm	None

**Cape Coral Bridge Tides**

Day	High	Low	High	Low
Fri	2:34 pm	11:37 pm	None	None
Sat	3:26 pm	None	None	None
Sun	6:47 am	12:19 am	4:16 pm	10:12 am
Mon	7:03 am	12:56 am	5:04 pm	11:15 am
Tue	7:20 am	1:30 am	5:53 pm	12:19 pm
Wed	7:40 am	2:01 am	6:45 pm	1:26 pm
Thu	8:04 am	2:30 am	7:44 pm	2:36 pm

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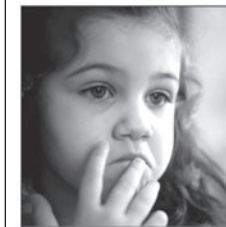
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**The New Math:**  
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That's right! The Harry Chapin Food Bank can find, rescue, transport and distribute \$8 of nutritious food for every \$1 you donate. This turns your \$20 gift into 80 meals for a family!

*Thank you for your generosity!*

Mail your tax-deductible donation to:  
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Call (239) 334-7007 or donate online at:  
harrychapinfoodbank.org

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



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savethemanatee.org/rescue



# Non-Profit Group Aims To Reduce Overdoses

**A**l Kinkle lost his daughter to an accidental overdose. More than four years later, he has fought to make sure no parent feels that kind of pain by providing thousands of units of Narcan – a nasal spray used to counter the effects of an opioid overdose – free to organizations, recovery homes and individuals that can utilize this potentially life-saving tool.

More than 93,000 drug overdoses have occurred in the last year, according to an article in the *Washington Post* and the pandemic is making things worse. Naloxone (Narcan) is a medication designed to rapidly reverse opioid overdose. It can very quickly restore normal respiration to a person whose breathing has slowed or stopped because of overdosing with heroin or prescription opioid pain medications.

“I often ask myself what if Kimmie had this nasal spray readily available,” said Kinkle, founder of Kimmie’s Recovery Zone. The COVID-19 pandemic has resulted in one of the most significant public health crises of the last century, but there is also increasing concern about the effect the pandemic is having on other health issues, including the opioid epidemic and mental health. The pandemic has isolated those struggling with these issues and has made resources difficult to acquire.

Kimmie’s Recovery Zone is a new local nonprofit supporting the recovery community in Lee County and those impacted by substance use disorder.

“Recovery is a lifelong commitment,” said Kinkle. “The time to make change is now, before tragedy strikes you and your family.”

Kimmie’s Recovery Zone aims to walk alongside those suffering from substance use disorder and mental health issues by promoting multiple pathways to recovery with support. Providing peer-based recovery services, public education, outreach programs and advocacy while addressing the stigma of substance use and the individuals that combat these disorders daily.

For more information about Kimmie’s Recovery Zone, visit [www.kimmiesrecoveryzone.org](http://www.kimmiesrecoveryzone.org)✱✱

## From page 20 Moments In Time

XXVI Summer Olympiad is disrupted by the explosion of a nail-laden pipe bomb in Centennial Olympic Park. Police were warned of the bombing in advance, it exploded before the anonymous caller said it would. Attention eventually turned to Eric Robert Rudolph, who was captured in 2003 after hiding in the mountains for five years.

- NOW HERE’S A TIP
- Dill planted near tomatoes will draw caterpillars away from the fruits. And it’s delicious.
  - Potato salad will have more flavor if you whisk together all the dressing ingredients and add it to the potatoes when they are warm. The potatoes will absorb the ingredients better, and the flavor will develop even more during refrigeration.
  - “I love to grill, and when it’s nice out, we grill every weekend. I always put on extra and use the leftovers through

the week. Chicken in salad, a nice flank steak for fajitas, etc. And it means less cooking for me!” – YL in Maryland

- Here’s a great recipe for an icy treat: Freeze orange juice or apple juice in ice trays. Throw a handful in the blender for a fruit slush that can’t be beat on a hot day.
- “A lot of smoke was coming off our grill, and our patio doors were wide open. Long story short: It swamped the living room with smoke. The smell was a little overwhelming. After we closed the door, my neighbor doused a kitchen towel with white vinegar, wrung it out and waved it around the room. It cleared out the smoke smell right away, and the vinegar smell went away just as quickly. What a miracle!” – F.F. in South Carolina
- Got poison ivy? The maddening itch might find relief from coffee grounds or a cooled cuppa. It contains anti-inflammatories.

- STRANGE BUT TRUE
- The fuller your refrigerator, the more energy-efficient it is.
  - In 2005, a Powerball drawing had a stunning 110 second-place winners, all of whom attributed their luck to ... a fortune cookie. No foul play was involved, just a Chinese fortune cookie distribution factory named Wonton Food, which happened to correctly foretell five of the six winning numbers. Each grateful recipient took home between \$100,000 and \$500,000.
  - Master of suspense Alfred Hitchcock was an ovophobe, or someone who is frightened of eggs.
  - Children of identical twins are genetically siblings, not cousins.
  - Notwithstanding the fact it has no feathers, beak or talons, the Goodyear

Blimp is the official bird of Redondo Beach, California.

- James Cameron sold the film rights to “The Terminator” for \$1. It went on to earn a worldwide total of \$78.3 million at the box office in 1984.
- The comb jelly, aka the warty comb jelly, sea walnut or *Mnemiopsis leidyi*, is the only known animal to have a transient anus – or, in more common parlance, a disappearing butt.
- The green code in *The Matrix* was actually created from symbols in the code designer’s wife’s sushi cookbook.
- Comic Sans, designed by Vincent Connare in 1995, has been labeled the world’s most hated font. Even its creator isn’t much of a fan, admitting that he has only used it once, to write a complaint letter to his internet provider. At least he received a refund.
- Australia’s Lake Hillier and Hutt Lagoon are known for their vibrant pink and lilac hues, due to the presence of the algae *Dunaliella salina*.

THOUGHT FOR THE DAY

“There is something beautiful about all scars of whatever nature. A scar means the hurt is over, the wound is closed and healed, done with.” – Harry Crews

- TRIVIA TEST
- 1. Ad Slogans:** Which company used the slogan “The Uncola” as a way to stand out in the beverage market?
  - 2. Entertainers:** Which actor/singer created The Cowboy Code in the 1940s?
  - 3. Mythology:** What item is a werewolf’s greatest weakness?
  - 4. Business:** What is the basic currency of Laos?
  - 5. U.S. States:** Which state uses the

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7/16 ★ 7/23

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7/23 ★ 7/23

PUBLIC SERVICE

**AL-ATEEN HELP LINE**  
Are you concerned with a friend or family member's drinking? Call the 24-hour help line of South Florida Al-Anon at 941-564-5098 or visit [www.southfloridaal-anon.org](http://www.southfloridaal-anon.org).  
4/24 ★ TFN


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12/11 ★ TFN

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Shore Fishing:



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

**L**anding a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish.

Hold the fish in the water while you unhook it if you're going to release it.

The less you can touch a fish before release the better for the fish.

If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.

Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.

Florida residents as well as out of state visitors need a fishing license to fish from shore.



- slogan “The Last Frontier” on its license plates?
- 6. **Anatomy:** What is the second largest organ in the human body?
  - 7. **Geography:** Which body of water separates Saudi Arabia from Africa?
  - 8. **Television:** What was the name of the detective agency in the 1980s series *Moonlighting*?
  - 9. **Science:** At what wind speed is a tropical storm reclassified as a hurricane?
  - 10. **Literature:** Truman Capote’s book *In Cold Blood* takes its name from which of Shakespeare’s plays?

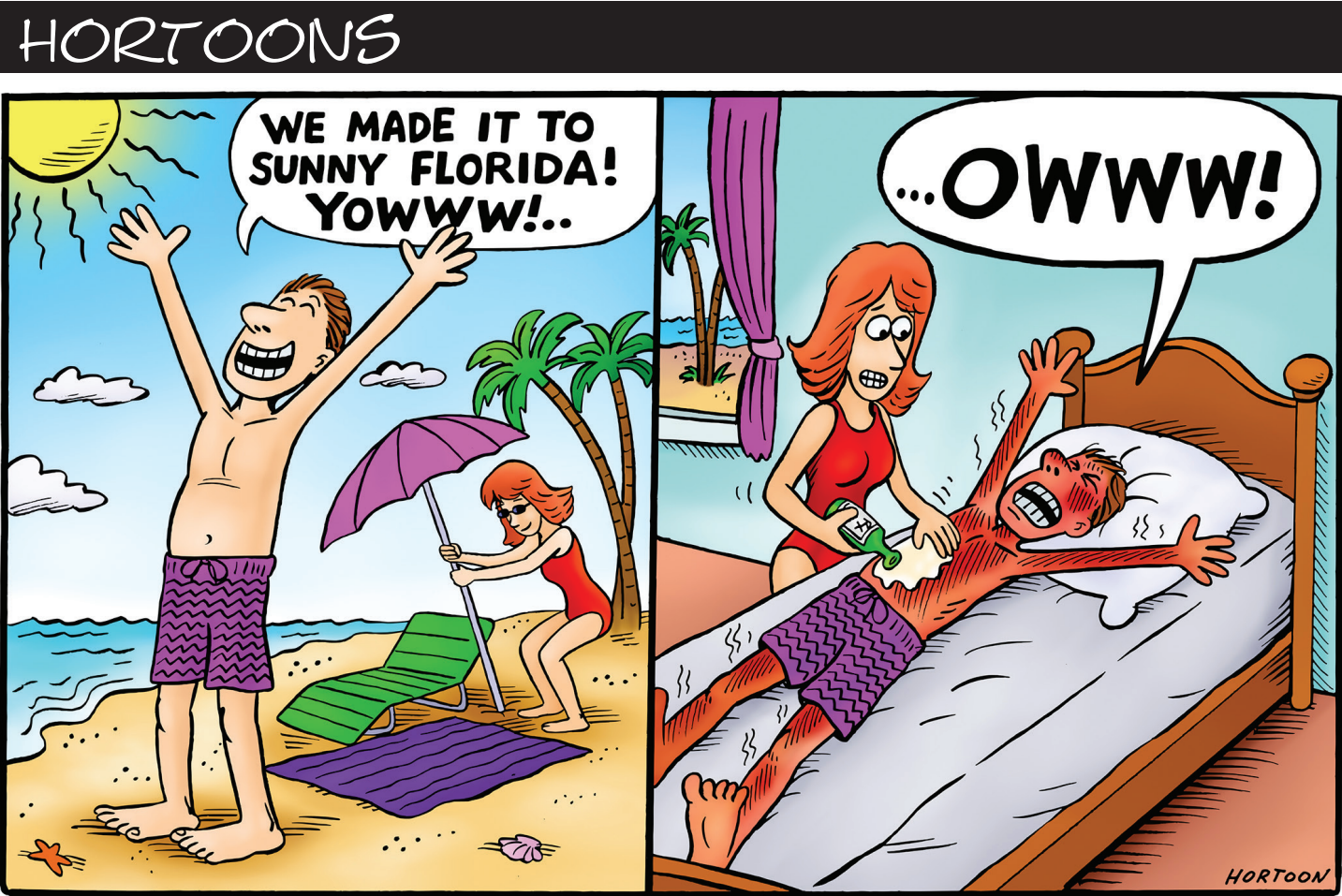
TRIVIA ANSWERS

1. 7UP 2. Gene Autry 3. Silver 4. The kip 5. Alaska 6. Liver 7. Red Sea 8. Blue Moon Detective Agency 9. 74 mph 10. *Timon of Athens*

SCRAMBLERS ANSWER

1. Levees 2. Tender;  
3. Cantor; 4. Study

Today’s Word  
**DRESS**



PUZZLE ANSWERS

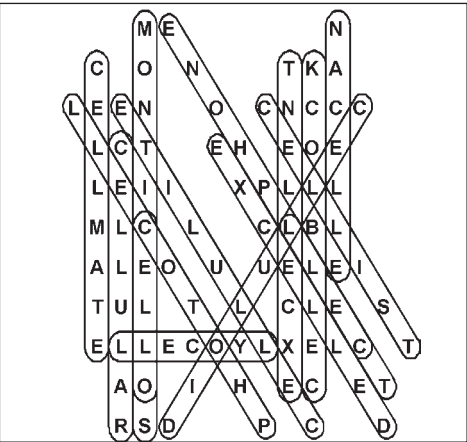
SUPER CROSSWORD

UPSET	OAF	FLAGS	MAMMA
PAULO	FRO	LORNE	ARIES
SYMBOL	FORS	SULFUR	SILLY
MOBY	SKEE	GISELLE	
THEWAS	STELAND	POET	ELIOT
OER	DOH	INTREPID	
PATH	LEAF	ALA	ALBEE
IDOT	EXTRAN	FLPERIODS	
COMPADRE	IRK	RAINHAT	
SNEEZE	MEIR	ADOS	HOME
	COLLAPSE	IBLEBEDS	
OH	RONA	VIII	LETHAL
LIMEPIE	DAL	DISPROVE	
GLASGOW	DWELLERS	POMES	
AORTA	EIN	DESI	MOSS
	CAPRIATI	UNS	GTO
CLASSY	ITEMS	OFNECKWEAR	
ROLLED	DR	SOYA	AEON
ANGEL	ATHLETIC	ANIMALS	
MEADE	ROBOT	NHL	NATTY
PRESS	MEOWS	GOP	SNERD

KING CROSSWORD

LOT	LEGO	SELF
SHY	OVAL	URAL
DOMICILE	LIMO	
	PAUL	SLEEP
SCAMS	LIKE	
LINA	DOMINEER	
EAU	ORGAN	NRA
DOMINION	AVIS	
	ALPS	ELENA
SOGGY	ELAL	
AVER	DOMINOES	
RENE	ASTO	PEA
ANTE	BEST	ELM

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Barefoot Beach	Bonita Springs	2010	6,600	\$13,000,000	\$12,900,000	77
Bayfront Gardens	Bonita Springs	1999	6,200	\$5,495,000	\$5,200,000	86
Seaspray Subdivision	Sanibel	1988	3,415	\$4,245,000	\$3,800,000	304
Bonita Beach	Bonita Springs	1991	2,640	\$3,650,000	\$3,650,000	0
Bonita Springs	Bonita Springs	1963	5,668	\$2,375,000	\$2,375,000	0
Cape Coral	Cape Coral	2015	6,353	\$2,495,000	\$2,375,000	5
Matlacha Shores	Matlacha	2013	4,616	\$2,299,000	\$2,150,000	39
Oak Knoll At Bonita Bay	Bonita Springs	1995	3,489	\$1,950,000	\$2,050,000	2
Island Shores	Fort Myers Beach	2020	3,995	\$1,995,000	\$1,825,000	80
Deep Lagoon Estates	Fort Myers	1971	3,090	\$1,699,000	\$1,700,000	8





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SUN-DESIROUS ALIKE,  
A VACATION ON A PLATE."**

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