



Cuban Flair And Trading Cards At Art Center

There will be an opening night reception for Encounter II and Carded: Miniature Masterpieces IV during Art Walk at the Sidney & Berne Davis Art Center on Friday, August 6 from 6 to 10 p.m.

Encounter II in the Grand Atrium features seven contemporary Cuban artists in an exhibition that is composed of artwork from creators of different aesthetic tendencies, expressing moods, feelings and points of view on dissimilar subjects. Diverse interests about the artists' surroundings, everyday issues, landscapes and objects that have caught their attention have been captured in their art. The focus of this encounter is on variants of artistic expressions, shining a light on the beautiful diversity of trends and the various ways of assuming art. Participating artists are Aimeé Pérez, Rigoberto Mena, Lía Galletti, Ismael Gómez Peralta, Asbel Dumpierre, Armando Pérez Alemán and Víctor Gómez. All seven live in Miami, bringing with them a strong Cuban



Cafeteracolada by Asbel Dumpierre
images provided

influence in their work.

Carded: Miniature Masterpieces IV, a group exhibition curated by Cesar Aguilera, will be showing in the Capital Gallery. Although miniature art has



Artwork in the exhibit Carded: Miniature Masterpieces IV

been in existence for centuries, tracing its heritage back to the illustrated manuscripts of scribes in the Far East and Europe prior to the 15th century, the origin of the modern trading card is associated with cigarette cards first

issued by the U.S.-based Allen and Ginter tobacco company in 1875. They were the precursors of the sports cards and other trading cards. Artist Ndola Pensy introduced the artist trading card idea to
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Meet The Artists At Opening Reception

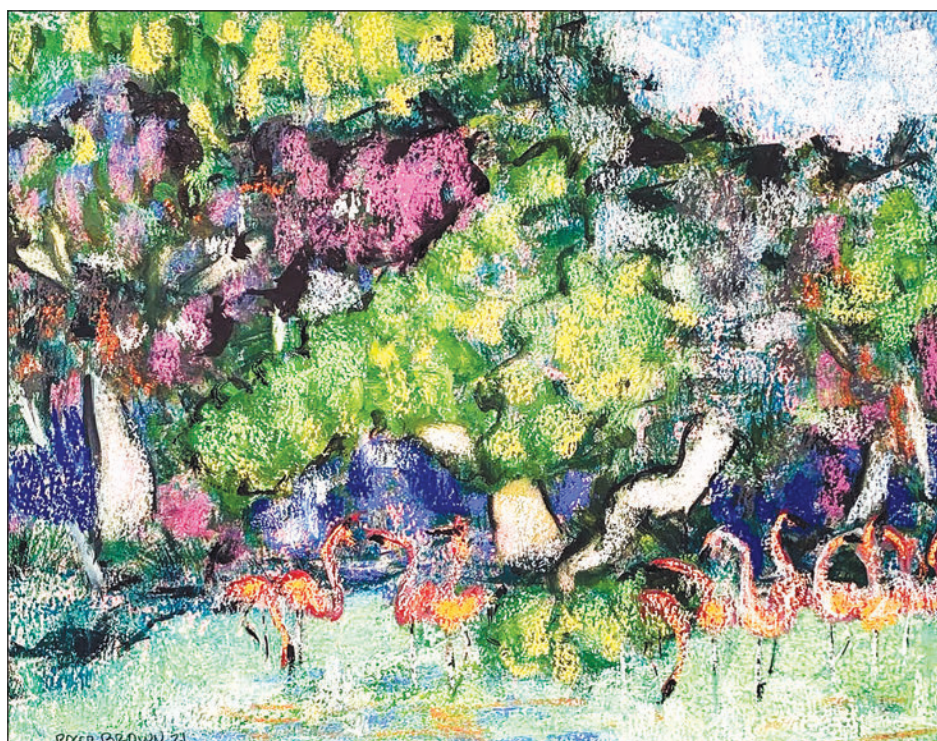
Arts for ACT Gallery will host an opening reception and meet the artists session for featured artist Roger Brown and fundraising artists during Art Walk on Friday, August 6 from 6 to 10 p.m.

Brown will exhibit in the Main Gallery, while donated works by a variety of artists to benefit ACT will be on display in the White Gallery. There will also be new works from the gallery co-op artists.

Brown is an artist who draws upon a lifetime of experiences to create art on a daily basis. As an international banker and business man, he has lived and conducted business in New York; Hamburg, Germany; Paris, France; Tehran, Iran; Singapore; Bangkok, Thailand; San Diego, California; Bombay, India; and Hong Kong.

Since 1998, he has devoted himself entirely to art, including 10 years as a creator of mosaics with over a dozen solo shows dedicated to the medium. He studied the art form in Ravenna, Italy under master Luciana Notturmi of Scula Arte del Mosaico. His mosaics are owned by collectors throughout the country and number over 200.

In 2009, he turned his attention to oil painting and received instruction from



Painting by Roger Brown

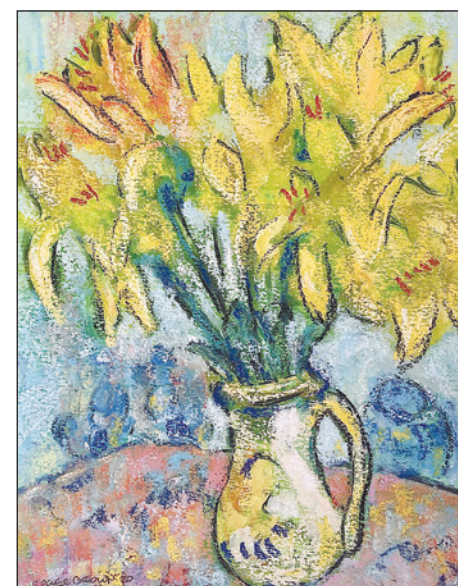
Emmy Award-winning artist David Dunlop of the Silvermine Guild Arts Center in New Canaan, Connecticut. His work in oils shows a solid understanding of the unities of color, form and movement. Dozens of his oils are in private collections, primarily in the United States.

He transitioned to watercolor with his

images provided

move to Florida in 2013. The medium affords him the opportunity to complete a creative process, often within an hour or so. Of late, his style has involved the mixing of watercolor and pastel into a unique texture-based painting.

Brown is a graduate of West Virginia Wesleyan College, American Institute of



Artwork by Roger Brown

Foreign Trade and is a former United States naval officer. He continues to travel, painting daily. The work on display is a mix of local Floridian subject matter and pieces drawn from his international adventures. With little exception, these are all original, one-of-a-kind pieces. With well over 13,000 followers on Instagram, his original watercolors are becoming collectible.

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

Historic Downtown Fort Myers, Then And Now:

Historic Church Weathers Storms



by Gerri Reaves, PhD

One of Fort Myers’s oldest congregations suffered a total loss of its sanctuary in the infamous hurricane of 1926. The Mt. Olive African Methodist Episcopal (AME) Church was located at the irregular conjunction of Hough Street and Anderson Avenue (the latter now named Dr. Martin Luther King, Jr. Boulevard). The congregation had been established in 1895, when Rev. WW Hamilton was commissioned from Florida’s east coast to gauge interest in starting an AME church on the southwest coast. It was consecrated in 1896 and held its first services in the Lee County Courthouse with a congregation of only eight.

Originally, the church was called the African Methodist Episcopal Church. Works Progress Administration (WPA) records state that prior to building the church shown in the historic photo, services were sometimes held in private homes. They were also held in a multi-purpose building that functioned not only as a church, but as a school and a soft-drink plant owned by Maj. James Evans, known as the founder of Fort Myers who owned property in the historic Safety Hill neighborhood now known as Dunbar.

The church next met in an old hall on Guava Street, where the Rev. Dorsey rechristened it, giving it the current full name of Mt. Olive African Methodist Episcopal Church.

Subsequently, the Rev. MD Potter helped the church secure the site at Hough and Anderson, and the Guava property was sold. By 1915, the church had moved into the structure shown in the historic photo.

The next few years, a succession of pastors led the church, among them the Reverends AA Williams; EJ Day, DD; RL Murrell; and JS Brown. During that period, Jim Crow laws permeated every aspect of everyday life throughout the South.



The Mt. Olive AME Church at Hough and Anderson (now MLK Blvd) was destroyed in the 1926 hurricane photo courtesy The University of Tampa, Macdonald-Kelce Library, Archives



The church’s former location borders the high-volume traffic of MLK Boulevard. Hough Street is in the foreground and across the convenience store parking lot (right center) is Evans Avenue. photo by Gerri Reaves

Given that, it’s all the more noteworthy that Mt. Olive made a point of reaching out to the entire community, no matter the race.

In the early 1920s, Mt. Olive pastors published quite a few open cordial invitations in the *Fort Myers Press* inviting the black community, “white friends” and tourists to attend special programs or sermons, Great Jubilees, Community Song Service and lectures.

The good-spirited outreach continued, evidently with at least a modicum of success. In 1923, the *Press* printed, “White People Invited to Hear Negro Woman’s Lecture.” The speaker was Mary McLeod Bethune, who founded the Daytona Normal and Industrial Institute (now Bethune-Cookman University), who was to lecture at the church, accompanied by six pupils who were jubilee singers.

Mrs. BE Tinstman and several other prominent local white women assisted in organizing the appearance by the prominent educator and civil rights activist, who went on to be president of the National Association of Colored Women in 1924 and, in 1935, created and became president of the National Council of Negro Women.

Bethune later advised both President Franklin D. Roosevelt and Harry S. Truman. Another indication that Mt. Olive’s reaching across the color line was successful was the “thank you” in the *Press* in April 1924 to the whites who donated on Easter Sunday to lift the church’s mortgage.

Then along came the hurricane of 1926 to make a mortgage seem a minor problem in comparison to not even having a church to meet in.

The storm blew through Fort Myers on September 18, after making landfall in Miami as a category 4 storm and then breaking the Okeechobee dike and flooding Moore Haven.

Widespread local damage included blown-off roofs, devastated buildings, uprooted trees and automobiles blown from the downtown docks.

The Mt. Olive congregation temporarily met at the Williams Academy, a school for blacks.

Meanwhile, the next three years were a significant transitional period for the church.

The church’s oldest members, Candice Walker and Nora Alexander, raised more than \$5,000 for a new church site. (Notably, Candice Walker also went on to raise

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Published every Friday for the people and visitors of Fort Myers River District.
Distribution: 6,000-8,000 per week (seasonal).

Readers with news, tips, comments or questions, call 239-395-1213, write to: The River Weekly News, 1640 Periwinkle Way, Suite 2, Sanibel, FL 33957 or email: press@islandsunnews.com. To advertise, email: ads@islandsunnews.com.

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Two young pirates square off on the ship

photo provided

Students Take Adventure Cruise On Pirate Ship

Dozens of Boys & Girls Club of Lee County (BGCLC) members, ages 6 to 16, experienced the world of being a pirate recently, thanks to a donation of Salty Sam's Pirate Cruise.

The cruise was the finale to a week of learning about pirates and their history in Southwest Florida as part of the summer enrichment programs. Participants came ready in costumes to board the ship.

"From the minute they stepped on board, they had a fantastic time," said Boys & Girls Club of Lee County CEO Denise Gergley. "Many of our kids have never been on a boat before, and we are so thankful to Salty Sam's for giving our

students this unique experience."

On board, the students were able to interact with the pirates who took them on a journey of treasure hunting as well as engaging them in fun activities like face painting and dancing. The cruise was a reward for the children who have consistent participation and good behavior. The day was a fun and unique experience for the participants who may never have an opportunity like this if it wasn't for the BGCLC.

The Boys & Girls Club of Lee County continues to strive to help members be successful in school and in adulthood, to be healthy and active, and to develop strong character skills they need to become future leaders. Support of the Boys & Girls Club of Lee County helps provide education, the arts, health and wellness, leadership and service, sports and recreation programs. For more information, visit www.bgcllee.org.✱

Edison Mall Hosting Back To School Events

To help local students and educators prepare for the upcoming year, Edison Mall will host the KidX Club Back to School Fest on Saturday, July 31 from noon to 5 p.m. The event will feature hands-on activities, including art, Too Tall Torie, live DJ and a fashion show. Families are encouraged to attend as the School District of Lee County will be on hand to answer any questions parents may have regarding the start of school. In addition, many nonprofits including the United Way, Dunbar Festival Committee, Junior Achievement and Childcare of SW Florida will be on hand with information and resources for families. Mayor Kevin Anderson will engage with the community and speak on education in Lee County at 2 p.m.

The town center will also help guests prepare for a new academic year through participating in a Tax-Free Week from July 31 to August 9.

Community members can spend 10 days shopping tax-free for their back-to-school needs.

As teachers transition back into the classroom, Edison Mall will show them some love through Teacher Appreciation Day on Saturday, September 25 from noon to 4 p.m. There will be teacher-exclusive promotions and discounts at retail space, live music, canvas pours and drinks.

All back to school festivities will adhere to rigorous cleaning and disinfectant practices. We ask all guests to conduct themselves in a safe and respectful way in accordance with all federal, state and local regulations, recommendations and mandates, while also adhering to each individual tenant's policies.

Guests are encouraged to drop off a variety of school supply items at the town center office through August 7 to benefit the underserved schools within the community.

For more information about Edison Mall and the back to school event lineup, follow Edison Mall on Facebook and Instagram @shopedisonmall.✱

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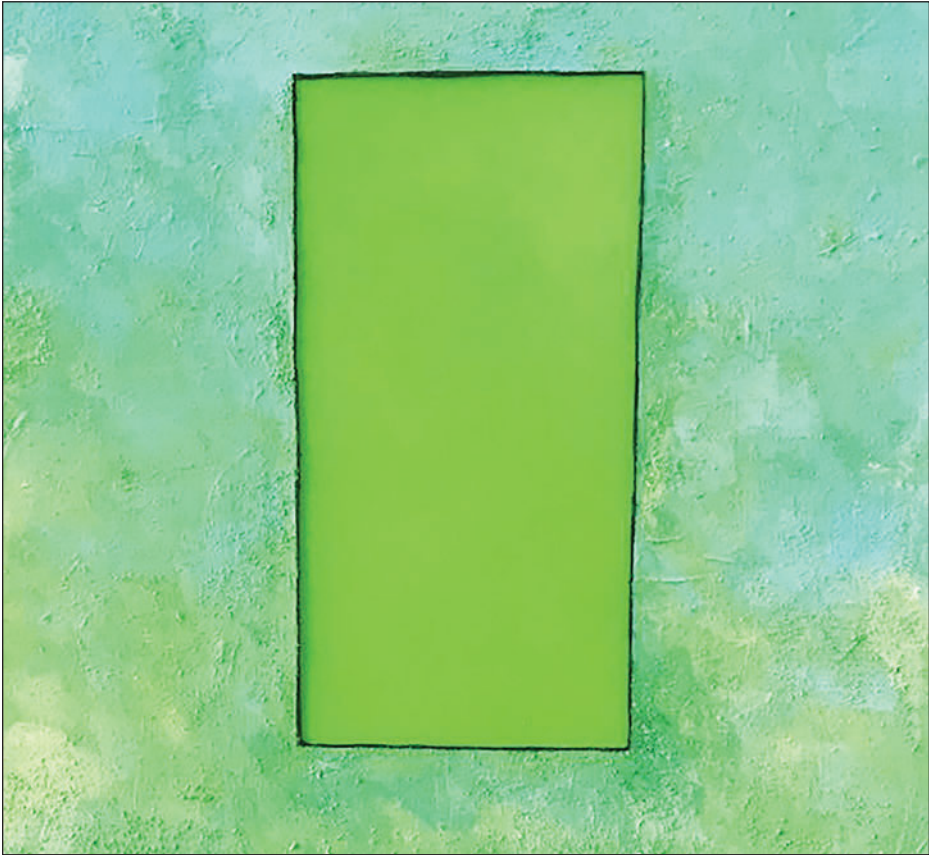
Artwork Is Call For Water Quality Stewardship



by Tom Hall
Katherine Boren is one of 72 artists with work on display in the Alliance for the Arts' member exhibition Different Strokes. Her abstract composition is titled *Water View*. It is a mixed media piece incorporating sand

from the gulf off the shore of Sanibel. At first blush, the painting presents a juxtaposition of greens. The majority of the canvas transitions from soft turquoise to the luscious, mottled emerald green you would see dangling from a parasail high above the tranquil waters off the white sandy beaches of Pensacola, Fort Walton Beach and Destin. The waters west of Sanibel and Captiva were once that color, too. And Boren's *Water View* "celebrates the beauty of the water the way it once was and could be again if we all do our part in caring for our community and planet."

What Boren and *Water View* are alluding to are the clumps of blue-green algae that issues from the mouth of the Caloosahatchee and which streams into



Katherine Boren's work titled *Water View*

image courtesy www.artswfl.com

Estero Bay from the Estero and Imperial rivers and the bay's other seven tributaries. In *Water View*, Boren replicates the color of this biological gunk in a rectangle that she quarantines in the middle of the painting. That rectangle could be a

stand-in for Lake Okeechobee, which at this very moment is a thick mat of cyanobacteria just waiting to be released into the Caloosahatchee by the Army Corps of Engineers, which is charged with responsibility for discharging millions of gallons of nutrient-enriched lake water into the Caloosahatchee and St. Lucie rivers in order to preserve and protect the integrity of the dikes surrounding the lake. If the releases are large enough, the algae will flow all the way into the Gulf of Mexico, where the algae-laden freshwater will mix with the ocean's saltwater, stimulating a chemical reaction that often spawns red tide.

In 2018, a massive red tide event devastated Florida's Southwest coast, killing marine life and sickening residents and visitors. Scientists fear that we could be in for another massive red tide outbreak this year. But blue-green algae from Lake Okeechobee is only one source contributing to water clarity and quality. Nitrogen from fertilizers spread by homeowners on their lawns and landscaping beds serves as another major contaminant that jeopardizes the quality of the waters in and around Southwest Florida.

The first step in solving any challenge is identifying the problem. The next step involves being proactive, or as Boren so eloquently puts it, "if we all do our part in caring for our community and planet." So accept this challenge by implementing as many of these steps as possible:

Stop mowing near streams and ponds, as this eliminates the natural protective buffer that tall grasses, shrubs and trees provide, which includes filtering stormwater runoff and providing habitat for mosquito-eating amphibians, fish and birds;

Reduce the fertilizers and pesticides you use and take measures to prevent those that you do use from being washed by stormwater runoff into local waterways. (One simple prophylactic is simply

checking the weather forecast and avoid applying right before a rainstorm);

Regularly remove debris from stormwater catch basins, storm drains and curbs;

Design and construct a rain garden to reduce erosion, promote ground water discharge and remove pollutants from stormwater runoff;

Use native plants to reduce soil erosion and prevent sediment from loading your waterways; and

Develop a stewardship plan for your community.

From this perspective, *Water View* can be seen as a clarion call for water quality stewardship.

Boren is an abstract and textural relief-collage artist. By focusing on a monochromatic palette and utilizing a combination of untraditional materials in unexpected ways, she emphasizes the reflection of light, varying textures and shapes, and differing grades of color saturation.

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

From page 2

Historic Downtown

funds in the late 1920s for the establishment of Jones-Walker Hospital, Fort Myers' first hospital for blacks and other minorities.)

The church bought a lot at Orange Street and Palm Avenue, moved a house from the property, and Walker and Alexander broke ground for a new church. It was consecrated in 1929 and is located in Velasco Village, named for Dr. Edward E. Velasco, the town's first black physician, a prominent community leader, and the head Jones-Walker Hospital.

That church is still its home today.

The next time you go by Hough and MLK Boulevard, imagine the church that once existed there and appreciate its long history and resilience.

Then visit the following research centers to learn more about the historic black churches of Fort Myers.

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 the hours or visit www.leecountyblackhistorysociety.org.

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.

Visit the IMAG History & Science Center at 2000 Cranford Avenue or at www.theimag.org.

Sources: Archives of the Lee County Black History Society and the Southwest Florida Historical Society; *Fort Myers Press*; *Historic Sites of Dunbar: A Self-Guided Tour* by Fort Myers Community Redevelopment Agency; author interview with Mrs. Melvin Morgan; and www.floridamemory.com.*

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William LaFreniere's sculpture titled *Self Portrait* won this year's People's Choice Award for the Beauty from Disaster art exhibit at Edison and Ford Winter Estates photo provided

Visitors Choose Bird Sculpture At Estates Art Show

William LaFreniere's sculpture titled *Self Portrait* captured the People's Choice Award at the Beauty from Disaster art exhibit at Edison and Ford Winter Estates recently. The third annual art show featuring local artists was dedicated to highlighting the beauty of fallen trees from Hurricane Irma.

Visitors to the Estates between January and June were able to cast a vote for their favorite piece of artwork. LaFreniere's piece was created using several different types of wood from the fallen trees at the Estates.

Many hurricanes have passed through Southwest Florida since the late 1800s when Thomas Edison decided to build his winter home along the Caloosahatchee River. In 2017, Hurricane Irma's winds wreaked havoc when the storm blew through Fort

Myers, taking down several trees at the Estates. After the storm, some of the wood from historic and rare species was salvaged and sold to local artists. Those artists carved works of art and furniture from the wood, and some of the pieces were included in the exhibit.

Next year's artist exhibit, Sustainable Conceptions, will be on display from January 14 to May 29. The exhibit will showcase art inspired by Edison and Ford's efforts to reuse products and their abilities to work toward a sustainable future. Artists are invited to submit two- and three-dimensional works of art made from recycled materials or illustrating sustainability now through November 7. To apply, artists may contact Tayelor Kakes at tkakes@edisonford.org.

Throughout the year, additional art and history exhibits are displayed around the Estates. The exhibits are included with admission.

The Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. To purchase tickets or get more information, visit www.edisonford.org or call 334-7419.

Motorcycle Ride And Brunch To Benefit ACT

Motorcyclists across the state are invited to join the 28-mile trip around Lee County to raise funds for Abuse Counseling and Treatment, Inc. (ACT) in honor of David Barbur, a former Sunrise Rotary Club "Rotarian" and ACT board member who led a remarkable life of service in the Fort Myers community.

The ACT Motorcycle Ride on Sunday, August 15, will raise funds for ACT to continue providing meaningful program services to victims and survivors of domestic violence and their children and survivors of sexual assault and human trafficking in Lee, Hendry

and Glades counties. The ride is \$30 per person and \$20 per passenger.

This year's event sponsors include Goldberg Noone Abraham, Stu's Motorcycles and Keylime Bistro,

"ACT is so appreciative to work with Goldberg Noone Abraham, Stu's Motorcycles and Keylime Bistro to raise so much needed funds for our agency," said Jennifer L. Benton, chief executive officer with ACT. "We hope to raise at least \$5,000. The motorcycle ride will begin with registration starting at 8:30 a.m. and 'kickstands up' at 9:30 a.m. at Stu's Motorcycles, located at 14607 Six Mile Cypress Parkway in Fort Myers. It will end at Keylime Bistro restaurant, located at 11509 Andy Rosse Lane on Captiva Island.

For more information, visit www.actabuse.com/event/annual-david-barbur-bikers-brunch or contact Benton at 939-2553.

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Fashion Designers Get Creative For Dress For Success

Limited tickets are available for the Dress for Success SW Florida signature fundraiser, A REcycled Night Through the Decades, at the Hyatt Regency Coconut Point Resort and Spa on Friday, August 27 from 6 to 10 p.m.

A REcycled Night Through the Decades is a one-of-a-kind experience where 15 local designers showcase runway-ready ensembles crafted from bags of recycled clothing and accessories donated to Dress for Success SW Florida, which are deemed not quite workplace appropriate. This year's fashion designers include some recognizable names: Sedona Scott, Yvonne Krystman, Nadezda Bembetova, Alanna Jaron, Barbara Snyderman, Evelyn Gannon, Brittany Flanigan, Faith Tenkley, Lexi Fischer, Anny Allen, Francielle Stiefelmann, Georgia Fullerton, Tricia Hennessy, Amanda and Nicholas Gavini and Meeghan Carroll.

The gala will feature hors d'oeuvres, Champagne, a three-course seated dinner, silent and live auctions, a Buy It Now table of couture shoes, a cork pull featuring the finest wine and spirits, disc jockey and dancing along with a fashion show making marvelous out of the discarded, hosted by Alyssa Lemay, Southwest Florida's popular female



A previous silent auction at the Dress for Success signature event

photo provided

impersonator and fashion designer.

A panel of judges will select first, second and third place winners with the top designer taking home \$650. Designers are competing for cash prizes and bragging rights, and the competition is in high gear as needles are threaded and fabric is cut. Sedona Scott, the returning first place winner, is hoping to secure another win with her design from the 1970s.

Money raised from the annual event will help support programs that are offered free to women in Lee, Collier and Hendry counties: Women

Empowered Through Employment Series (WETES) for unemployed and underemployed women, Professional Women's Group (PWG) for employed women and Entrepreneurial Spirit Program (E\$P) for women that want to start their own business.

The event is sponsored by Stevens Construction, Home-Tech, Edison National Bank, Garramone Board Certified Plastic Surgeon, Fifth Third Bank, Wayne Wiles Flooring, Waste Pro, FineMark National Bank and Trust, Dream Fit LLC, R.D. Johnson Construction Inc., The Elizabeth K

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

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

ALL SAINTS BYZANTINE RITE CATHOLIC

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

ANNUNCIATION GREEK ORTHODOX

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

BETH YESHUA MESSIANIC SYNAGOGUE

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

BIBLESHARE

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

CHABAD LUBAVITCH ORTHODOX

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

CHAPEL OF CYPRESS COVE

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

CHAVURAT SHALOM

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

CHURCH OF THE CROSS

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

COVENANT PRESBYTERIAN

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

CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

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

a.m. after Easter – Dec 31. www.crownoflifelutheran.com. 5820 Daniels Pkwy, 482-2315.

REDEEMER CHURCH

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

CYPRESS LAKE PRESBYTERIAN

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

CYPRESS LAKE UNITED METHODIST

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

FAITH UNITED METHODIST

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

FIRST CHURCH OF THE NAZARENE

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

FORT MYERS CHRISTIAN CHURCH

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

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

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

FIRST PRESBYTERIAN CHURCH OF FORT MYERS

11 a.m. Sunday, www.fpcforymyers.org, 2438 Second Street, 239-334-2261

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

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

481-1143.

LAMB OF GOD

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

NEW HOPE PRESBYTERIAN

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

PEACE COMMUNITY

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

PEACE LUTHERAN

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

REDEEMER LUTHERAN

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

RIVER OF LIFE ASSEMBLY OF GOD

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

SAMUDRABADRA BUDDHIST CENTER

Meditation classes. www.MeditationInFortMyers.org, 567-9739.

SAINT COLUMBKILLE CATHOLIC

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

ST. FRANCIS XAVIER CATHOLIC

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

SAINT JOHN THE APOSTLE METROPOLITAN

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

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY

Galeana Foundation, MidWestOne Bank, Card Systems, KDL Interior Design, What 2 Wear, Norris Furniture, The Q Laser and Med Spa, Stacey Adams with Alliance Financial Group, Synovus and Gary Danis, INC.

The Hyatt Regency Coconut Point Resort and Spa is located at 5001 Coconut Road in Bonita Springs. To purchase tickets, contact Nickole Hendra at 689-4992 or visit www.swflorida.dressforsuccess.org.✧

University Earns Gold Ranking

For the third consecutive year, Hodges University has earned a gold ranking for *Military Times* Best for Vets Colleges. Each year, *Military Times* analyzes survey information provided by colleges and universities, and public information from the Department of Education and Department of Veterans Affairs to award gold, silver and bronze medallions.

With a student veteran population of 13 percent, Hodges University has a dedicated center, the Dr. Peter Thomas Veterans Services Center, on campus that is managed by veteran staff. In this center, students can network with other veteran students, find community resources, or just relax. Veteran students also have preferred on-campus parking spaces, special programs and ongoing support services for them and their families.✧

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

ST. VINCENT DE PAUL CATHOLIC

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

SOUTHWEST BAPTIST

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

TEMPLE BETH EL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)

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

THE FAITH CENTER

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

THOMAS A. EDISON CONGREGATIONAL

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

UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

Sunday 10 a.m., www.unityoffortmyers.org, 11120 Ranchette Road, 278-1511.

WESTMINSTER PRESBYTERIAN CHURCH

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

WORD OF LIFE

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

ZION LUTHERAN

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

Plant Smart

Frostweed

by Gerri Reaves

Frostweed (*Verbesina virginica*) is a short-lived native perennial of the aster family. Also called white crownbeard, it grows in open woods, shady forest edges and hammocks throughout the southeastern U.S. and part of the Midwest.

The showy flowers could be said to look “frosty,” but it’s the winged stems that give the plant its common name.

Fleshy wings, or flanges, run lengthwise on the hairy stems. During freezing weather, the stems exude water that freezes into curious shapes.

As the plant continues to draw moisture from the soil, the vapors also freeze and form cotton-candy-like formations.

The plant’s other cool common names include iceplant and iceweed.

In fact, the little ice sculptures themselves inspire many names, among them ice ribbons, ice flowers, ice fringes, ice fingers, ice filaments, ice leaves, frost beards and frost castles.

Frostweed grows four to seven feet high.

The dark green leaves of six to eight inches long are usually alternate.

Coarse in texture, they vary in shape, from lance-like to elliptical or ovate, and have pointed tips.

The edges are usually coarsely toothed and can have a ruffled



Native frostweed produces showy flowers that attract native butterflies and bees

photos by Gerri Reaves

appearance. Larger leaves are lobed.

The stalked flowerheads of three to six inches across form a corymb, meaning that all the flowers are in one horizontal plane.

As is characteristic of many asters, it has both ray and disk flowers.

The oval ray florets are white, the tubular disk florets white and green. The latter can appear blackish at the center because of the black anthers.



Wings, or flanges, run along the stems

Sources: *Everglades Wildflowers* by Roger L. Hammer, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, *Wildflowers of Florida Field Guide* by Jaret C. Daniels and Stan Tekiela, <http://floranorthamerica.org>, www.fnps.org, and www.wildflower.org.

Plant Smart explores the diverse flora of South Florida.✱

Estates Receives Wildflower Grant

Edison and Ford Winter Estates has been selected as a recipient for a Viva Florida Landscape Demonstration Garden grant from the Florida Wildflower Foundation. The Estates received \$1,000 and was one of 11 sites awarded funds this year. The grant money will go toward expenses for designing and installing a new Florida native wildflower garden that will surround the site’s apiary.

Goldenaster (*Chrysopsis sp.*), Yellowtops (*Flaveria linearis*) and Tropical Sage (*Salvia coccinea*) are among the native wildflowers that will be planted to provide nectar and pollen for the honey bees and other pollinators. Future garden talks, children’s programming and interpretive signs will provide opportunities for visitors to learn about the benefits of utilizing native plants.

Viva Florida Landscape Demonstration grants provide funds to parks, nature centers and other public places, where Florida native wildflowers and other native plants will be showcased. The Florida Wildflower Foundation works to protect and expand native habitats through education and conservation. The foundation educates the public about the role native wildflowers serve in providing wildlife habitat, supporting pollinators, and decreasing air and water pollution.

“We are excited to add the native

wildflowers to our gardens and look forward to teaching children and adults about the importance of planting natives,” said Debbie Hughes, horticulture director at Edison and Ford Winter Estates. “We can show people how to plant wildflowers in their own yards to help pollinators and other wildlife.”

The first step in creating the wildflower garden is removing the grass and invasive weeds that exist in the location. Plastic has been spread on the ground to solarize the soil, which will kill the existing weed seedbank. Once the ground has been solarized, the plastic will be removed and then the new plants will be installed. The wildflowers will reseed in the garden and gradually completely fill in the space.

Edison Ford offers garden talks and gardening classes throughout the year, as well as plant sales and festivals, where local residents can purchase plants for their own gardens. The estates’ garden center, the Garden Shoppe, is open seven days a week from 9 a.m. to 5:30 p.m. and is stocked with many plants, shrubs and trees, including Florida natives. For more information, visit www.edisonford.org.✱

Deans’ List

Fort Myers natives Marc Taglieri and Mark Fuchs have been named to the deans’ list for the spring 2021 semester at Bryant University in Smithfield, Rhode Island.✱

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Match The Hatch



by Capt.
Matt Mitchell

Over the past several months in the heat of the summer as always, our shiners disappear then slowly reappear as small hatch bait. At first, these millions

of fry baits are even too small to catch without Christmas-treeing a quarter-inch mesh cast net. Over the past few weeks, they have now reached a large enough size that they are finally fishable again. What this bait has lacked in size, it has made up for in sheer numbers with rafts of it found all through the bay. Filling your live well with this bait comes easy with a little chumming and a few casts of a small cast net.

Once your line is baited up, its simply a matter of live chumming all your favorite places to catch fish. From the mangroves to the flats and even the passes, this fry bait gets everything fired up. With our water temperature hanging right at 87 degrees, it seems the fish are just looking for a small bait and not that big stuff. It's as easy as throwing a hooked shiner to the pops to catch a amazing variety of fish as we watch fish fire off on these baits when chummed.

Out on the flats around all the shoals, I've had great success chumming up trout, mackerel, small sharks and lots

of keeper-sized mangrove snapper. Chumming a half dozen or so baits every five minutes has the fish exploding on the surface. Downsizing my gear to 2,500 series reels spooled with 10-pound braid has made not only casting these small baits possible, but it also gives the clients some great battles on a mixed bag of fish. Also, downsize the leader to 20-pound test and tie on a 1/0 light wire hook and your in business.

While cleaning the dead baits out of the live well this week, we had wolf packs of big mangrove snapper swarming the free lunch on several spots out on the flats. To catch these fish, we would open the spool of the reel and feed the baits back at the same speed as the chum was moving. When the line started to peel off the spool, we closed the bail and wound tight to hook up. Limits of these tasty fish have come without much effort.

Mangrove fishing for snook has also been a great option on these smaller baits. The same process of live chumming a shoreline has quickly let you know if you have feeding fish there. Look for shorelines with moving tide, and when you see the fish blow up, move to that area. These same shorelines have also had jacks, a few redfish and more mangrove snapper.

As we often hear when it comes to fishing, "match the hatch" or basically fish with what is naturally there. This is proving to be the case. When nothing else will get it done in the hot water, these small baits do. With so much smaller baits just about everywhere, it's proving to be what all the fish are dialed



Big trout out on the flats have been around the fry bait too photo provided in on right now.
City and works as a back country fishing guide. If you have comments or questions, email captmattmitchell@aol.com.*

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Chicken Turtle



by Bob Petcher

The chicken turtle (*Deirochelys reticularia*) is similar to the peninsula cooter, the red-bellied slider or the yellow-bellied slider. However, it is more of an uncommon freshwater turtle

found in the southeast of the United States.

Many sources say that "chicken" in its name is a reference to the taste of its meat. Apparently, many years ago, they were known as a delicacy and commonly sold in southern markets.

Chicken turtles have long, striped necks... so long that they have been known to extend their necks out to roughly 80 percent of the size of their shell. Due to this maneuver, chicken turtles have been affectionately called "American snake necks."

These omnivores eat fish, crayfish, insects and frogs as well as leafy greens. Their webbed feet allow them to be efficient swimmers. When they are not in water, these semi-aquatic reptiles will search for burrows for shelter.

At CROW, an adult female chicken turtle was admitted from Sanibel after being found with trauma consistent with



Patient #21-3918 spends some time in a tub after undergoing surgery

photo by Brittney Auchmuty

a vehicle strike. Upon initial examination, the turtle presented with a shell fracture and a fully healed amputated front limb. Veterinarians successfully performed surgery a day after intake to repair the shell fracture.

"The top part of the shell, known as the carapace, was cracked from the back margin extending up towards the middle. It was contaminated with dirt and needed to be debrided and cleaned thoroughly prior to fixing or reducing the fracture back into its normal alignment," said Dr. Robin Bast, CROW staff veterinarian.

"Two small holes were placed on the edge of the shell, and sterile wire was passed through the holes and tightened to keep the pieces of the shell together. The surgery itself took less than 20 minutes. Including anesthesia recovery time, it took a little over an hour."

Reportedly, this is the turtle's first visit to CROW. The patient's amputated front limb was not a prior repair job that was performed at the Sanibel clinic.

"No, the amputation was from some prior traumatic incident that occurred in the wild," said Dr. Bast. "The skin

and soft tissue had healed around the remaining stump, and there were no signs of infection at that site. Since part of the leg remains, the turtle can still use it to ambulate and to dig as needed for nesting purposes."

After surgery, the turtle was placed in shallow water and, as her condition improved, she was then moved to a deeper tub. She will continue to receive supportive care and will remain under close monitoring for any changes.

"Upon initial recovery from anesthesia, we gradually reintroduce water to protect the turtle's airway. Once it was fully awake, it was able to be placed in a deeper tub," said Dr. Bast. "The turtle was able to swim well in the deeper tub."

The chicken turtle will spend some time adjusting and healing before it is released back into the wild.

"The turtle is currently receiving pain medication and antibiotics as the fracture heals over the next several weeks," said Dr. Bast. "Healing is going as expected; with reptiles, everything takes longer. We anticipate this turtle will be able to be released in four to six weeks, once the fracture has healed."

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.*

Drop-Off Event For Household Chemical Waste

Fort Myers Beach residents will be able to safely and responsibly dispose of household chemical waste at Bay Oaks Recreational Campus on Friday, August 6 from 8 a.m. to noon.

Hosted in partnership with Lee County Solid Waste, the free drop-off event includes leftover paints, cleaners, herbicides, pesticides, automotive fluids and pool chemicals. For a complete list

of acceptable items, visit www.leegov.com/solidwaste/recycling/chemicals.

Additional collection events will be scheduled this fall and in 2022. Details about those will be posted on the town's website at www.fmbgov.com and social media outlets.

Businesses that need chemical waste disposal can call 533-8000 to schedule an appointment for the monthly business collection held at Lee County's permanent HCW drop-off location. This location is just off Metro Parkway in south Fort Myers at 6441 Topaz Court.

Bay Oaks Recreational Campus is located at 2731 Oak Street. Drop off is an easy drive-through process available to all residents.*

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Shell Point Named Certified Wildlife Habitat

Shell Point Retirement Community has been designated by the National Wildlife Federation as a Certified Wildlife Habitat. By employing sustainable practices and offering wildlife opportunities for natural sources of food, water for drinking and bathing, cover from weather and predators, and places to raise young, Shell Point satisfied the essential elements required to earn the wildlife habitat distinction.

“Residents and staff alike appreciate the great beauty that surrounds Shell Point,” said Adam Hinds, vice president of operations at Shell Point. “Achieving this designation reflects our commitment to honoring the wildlife who also call Shell Point home.”

Located on the Caloosahatchee, Shell Point is surrounded by mangroves, trees and lakes that attract numerous wildlife, including a variety of birds, otters, turtles, dolphin, manatee and fish.

“The natural setting of Shell Point’s 700-acre campus is a welcoming habitat for a robust wildlife population,” said Steve Morton, Shell Point’s director of landscape operations. “We were named a Certified Wildlife Habitat because of our conscientious planning and sustainable approach to landscaping, with plenty of native plants and planted



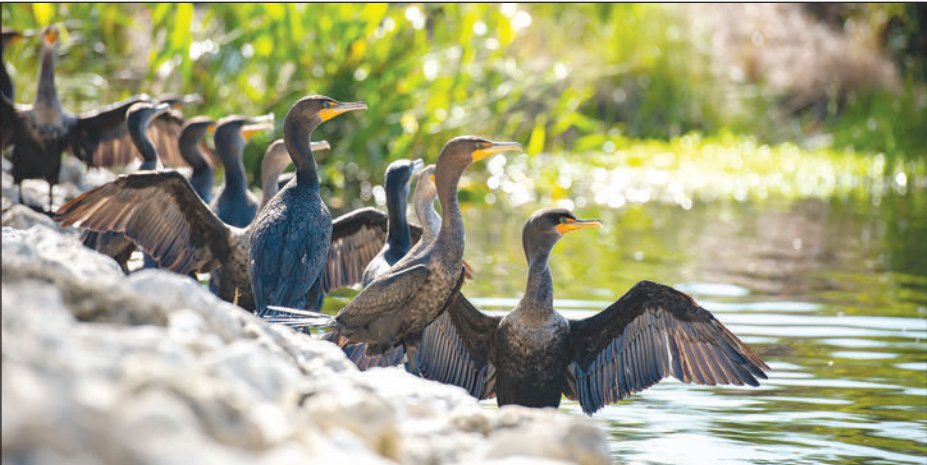
The Certified Wildlife Habitat sign near the wetlands photos provided

littorals along our water areas.”


A sign commemorating Shell Point’s status as a Certified Wildlife Habitat was placed near the wetlands area across from Tribby Arts Center, Shell Point’s new state-of-the-art visual and performing arts facility designed to nurture the creative spirit and the engaged minds of the community’s residents. Additional lifestyle amenities include a championship 18-hole golf course with clubhouse, free boat docks with deep-water access to the Gulf of Mexico, and miles of scenic walking and biking trails. For more information, visit www.shellpoint.org.



Flocks of white pelicans delight Shell Point’s avid birders



Shell Point is home to many varieties of birds, from anhingas and herons to pelicans and cormorants




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‘Ding’ Darling Amateur Photo Contest Open

July 15 marked the opening of the 29th annual “Ding” Darling Day Amateur Nature Photography Contest. Deadline for submission is September 15 and all entries must be submitted electronically.

The contest, sponsored by the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS), is held in conjunction with “Ding” Darling Day, October 10 (www.dingdarlingday.com).

For an entry form and other contest information, visit www.dingdarlingsociety.org/articles/photo-contests. DDWS will announce winners and award prizes at “Ding” Darling Day.

Entries must be delivered by email to ddamateurphotocontest@gmail.com by September 15. To maintain its commitment to the environment, DDWS no longer accepts photo contest entries by mail. For assistance, call 472-1100 ext. 4 or email shois@dingdarlingsociety.org. Entrants can pay by sending a check made out to the “Ding” Darling Wildlife Society (P.O. Box 565, Sanibel, FL 33957) with a memo “for photo contest” or online at tinyurl.com/dingdonations with a note in “gift comments” noting the donation as photo contest fees.

There is a \$25 per person entry fee that provides you with a membership



First place went to Ellen Trevor of Sanibel in 2020 for her great egret portrait titled *Carry Out Lunch* photo provided

to the society and is used to defray the cost of the contest.

Only amateur (all ages) photographers are eligible to enter (may not possess a professional photographer tax identification number for the sale of photographs).

Photos must be taken at JN “Ding” Darling National Wildlife Refuge and within two years of entry date.

Each person may enter up to two photos but is eligible to win only one award. One \$25 fee covers two entries

continued on page 12

Health First

COVID-19: Where We Are Today



by Julie Rosenberg, MD

This week's article focuses on the COVID-19 situation, as the United States has had a dramatic resurgence of cases in recent weeks. Florida has the highest rate of rise

of COVID-19 cases among all 50 states. On July 1, 2,432 cases of COVID-19 were reported in Florida; this number rose to 24,017 on July 20.

Below are eight science-based facts about where we are today with COVID-19.

1) As of July 2021, there have been over 34 million cases of COVID-19 reported in the U.S. and more than 600,000 deaths.

2) Despite wide availability and easy access to vaccination in the U.S., only 49 percent of eligible individuals (about 162 million people) 12 years of age and older have been vaccinated for COVID-19. Two-thirds of the counties in the U.S. have vaccinated less than 40 percent of their residents. This is well below the target vaccination rate of 70 percent and has allowed for the emergence of variants

of COVID-19.

3) There are four notable variants in the United States: Alpha, Beta, Gamma and Delta. Among these, the Delta variant, first identified in India in December 2020, has spread to at least 80 countries and is of greatest concern. The Delta variant has a higher rate of transmission than other variants; it spreads easily and quickly and is highly contagious. In the U.S., the Delta variant presently accounts for 83 percent of sequenced COVID-19 cases.

4) With the emergence of the Delta variant, the U.S. has witnessed a rapid rise in COVID-19 cases among the unvaccinated. Hospitalizations and deaths are increasing specifically among this group.

5) Studies to date have shown that the vaccines approved under emergency use authorization in the United States (Pfizer, Moderna, and Johnson & Johnson) are highly effective against COVID-19 and known variants. Even though the Delta variant is hyper transmissible, full vaccination appears to protect against it.

6) There have been over 3.7 billion vaccine doses given worldwide. The available vaccines are safe and effective.

7) Breakthrough cases of COVID-19 among fully vaccinated individuals have been reported. Such cases are generally associated with mild symptoms.

8) Unvaccinated Americans are highly vulnerable to COVID-19 (especially the Delta variant) as well as to serious symptoms or even death.

How can you protect yourself and your community from COVID-19?

The message is clear. Get vaccinated.

Health experts recommend that all eligible individuals get vaccinated regardless of whether they have already had COVID-19.

If you are not yet fully vaccinated, or if you are vaccinated and immunocompromised or otherwise consider yourself "at risk," continue to take all precautions with COVID-19:

Wear a mask in indoor public places; Practice social distancing, staying at least six feet apart from others who are not in your household;

Wash your hands often with soap and water;

Monitor your health – be alert for fever, shortness of breath, cough or other symptoms of COVID-19 and get tested if you experience these symptoms or are exposed to someone with known COVID-19.

A recent survey by the American Medical Association showed that 96 percent of physicians have been vaccinated. I was vaccinated in February with the Moderna vaccine. I experienced minor side effects following the second dose – low grade fever and fatigue lasting 24 hours.

Despite the high vaccination rate among physicians, the low vaccination rate among the American public is highly concerning. The COVID-19 pandemic has been highly politicized. The benefits and risks of vaccination have been misrepresented in the media. Here are scientific truths: COVID-19 remains a major public health problem. Widespread

implementation of vaccination is needed to protect public health worldwide, to end this pandemic and to prevent future COVID-19 outbreaks.

We are fortunate in the U.S. to have three safe and highly effective COVID vaccines available. Facts, logic and concern for our fellow Americans require us to all do our part and get vaccinated.

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

MPO Committee To Meet Thursday

The Citizen Advisory Committee of the Lee County Metropolitan Planning Organization (MPO) will hold a meeting in Room 200 of the Cape Coral Public Works Building on Thursday, August 5 at 3 p.m.

Learn about the latest transportation planning in Lee County. Agenda topics for the meeting include approval of the Roll Forward Amendments, review of the draft Origin and Destination Scope of Services and review of the 2022 MPO meeting schedule.

The Cape Coral Public Works Building is located at 815 Nicholas Parkway East in Cape Coral. For more information, visit www.leemopo.com.✱

Lee Clerk To Hold Career Fair

The Lee County Clerk of Court is hosting a three-hour, in-person career fair in the east administration building on Thursday, August 5 at 3 p.m.

There are 20 positions to be filled with career opportunities in several areas of the organization, including courts, information technology, tourist tax, minutes and communications. Participants will have the ability to speak with hiring managers and learn about the office's benefits.

"Our career fair will provide you with valuable insight into our team culture as well as our extensive benefits package," said Lee County Clerk of the Court Linda Doggett.

Participants are required to register at www.leeclerk.org/careerfair. The fair is free and open to anyone who would like to learn more about the job opportunities.

The clerk's office offers a comprehensive benefits package, including medical, dental, vision and life insurances. Paid time off, tuition reimbursement, and optional deferred compensation plans are offered. Employees also qualify for enrollment in the Florida Retirement System and for student loan forgiveness under the Public Service Loan Forgiveness program.

The Lee County Administration East Building is located at 2201 Second Street in Fort Myers. For a list of career opportunities and benefits, visit www.leeclerk.org/careers.✱



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Book Review

The Last Thing He Told Me



by Di Saggau
The Last Thing He Told Me by Laura Dave, is a gripping mystery about a woman who is sure she's found the love of her life, until he disappears. Before Owen Michaels disappears, he smuggles a note to his wife

Hannah, his wife of one year. It simply says: "Protect her." Hannah knows he is referring to his 16-year-old daughter Bailey who lost her mother tragically as a child. The problem is, Bailey wants nothing to do with her new stepmother.

Hannah's calls to Owen go unanswered. In the meantime, the FBI arrests Owen's boss, and a U.S. Marshal and federal agents arrive at her home asking questions. Hannah realizes that Owen isn't who he said he was. In fact, she discovers that Owen Michaels never existed. She doesn't even know her husband's real name. The relationship between Hannah and Bailey, and watching their relationship evolve from awkward rapport into a genuine bond, is what keeps us interested.

We learn that Owen Michaels was about to be arrested for securities fraud

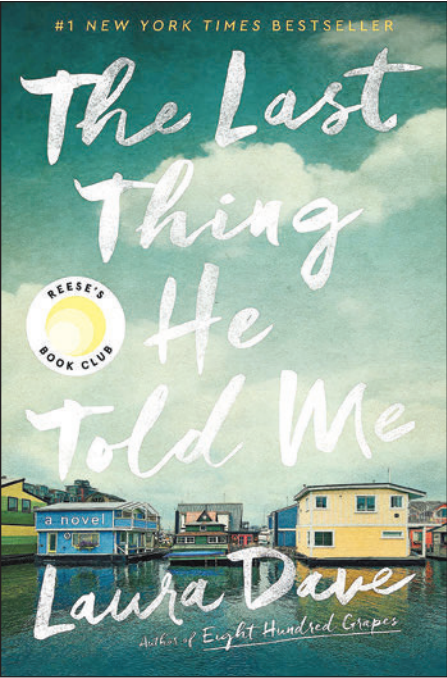


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when he vanished. But there is so much more to the story. As Hannah and Bailey start putting together Owen's past life, they start building a new future between them. *The Last Thing He Told Me* is a suspenseful mystery with a shocking finale. The pacing and plot twists are unique. Author Riley Sager summed things up well by saying, "With dizzying suspense and gorgeous prose, *The Last Thing He Told Me* tackles tough questions about trust, marriage and what it means to be a family. A page-turner of the highest order."**

School Smart



by Shelley M. Gregg, NCSP

Dear Readers,

We are continuing the topic of School Readiness with some information on both fine and gross motor skills. These motor skills,

while not discussed nearly as much as academic ones, are also important to the academic success and happiness for a kindergarten student.

When discussing fine motor skills we know that by ages 4 to 5, most children can cut across a piece of paper with child-sized scissors, draw or copy vertical lines and a complete circle, and use a fork/spoon correctly. Fine motor skills, which are used in holding and using writing and eating utensils properly, may develop a bit later in some children.

The following are the fine motor skills that are generally expected from a school ready child:

Child is able to copy simple shapes and designs;

Able to cut with scissors;

Child has hand preference established;

Child is able to dress self with little assistance;

Child is able to feed self with a fork and spoon; and

Child displays an appropriate pencil grasp or is capable of learning.

There are stages of development for a correct pencil grasp. First, we see toddlers using a fist grasp when they first attempt to write with a crayon. If you look carefully at them, you will see that they are actually moving from the shoulder to move the crayon across the paper. The next stage is a palmar grasp where you see the pencil lies across the palm of the hand, and your child's elbow is held out to the side a bit. Children then move to a five-fingered grasp to hold a writing utensil and then finally, typically, at age 5 to 6, they will be able

to utilize a standard three-fingered or tripod grasp. Their body movement at this point goes from the shoulders and arms to the wrist and finally the fingers, which at ages 5 to 6, are strong enough to hold the writing utensil correctly and without tiring easily.

You may see your child switching between pencil grasps. As the shoulder and arm muscles become stronger and steadier, your child should switch less and less.

Good control of the pencil for handwriting will only come as the finger muscles become more skilled. Some children will need more activity to develop their shoulder, core and finger muscles.

Some activities to help develop the shoulder muscles include climbing, pulling up and pushing movements. A jungle gym or climbing structure is a great place for kids to exercise their muscles.



To develop the fine motor and finger strength to grasp and write correctly, work with play dough by rolling it, pinching it, pounding it to make a variety of shaped items and all the while giving the hands and fingers a great workout. Other activities to help develop hand and finger strength are using a hole punch and stapler, cooking projects, especially with batter or dough, playing with construction tools (hammer, saw, etc. at child's developmental level), playing with pop beads, clothespins, large tongs, stress balls and squeeze toys, buttoning and snapping.

Even though these activities look like play, they will benefit your child immensely. Play is actually how children work and learn and is the best way for them to develop.

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.**

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From page 10

Photo Contest

per person.

Each photo must be a JPEG file of at least 3000 by 2400 or 4 megabytes (MB). Panoramic photos are not allowed.

Photos that have won awards in previous "Ding" Darling Wildlife Society photo contests may not be resubmitted.

Judging will be anonymous. Do not put your name or anything that will identify you on your photograph.

Judging criteria:

1) Technical excellence (sharpness, lighting, composition, exposure)

2) Originality/creativity

3) Interest

4) Ability to be reproduced for publication

Only limited image modifications

are permitted. Minor manipulation should be used only to produce a more natural looking photograph. Cropping is allowed but adding any elements not existing in the original scene will not be accepted. Judges, at their discretion, will disqualify any photos that appear to be manipulated beyond these guidelines. All photo files will become the property of DDWS. Photos may be used by DDWS in any way with appropriate credit to the photographer.

First, second, and third place winners and honorable mentions will be formally announced during the "Ding" Darling Day on Sunday, October 10. Cash prizes will be awarded: first place \$300, second place \$225, third place \$175, honorable mentions \$25.

There will be three judges: A refuge staff member, a professional photographer and a member of the Sanibel community.**



From left, Charlotte Edenfield of Pilot International, Mike Martin of FGCU, Danarria Stone of Gresham-Kite Pilot Scholarship House, Melanie Beatty of Gresham-Kite Pilot Scholarship House, Sue Lester of Pilot Scholarship House Foundation, Rhoda Glasco Foderingham of Southern Scholarship Foundation and Dr. Shawn Woodin of Southern Scholarship Foundation photo provided

Ground Broken For Second FGCU Scholarship House

Seventeen additional girls will be housed rent-free in the Bill & Nancy Malthouse Pilot Scholarship House on the Florida Gulf Coast University (FGCU) campus. Ground was broken on July 13 by the Southern Scholarship Foundation and Pilot International for the house, which will be built adjacent to the Gresham-Kite Scholarship House.

Both the Malthouse and Gresham-Kite Scholarship houses provide an opportunity for girls to live together and get a jump start on the responsibilities of adulthood. The FGCU house was opened in 2003. The girls share tasks like cooking, cleaning and attending monthly meetings. Residents are chosen based on factors like academic performance, character and financial need.

Dr. Shawn Woodin, president-CEO of Southern Scholarship Foundation, noted that the foundation helps to make college more affordable by providing the rent-free facilities. There are 16 scholarship houses on Florida campuses. "What the house provides is a total shift in the path of the residents' lives," he

said. "Once they have the education that they're coming to FGCU for, then it launches them in a career where they can be financially stable and help take care of their families."

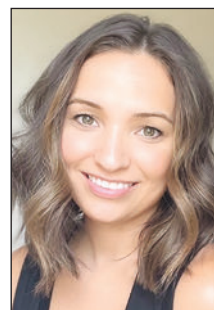
Danarria Stone, house manager for the Gresham-Kite Scholarship House, said that students gain a lot of adult skills through living in the house like managing their own money and knowing how to do the various tasks that are rotated among the girls. Learning to be part of a community is an outcome of living in the scholarship house.

The rent-free housing at the Gresham-Kite Scholarship House saves each student approximately \$13,000 each year. The budgeted cost of food and utilities is shared among the residents, with an average house services bill per student of approximately \$950 per semester. Most girls living in the house have part-time jobs.

The Malthouse Scholarship House is being named for the late Bill Malthouse, a former scholarship recipient. The house receives support from the nonprofit Pilot International. The foundation relies on dues paid by all Florida districts, Pilot club members, as well as additional donations by individual Pilot members, Pilot clubs, and friends and businesses through tax-deductible donations.*

Professional Public Relations Accreditation

Marie Heisler, 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).



Marie Heisler

Heisler 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 41 currently in Southwest Florida.

A Florida Gulf Coast University graduate with nearly a decade of experience in the PR and marketing industry, Heisler leads public relations and communications at Mercola, a global brand headquartered in Cape Coral that provides natural health information and offers biodynamic and organic supplements and foods, personal care products and more through its Mercola Market online store. She currently serves

on the board of the Cape Coral Chapter of the FGCU Alumni Association.

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.*

Webmaster Joins Marketing Team

Matthew Carapazza has joined Hodges University as its webmaster.

In this position, Carapazza is responsible for the university's website. He will oversee website updates and upgrades as it continues to evolve in look and functionality.

A native of Florida, Carapazza is a recent graduate of Full Sail University with a bachelor's degree in audio production. Prior to graduating, he also gained experience in the planning and development of websites.*



Matthew Carapazza

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When Mom Suffers From Dementia



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

According to the Centers for Disease Control and Prevention (CDC) more than seven million American adults suffer from dementia. That figure may double in the next 10 years. While modern medicine keeps us alive longer, it has not yet discovered a cure for the deterioration of our mental faculties.

Many retirees who reside in Florida are not near family members, who may live in the Northeast or Midwest. They are therefore more vulnerable to scam artists and others who prey on the elderly.

About two or three times a month, my office receives a call from an adult child of one of our clients, expressing concern about a parent’s cognitive decline. The child will typically request a copy of a durable power of attorney, or of the client’s revocable trust to examine what must happen so that they can assist their mother or father with legal and financial affairs.

My office typically helps with that process. In today’s column, I’m going to outline some ideas you may want to consider when combatting legal and financial issues that arise when one suffers from mental decline.

First, it is imperative that my client execute a release from confidentiality so I, and members of my staff, may interact and share information with loved ones. This might include a spouse, adult children, or others. Without such a release, the Florida Bar Rules of Professional Conduct prohibit my law firm from sharing confidential information, which includes most, if not all, of a client’s file.

Some clients are reluctant to waive confidentiality to a limited group, even their children. In that case, I advise them to provide copies of important documents like the durable power of attorney, healthcare surrogate and living will to their loved ones. Otherwise, they wouldn’t know that the documents even exist or what powers and direction they convey.

Second, it is also important to share financial information. Where are the accounts? Whose name is on them? If the account is in the name of a trust, where is the trust document? Who is the successor trustee if the client can no longer act?

Financial information is perhaps the most delicate for clients to share with their adult

children. While some families are very open, others remain tight lipped. There could be valid reason for nondisclosure, but if there isn’t, then perhaps once one retires, he might consider sharing, at a minimum, who his financial advisor is and how to get in touch with him.

As E-Trade, Vanguard, Schwab, Fidelity and other low-cost platforms proliferate, many clients don’t engage a personal financial advisor. These clients are perhaps the most vulnerable when cognitive ability declines. Yes, low-cost platforms are less expensive than a typical financial advisor, but at what cost? When a client loses the capability to manage his own portfolio, will inaction lead to major loss?

Finally, I’ll leave you with a true story. Several years ago, a client’s son came to visit me, concerned about his father, who was suffering from Alzheimer’s. The client’s wife died some time ago, she was the mother of their children, but the client had entered into a new relationship with a woman the children were suspicious of. She professed great love for the client. He wanted to transfer his home and several financial accounts to her.

The son told me he didn’t want to appear to protect his inheritance, but instead, the son was worried that his father wasn’t truly aware of the consequences of what he was doing, as he needed the money for his growing care needs.

We investigated the woman, and found out that she had eight prior marriages, all to men with Alzheimer’s!

Even if our client were removed as his own trustee, since he wasn’t yet adjudicated incompetent, he still had the power to transfer accounts, homes or even marry the woman, which would have resulted in her acquiring up to half of his assets at his death unless she signed a nuptial agreement.

The danger instituting an action – most likely a guardianship action – is that the individual has lucid moments during the hearing and the judge denies the order. The individual might then take vengeance against the family members who were just trying to protect him.

Here, it’s very important to have a “preneed guardian” document in the file. This document names who the client wants to be his legal guardian if he is adjudicated incompetent. Otherwise, the person trying to take advantage may obtain those legal rights.

Planning for incompetency hopefully occurs well before the client is in any danger of becoming mentally impaired. Today’s short column stresses the importance of getting your affairs in order, and having important conversations with your legal, tax and financial advisors, as well as your loved ones.

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Grant Provides Funding For New Staff Members

FutureMakers Coalition has received a \$300,000 grant from Bank of America to add three full-time team members. The staffing positions created and funded by the bank’s multi-year commitment will further FutureMakers Coalition’s goal of transforming Southwest Florida’s workforce by increasing the percentage of working age adults (age 25 to 64) who hold post-high school credentials to 55 percent by 2025.

Joining FutureMakers’ team as a result of the bank’s support is a partnership and sustainability manager to help secure additional revenue and funding opportunities to grow the coalition’s reach and manage its network. That network is comprised of over 250 active FutureMakers representing various sectors in Glades, Hendry, Collier, Lee and Charlotte counties. Through collaboration, members aim to identify system gaps and use existing assets to pilot and measure the success of its programs, which are replicated across the region.

In addition, two college navigators will be added through the grant to help connect adults to training programs and find students who previously attempted to attend college but did not complete a credential or certification. FutureMakers expects these positions will bolster the region’s training and degree programs by boosting their enrollment as well.

“This is the largest grant FutureMakers

Coalition has ever received and will allow us to create a better future for Southwest Florida,” said Tessa LeSage, FutureMakers Coalition director at the Collaboratory. “Receiving funding for operating expenses is always a challenge, but that is what is needed to make a big impact. This pilot grant will hopefully lead to sustainable funding for FutureMakers’ future and help us recruit talented people with the skills and ideas to change things and help us meet our goal.”

Two out of every three jobs in Florida will require a credential beyond a high school diploma by the year 2025. Regional data also illustrates the equity imperative in the FutureMakers’ work, as education and workforce achievement gaps are reinforced by policies, practices and beliefs that perpetuate inequitable outcomes for people of color, particularly Black and Latinx.

To help underserved communities in the region prosper, the FutureMakers Coalition has put a significant focus on its untapped workforce, those adults without the post-high school credentials needed to fill in-demand jobs. More than 31,000 credentialed Southwest Floridians were added to the workforce since 2013.

In January of 2020, Southwest Florida was designated a Talent Hub by Lumina Foundation in partnership with The Kresge Foundation. These communities meet rigorous standards for creating environments that cultivate, attract and retain talent, particularly among today’s students, many of whom are adults, Black, Hispanic, or Native American students from low-income households, or the first in their families to go to college.

Recently, Bank of America announced

its expanded \$1.25 billion, five-year commitment to help advance racial equality and economic opportunity. The bank’s support of organizations like FutureMakers is a direct result of this commitment, which focuses on direct action in communities of color where systemic, long-term gaps have existed, and significant change is required to achieve sustainable progress.

“Connecting Southwest Floridians with the skills they need to succeed is essential to fostering economic mobility that contributes to a thriving community,” said

Gerri Moll, president of Bank of America Southwest Florida. “With these funds, FutureMakers can expand opportunities for the region’s historically underserved residents by providing them with skills needed to fill in-demand jobs and help make strides toward ending generational poverty.”

FutureMakers Coalition encourages businesses to join and invest in sustaining this community-changing initiative by visiting www.futuremakerscoalition.com or emailing LeSage at tlsage@collaboratory.org.✴

Help Those In Need Through LCEC Program

Lee County Electric Cooperative (LCEC) has launched the Power to Share by Rounding Up Program, an expansion of the current Power to Share program that was created in 2009 to assist financially strained customers having difficulty making electric bill payments through a partnership between LCEC and the United Way. This short-term emergency assistance is available to qualifying customers within the LCEC service territory, and the program is funded through donations by LCEC employees, business partners and customers.

Power to Share by Rounding Up expands the current program by providing participating customers with the opportunity to round up their

monthly electric bill to the nearest dollar. This makes it easy to donate. For example, a bill of \$150.25 would be rounded up to \$151. The additional 75 cents will be allocated to the Power to Share Program. Customers can also add an additional monthly contribution or make a one-time donation to their bill. Excluding additional donations, the maximum year contribution per customer is \$12.

All of the donated funds are allocated to the Power to Share Program and administered by United Way to help pay the electric bill of someone in need. Customers can enroll through the LCEC SmartHub, online at www.lcec.net, or over the phone at 656-2300 with an LCEC customer care professional. If a customer decides to opt-out later, they can simply use the same enrollment channels to do so.

For more details on the program, visit www.lcec.net/about-lcec/community-and-education/power-to-share.✴

Superior Interiors

Planning For A Multigenerational Home Change



by Katie Frederick

It wasn't that long ago that it was not unusual for grandma and grandpa to live in the lower flat, and one of their adult children to live in the upper flat with his/her young family. Three

generations in one building. Or consider that farm family with the patriarch/matriarch living in one home and second and third generations living in other homes on the same property.

The lifestyle is returning today in the form of multigenerational homes, also known as multi-gen or next-gen homes. Do an Internet search on any of those terms and you will find a wealth of ideas related to the concept. With many 25- to 35-year-olds not moving out and increasing numbers of boomers over age 65, that leaves the 40- to 60-year-olds providing for multiple generations under one roof.

It is estimated that 64 million Americans live in multigenerational homes for reasons of practicality, affordability, quality time with family.

It is practical because when needed, there are additional caregivers either for the older or the younger. It can provide an alternative to assisted living for aging parents. It can provide an alternative to daycare or after-school care for children. It's affordable because it allows the sharing of expenses and maintenance. If you're building, it can be less costly

to build one structure than two, or to purchase one lot instead of two.

Fostering better family ties, building more memories for children and having a greater commitment to caregiving are just some of the relational benefits gained in a multigenerational home.

While some may wonder about privacy or separate entrances, there are an ample variety of floor plans that give a wide range of choices. Some are as simple as having a parents' suite. More elaborate plans are multi-level or even two houses on one lot.

A good way to start the planning would be to gather everyone around the table, or on a Zoom call, and talk about what's most important for your family. Listening to every family member and respecting everyone's needs and preferences for multigenerational living will guarantee harmony in your new home.

Another step is to consult with a knowledgeable design professional when you are still discussing layouts. The interior design community has developed special expertise for those seeking accommodations for aging in place. There are a multitude of design factors to be considered: the size of doorways; bathroom accessibility; the height of outlets; windows; shelving; and other items; the use of motorization on window treatments; and some seating.

Whether you are planning new construction or adapting a current structure, doing ample research and working with a design professional can help you have more confidence. You'll want your new spaces to be long-lasting, functional for changing lifestyles and ages, and so enjoyable that your home is a constant reminder of the good choices you made.

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

Clerk's Office Extends Hours For Passport Services

As the demand for international travel increases, Lee County Clerk of Court Linda Doggett's office will open Saturday, August 7 to help travelers apply for passports.

Customers can visit the clerk's recording department from 9 a.m. to 1 p.m. for assistance. The office is located at 2115 Second Street, 2nd floor, in downtown Fort Myers.

"As more international destinations open up and cruise ships begin to sail, travelers are starting to plan trips overseas," Doggett said. "To help those who haven't been able to get to our office during week days to apply for passports, we decided to open our doors on a Saturday."

Appointments are required and can be made at www.leeclerk.org/appointment. Customers are asked to save time by downloading and completing their passport applications

prior to coming into the office. Forms must be completed in black ink.

Two forms of payment are also required, including at least one check or money order. To learn more about passport fees or to download forms, visit www.leeclerk.org/passports.

Applicants must bring their own passport photo, which can be taken at local pharmacies and other retailers.

Passports take up to 18 weeks to be processed by the U.S. Department of State. Those who need their passports sooner can purchase expedited processing and receive their passport within 12 weeks. There are currently nearly two million passport applications being processed by the U.S. Department of State.

During Passport Day, all other recording services will be offered. Customers will be able to record documents, such as deeds and mortgages, and apply for marriage licenses. A second Passport Day is scheduled for Saturday, November 6 from 9 a.m. to 1 p.m.

For more information about passports or services, visit www.leeclerk.org.



Julio Barina



Brandy Lai



Joe Ramsay



Rusty Smith

Panel To Discuss How Companies Help Community

Unique ways companies are helping their communities in Southwest Florida will be explored at the Greater Fort Myers Chamber of Commerce's monthly luncheon at the Crowne Plaza at Bell Tower on Wednesday, August 18 at 11:30 a.m.

Attendees of the chamber luncheon will hear from a dynamic panel of local business professionals, who have implemented creative ways to serve their community. The five guest speakers include Julio Barina, firm partner with Markham Norton Mosteller Wright & Company, PA; Brandy Lai, senior director of human resources of NeoGenomics Laboratories; Joe Ramsay, owner, and Rusty Smith, marketing manager of Pit Stop Auto Repair; and Denise Spence, information technology programs manager for Dunbar High School.

During the panel, Lai and Spence will discuss NeoGenomics' collaboration with the biomedical program at Dunbar High and how it offers students an opportunity to get a jump start in their future careers. Ramsay and Smith will talk about Pit Stop's partnership with the Salvation Army to help provide auto repair assistance for people in need. Barina will share how community service and helping others is woven into the culture at Markham Norton Mosteller Wright & Co. and prioritized throughout the organization.

Admission is \$25 for chamber members and \$35 for future members. Crowne Plaza is located at 13051 Bell Tower Drive in Fort Myers. To learn more or to register, visit www.fortmyers.org or call 332-2930.



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Frankly Speaking



by Howard Prager

First a quick goodbye. Not surprisingly, Nelson Cruz was traded last week by the Twins for two starting pitchers on Tampa Bay's Triple A team. Otherwise, I suspect as you read this you'll hear

of far more trades as the deadline rapidly approaches this week.

Now for Giannis Antetokounmpo, a true superstar at 26 years old and rags to riches story with information from Wikipedia and other sources. Born in Greece to Nigerian parents who had a hard time finding work. Giannis and his brothers helped by selling good on the street. He didn't even pick up a basketball until he was a teenager. He played in a semi-pro league in Greece in 2011 and 2012, and was drafted in 2013 as the 15th by the Milwaukee Bucks. The following year, he was a rising star at the NBA All-Star Game and continued to improve his skills. In 2016-17, he became the first player in NBA history to finish a regular season in the top 20 in all five statistics of total points, rebounds, assists, steals and blocks. He received the Most Improved Player award in 2017. Antetokounmpo has received five All-Star selections and won back-to-back NBA

Most Valuable Player awards in 2019 and 2020, joining Kareem Abdul-Jabbar and LeBron James as the only players in NBA history to win two MVPs before turning 26. Along with his MVP, he was named the NBA Defensive Player of the Year in 2020, becoming only the third player after Michael Jordan and Hakeem Olajuwon to win both awards in the same season. But the Bucks couldn't break through in the playoffs. He received support from 2021 Dream Team members Jew Holiday and Khris Middleton. In winning the Finals, the Bucks had many other superb role players and came back twice during the playoffs from an 0-2 deficit to win those series, including the NBA Finals. Antetokounmpo has a kid-like nature much like Shaq. The day after winning the Finals, Antetokounmpo ordered chicken nuggets and, in honor of his scoring 50 points, he asked for 50 nuggets, specifically saying not 49 or 51, exactly 50. He's very approachable to fans and supportive of Milwaukee. Let's hope we see plenty more from him.

Now to a more "regular" athlete, my daughter Hillary, who competed in her second Ironman in Ohio this past weekend. Believe me, there's nothing regular about how triathletes train, prepare and compete. She got to Columbus two days early to mentally prepare, going on an all-liquid protein and carb diet the day before, and then starting the day when we left at 4:30 a.m., so she could make sure everything was set for her transitions. Getting to this point takes lots of preparation, training and mental

attitude to keep up for six hours or more. She started strong with a good 1.2-mile swim and excellent 56-mile cycle, on track to take 40 minutes off her previous time, seemingly crushing her personal record. But it was not to be for her and many others. The blazing sun and scorching temperatures popped up just as soon as she and thousands of others completed the cycle and started the run. According to Hillary, even some of the most fit athletes ended up walking uphill during the run and then scampering down. As she said to me, "I've trained way beyond the miles needed, but nothing prepared me for a brutal sun that sapped the energy out of every athlete." An interesting perspective many of us don't take into account in the training many athletes do.

Which is what we've seen in the Olympics with temperatures in Japan for beach volleyball reaching 113 degrees in the sand. That's ridiculously hot. No matter how well-trained and prepared you are, you don't practice in a sauna. And the games are on. Despite no fans, it has been fun to watch.

Let me tie in the last two stories for our good news story of the day. Geneva, Illinois native Kevin McDowell finished sixth in the men's triathlon, marking the best finish by an American since the event was added to the Olympics in 2000. The 29-year-old, who was one of three American men to qualify for the race, is a seven-time World Triathlon Cup medalist and the 2017 USA Triathlon Elite national champion. This all started when Kevin was age 9 and decided he wanted to be

a tri-athlete. His parents said no, wanting him to try traditional sports. He had to convince his parents when he was 10 that this was his passion and did. He won youth category championships until 2011, when he was diagnosed with Hodgkin's lymphoma. "My whole world was upside down where I was actually - instead of focusing on trying to win the world title - I was fighting for my life to beat cancer," McDowell told NBC Chicago prior to Monday's race.

McDowell spent six months in chemotherapy and was eventually declared cancer-free. But he told NBC Chicago that it was years before he felt ready to compete again at a high level. "My family was like 'give it one more go for 2019, then you can walk away if it's not going to work out', and boy am I glad they said that." McDowell told Team USA on Monday that it was Kemper - the man whose performance he bested - who inspired him after his cancer diagnosis. "Hunter was definitely an inspiration to me through all of this," McDowell said. "He's one who took me under his wing when I had some really tough years returning after cancer."

Yahoo Sports said it best. McDowell may not have medaled on Monday. But he'll come home from Tokyo with a big win regardless.

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.✱

FWC Program Gains New Milestone

The Florida Fish and Wildlife Conservation Commission's (FWC) TrophyCatch program recently announced a new milestone, surpassing 100 approved Hall of Fame (HOF) catches weighing 13 pounds or more. These bass are the biggest of the big - true Florida giants. Florida largemouth bass grow larger than northern largemouth bass found in the rest of the country. Many state records outside Florida are bass that have stocked Florida largemouth bass genes.

"TrophyCatch is a vital program in which FWC biologists receive valuable data from anglers. This information will continue playing a crucial role in management decisions," said FWC Commissioner Gary Lester. "Coming up on 10 seasons of TrophyCatch results continues to demonstrate that Florida is where it's at when you're talking year-round fishing for Florida's lunker bass."

To celebrate, Hall of Fame anglers were asked to participate in a survey to gather some unique information about pursuing and catching Florida's largest bass. In addition to the survey results, FWC biologists analyzed data from the nine seasons of HOF bass entries. The combined results are sure to capture the attention of bass anglers everywhere.

While HOF catches were submitted from 23 counties across Florida, anglers in pursuit of the next HOF entry may



A Florida largemouth bass photo provided

do well by scouting waterbodies in the north-central part of the state. Clay and Putnam counties led the way, accounting for about 30 percent of HOF catches. Anglers dedicated to being first on the water or last to leave might be a bit dismayed to learn that only 12 percent of HOF bass were caught at dawn or dusk. Rather, the majority were caught during midday or afternoon. For anglers debating which lure to tie on - it's difficult to argue with the tried-and-true plastic worm, which accounted for 41 percent of HOF bass and surpassed any other lure category on the survey. Perhaps the most celebrated statistic that TrophyCatch would like to tout is that, through the Hall of Fame 100 promotion, 100 percent of these HOF bass were released alive.

The FWC encourages anglers to join TrophyCatch to become citizen scientists

and assist in the management and the conservation of Florida's freshwater fisheries. For more information about the TrophyCatch program, email Laura Rambo Walthall at laura.walthall@myfwc.com. To read more survey results and facts about HOF bass, visit www.trophycatch.com.✱

From page 1

Cuban Flair

Southwest Florida in 2017 with great reception among artists, and this new tradition was born.

Sidney's Rooftop Sculpture Garden

will be open to the public during Art Walk from 6 p.m. to midnight. Havy Rodriguez from the Miami Splash Band will be performing live from 7 to 11 p.m. The Cuban born singer, songwriter, guitar player, bass player and percussionist fuses Latin and American music. He plays originals and covers in English and Spanish.

The exhibitions close on Thursday, August 26 at 3 p.m.

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

SPORTS QUIZ

1. On June 10, 1962, Major League Baseball teams set a modern-era record for total runs scored in a single day with how many?
2. Name the Basketball Hall of Famer who won the NBA's first two Defensive Player of the Year honors while playing for the Milwaukee Bucks in 1982-83 and 1983-84.
3. As of the 2020-21 season, who are the three quarterbacks to beat all 32 NFL teams during their careers?
4. Who won the Warren Spahn Award for Major League Baseball's best left-handed pitcher three straight seasons from 2007-09? (Hint: He played for the Cleveland Indians, Milwaukee Brewers and New York Yankees during that span.)
5. What national soccer team won consecutive UEFA European Championship tournaments in 2008 and 2012?
6. What was the name of the NBA's official minor league basketball organization when it was founded in 2001?
7. What does sportswriter and commentator Stephen A. Smith's middle initial stand for?

ANSWERS

1. 222. 2. Sidney Moncrief. 3. Drew Brees, Brett Favre and Peyton Manning. 4. CC Sabathia. 5. Spain. 6. National Basketball Development League (NBDDL). 7. Anthony.

Doctor and Dietician

Surgeries You Do Not Need



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

Spinal surgeries are typically recommended after a magnetic resonance imaging (MRI) reading showed some type of degenerative disc disease. Some people have successful spinal surgeries and do well. Yet, many others have the surgery, but the pain remains. Many people thought, “what else could I do?” Yet, many patients were not presented with other options beyond surgery, painkillers, or “live with it.” Others, on the other hand, have had an MRI, but experience no back pain, yet surgery was recommended.

Why does this cycle continue? Researchers, interestingly enough, have been identifying this problem that everyone knows about, but little is being done. Too many people are getting unnecessary MRIs, and this is causing unnecessary surgeries. Overdiagnosis occurs when diagnostic imaging detects incidental findings that are common in the asymptomatic population and provides the patient with a diagnostic label that brings them no benefit or may even cause harm when they receive unnecessary surgeries.

A recent *British Medical Open Journal* article by the University of Sydney states: “Little is known about how to reduce unnecessary imaging for low back pain. Understanding clinician, patient and public beliefs about imaging are critical to developing strategies to reduce overuse.” Yet, patients and clinicians believe diagnostic imaging is an important test to locate the source of low back pain, thus providing evidence that the pain is

real for the patient, and clinicians feel imaging protects them from risking a possible missed diagnosis that might lead to possible litigation. Radiologists are now even saying that we are doing too many inappropriate MRIs and that research underestimates the true extent of how many inappropriate MRIs are ordered for back pain.

In treating degenerative disc disease and spinal ligament damage, our 25-plus years of experience tells us that we can get answers with a consultation and physical examination in combination with musculoskeletal ultrasound whereby damaged structures that do not show on MRI are revealed. We have written about this in prior articles, but here are some of the reasons that patients suffer from failed back surgery. First, surgery did not address the actual cause of the patient’s pain. The diagnosis was incorrect. The main cause of “missed” low back pain is injury to the sacroiliac (SI) joint. If your MRI showed degenerative disc disease and you had the discs operated on but the SI joint was not addressed, the pain will continue after surgery. Secondly, the surgery itself made the back more unstable because part of the bones in the spine were removed. Thirdly, a secondary problem may have been missed even though the primary problem was addressed... that is, you had two problems. Fourth, you sat too much after surgery. Sitting kills. Period. Finally, in rare situations, scar tissue forms and pinches on a nerve.

Bottom line here: An MRI is not the final truth. More than 50 percent of patients receive MRIs who do not need them. Positive findings on MRIs do not necessarily mean that you need surgery. A second or third opinion could be warranted, including for non-surgical options such as physical therapy, chiropractic, or regenerative options to repair degeneration in the spine such as prolotherapy. Work on proper posture and building core strength. Stop sitting so much and get up and walk or walk in your pool.

*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.**

New Resident Physicians At Lee Health

The Florida State University College of Medicine (FSUCOM) Family Medical Residency Program at Lee Health welcomes eight new resident physicians, who started their training on June 21.

The new residents include: Dr. Sandy Bolis from Spring Hill; Dr. Jessica Byas from Clinton, Massachusetts; Dr. Danielle Ferra from Brunswick, Georgia; Dr. Laura Hart from Deerfield, Wisconsin; Dr. Deliabell Hernandez from Hialeah; Dr. Nicole Jimenez from Clermont; Dr. Stacy Stephen from Kottayam, India; and Dr. Audrey Wagner from Columbia, Missouri.

The FSUCOM Global Health Fellowship Program also welcomes two

new fellows: Dr. Kristin Randa, Global Health Fellow who completed residency in Milwaukee, Wisconsin, and Dr. Elizabeth Trout, Global Health Fellow who completed residency in Cornelius, North Carolina.

“We received more than 1,800 applications from U.S. medical students and physicians from all around the world,” said Alfred Gitu, MD, program director of the residency program at Lee Health. “Our program continues to grow and expand with residents who are passionate, compassionate and academically strong. The new class of residents scored in the top 20 percent in the nation on the United States Medical Licensing Examination, and they are dedicated to caring for the underserved.”

Based at Lee Memorial Hospital with The Florida State University College of Medicine as its institutional sponsor, the residency program was created to abate

dearRPharmacist

Natural Remedies For Chronic Constipation



by Suzy Cohen, RPh

Dear Readers: Our gut takes a beating over a lifetime, and while it’s not my favorite subject (because it reminds me of my brother’s colon cancer), I feel

that the intestines are the place to focus if you ever want to truly regain your health.

Today’s article focuses on constipation because if you are not eliminating toxins properly, they will build up in your body and increase your risk for many diseases. Some people reading this today think that constipation means they cannot have a bowel movement, but that’s not true. If you have small ‘rocks and pebbles’ coming out, that is also constipation and should be treated.

First and foremost, start drinking more because hydration will soften stools. Consider food intolerances because some foods will cause you to be constipated. For example, a diet high in dairy and rice for example is not good for you.

Chronic unrelenting stress will cause some people to become constipated, and likewise it could trigger a bout of diarrhea, or alternating bouts of each. I know a person who suffered with irritable bowel syndrome (IBS) for the last three years, and now that she’s made a new life decision, she is completely cured. Amazing to me, and yet not really. We all know that unchecked stress leads to illness over time.

You may be wondering about medications you take, and if those can contribute to your problem. The

answer is yes, and there are many drugs that cause or exacerbate a person’s constipation, most commonly allergy medications, opiates and blood pressure pills. Here are some of the best things you can do to help yourself. Of course, ask your doctor if it’s right for you:

Probiotics – These help replenish lost flora in the gastrointestinal tract, and that is important to healing.

Ginger – This herb is calming to digestion and helps with nausea. It has an antimicrobial effect on pathogens in the gut. You can cook with this easily if you grate some fresh ginger into your recipes, or use a dash of the dried powder.

Fennel – This relaxes the muscles in the intestinal tract and may help relieve constipation and gassiness.

Lemon zest – Get an organic lemon and grate some fresh lemon peel into your recipes. A brand new study in the journal *Foods* found that supplementing meals with lemon peel reduced inflammation in the gut lining of the mice they studied.

Triphala – This herb is widely available in American health food stores and online. It’s a combination of three different herbs (*Terminalia bellirica*, *Embellica officinalis* and *Terminalia Chebula*) so we call it “triphala.” It has been used for various gastrointestinal (GI) ailments, including stomach pain, constipation and flatulence. Check with your doctor about triphala if you are taking medications for diabetes and hypertension because it may not be right for you.

In summary, when your gut is given some TLC from herbs and enzymes, your whole body responds. Your skin wounds heal faster, your acne clears up, your autoimmune antibodies go down, infections become less frequent, immunity goes up and, best of all, your regularity improves. If you’re interested in a longer version of this article, I will email it to you just sign up for my free newsletter at www.suzycohen.com

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

the shortage of primary care physicians anticipated nationally, an issue that is compounded locally by rapid population growth in Southwest Florida. Medical school graduates are required to complete residency training in their chosen specialty to become practicing physicians.

Statistically, about 60 percent of residents will practice medicine in the same area in which they are trained. Since 2014, when the program started, 22 of the 39 graduates (56 percent) of The Florida State University College of Medicine Family Medicine Residency Program at Lee Health have stayed in Southwest Florida following graduation from the program. Four graduates of the residency program were accepted into fellowship programs with one planning to return to the area to practice medicine following her fellowship training.

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

Pain Workshops

Learn how to better manage chronic pain conditions such as arthritis, fibromyalgia, back pain and headaches with Lee Health Solutions, a department of Lee Health. A free six-week workshop with virtual sessions will be offered on Wednesdays, beginning August 4 from 1 to 3 p.m.

The Chronic Pain Self-Management research-based program will present information to help participants become empowered to improve their quality of life. Learn how to more easily manage medications; understand the benefits of exercise; manage symptoms of stress, pain and fatigue; and make smarter decisions related to healthy eating. Participants will also receive a copy of *Living a Healthy Life with Chronic Pain*. For details, call 424-3121 or visit www.leehealth.org.*

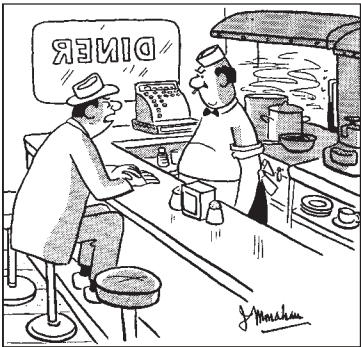


Emergency	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
HealthPark Medical Center	1-800-936-5321
Ft. Myers Chamber of Commerce	332-3624
Foundation for Quality Childcare	425-2685
Fort Myers Beach Chamber of Commerce	454-7500
Fort Myers Beach Library	463-9691
Lakes Regional Library	533-4000
Lee County Chamber of Commerce	931-0931
Post Office	1-800-275-8777
Visitor & Convention Bureau	338-3500
ARTS	
Alliance for the Arts	939-2787
Arts For ACT Gallery & Studio	337-5050
Art League Of Fort Myers	275-3970
Barbara B. Mann Performing Arts Hall	481-4849
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Cultural Park Theatre	772-5862
Edison Festival of Light	334-2999
Florida Repertory Theatre at the Arcade	332-4488
Florida West Arts	948-4427
Fort Myers Harmonica Band	610-653-7940
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	239-597-1111
The Schoolhouse Theater	472-6862
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards	574-9321
CLUBS & ORGANIZATIONS	
American Legion Post #38	239-332-1853
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	https://www.audubonswfl.org/
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy	939-1338
Southwest Florida Music Association	561-2118
Kiwanis Fort Myers Beach	765-4254 or 454-8090
Kiwanis Fort Myers Edison	694-1056
Kiwanis Fort Myers South	691-1405
Iona-McGregor	482-0869
Lions Club Fort Myers Beach	463-9738
Lions Club Fort Myers High Noon	466-4228
Lions Club Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
Organ Transplant Recipients of SW Florida	247-3073
POLO Club of Lee County	477-4906
Rotary Club of Fort Myers	332-8158
Sanibel-Captiva Orchid Society	472-6940
United Way of Lee County	433-2000
United Way 211 Helpline (24 hour)	211 or 433-3900
AREA ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
Burrough's Home	337-9505
Calusa Nature Center & Planetarium	275-3435
Edison & Ford Winter Estates	334-7419
Fort Myers Skate Park	321-7558
Imaginarium Hands-On Museum & Aquarium	321-7420
JN "Ding" Darling National Wildlife Refuge	472-1100
Koreshan State Historic Site	239-992-0311
Langford Kingston Home	239-334-2550
Ostego Bay Foundation Marine Science Center	765-8101
Skatium	321-7510
Southwest Florida Historical Society	939-4044
Southwest Florida Museum of History	321-7430
True Tours	945-0405

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

PUZZLES

Answers on page 23



"Have you read any good
_____ lately?"

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!

Seek
ARCHES _____

Bridge
TENURED _____ _____ _____

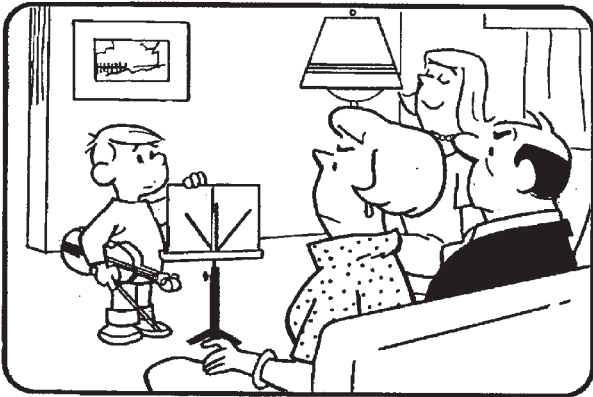
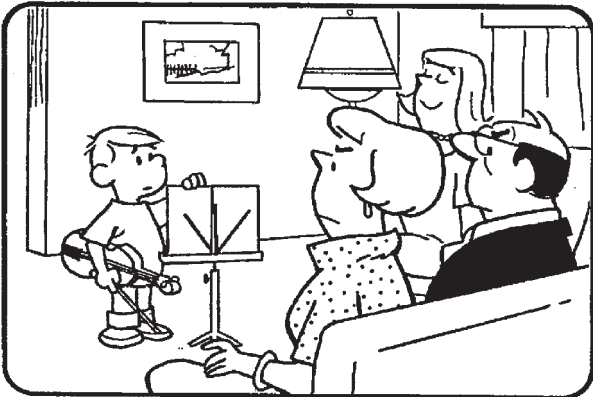
Diamond
TRACE _____

Quick
DRAIP _____ _____

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Music stand is different. 2. Glasses are missing. 3. Curtain is narrower. 4. Picture is moved. 5. Lampshade is different. 6. Sleeve is longer.

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

A TEN FROM A HEN

- ACROSS**

1 Cookout rod

5 Long wedge-shaped inlet

8 Dermal drawing

14 Alfalfa's girl in "Our Gang"

19 Lacking a permanent shelter

21 Sponge up

22 Hawke of the screen

23 Get closer

24 Gated water channel

25 Blue-footed bird

26 Start of a riddle

29 Sippy cup part

30 "— yellow ribbon round ..."

31 "Little" actress Issa

32 Web page visitor's directory

36 With 53-Across, walks across

39 World power until '91

41 New title for a bride

43 Italian cardinal Borgia
- 44 Riddle, part 2

48 "— à son goût" ("Each to one's own taste")

51 Big-billed bird

52 Actress Novak

53 See 36-Across

54 Violin master Hilary

55 Big-billed bird

58 Increase

61 Belief set

62 Just slightly

64 Insects in forest trails

65 E. African country

67 Riddle, part 3

74 River in Switzerland

75 Real heels

76 More like heaven's gates?

77 In the company of

81 19th-century German industrialist

83 Roman 2,505

84 Sphere

85 Root used to make poi

86 Darjeeling, e.g.

87 Singer Ocasek of the Cars
- 89 Like the firstborn child

91 End of the riddle

97 Soprano Auger or actress Sorkin

98 Soccer's Hamm

99 West African land

100 Big name in baseball cards

104 Put on anew, as a play

106 "Lili" studio

108 Done, in France

110 Liquid in la Seine

111 Riddle's answer

116 Major port in Japan

119 Terrarium creature

120 Like firefighters and cyclists

121 Swanky watch

122 Like single-guy bands

123 Extensive essay

124 Megaphone noise

125 Mole zappers

126 Former JFK jet
- 127 Behaves

DOWN

1 Some afghans

2 #1 Billboard song, often

3 Hamper

4 Arctic diver

5 Say "Ouch!," say

6 Pelvic-base bone

7 Least ruddy

8 Piece of work

9 More skilled

10 Big wave

11 Hard-working people

12 Whale variety

13 Is compliant

14 Formal arguer

15 Redresses

16 17th Greek letter

17 R&D site

18 A single one

20 Mauna —

27 Exchanges for bills

28 "Attack, Rover!"

33 "Tara Road" novelist Binchy

34 Curved

35 — -Canada (oil giant)

37 Many a meal on a blanket
- 38 Beatles' bud Sutcliffe

40 Fleecy male

42 Noted Fifth Ave. store

45 Puzzlement

46 Started a play-for-pay career

47 Drunk, slangily

48 Cartoonist Addams, for short

49 Padlock part

50 "Alas"

56 Frat party dispenser

57 Place to stay the night

59 Off-road trucks, briefly

60 British verb suffix

61 Singer of the hit "Believe"

63 Neither hor. nor vert.

64 Take — (doze)

66 Go on a trip

68 Hosp. part

69 Tach abbr.

70 "My pleasure!"

71 Suffix with multimillion

72 Roger of "Cheers"

73 "Damn it all!"
- 77 In a conflict

78 Skiing gold medalist Phil

79 Tough tests

80 Student at a lecture, often

82 Chicago mayor Emanuel

83 Golden Arches java chain

86 Faint trace

88 Suffix of elements

90 Drunk, slangily

92 Cleaver

93 Musical tone qualities e.g.

94 "I dunno!"

95 Detrains, e.g.

96 Dawdles

101 Relating to digestion

102 Least ruddy

103 High-end leathers

105 Rave about

107 Cheek tooth

109 Speck in the sea

112 Sushi staple

113 Some male dolls

114 Doc bloc

115 Prefix with tarsal

116 Sphere

117 Fa-la link

118 — mode

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

King Crossword

- ACROSS**

1 Circulate

5 Jolly laugh

9 Lustrous black

12 Zero, in tennis

13 Scent

14 — glance

15 Border on

16 Reply to "Shall we?"

17 Rug cleaner, briefly

18 Gestation location

19 Gloat's plaint

20 Roman censor

21 Fib

23 Medit. nation

25 Celist Pablo

28 Keep perusing

32 Muscat resident

33 Sky blue

34 Lively dances

36 "Be that as it may ..."

37 Sch. URL ender

38 Atty.'s title

39 Libretto

42 Plead

44 "Oops!"

48 Priestly garment

49 Competent

50 Tiny bit

51 2016
- Olympics city

Composer Bartok

Figure skating leap

Gender

Mideast gulf

Helen's home

Classic theaters

Empty talk

Hosp. areas

Coffee

Coup d'—

Mexican entree

Hodgepodge

Homer classic

Penn and Connery

Police officer

"I love," to Livy

Bando of baseball

"Gee, ya think?"

Spanish gold

Just out

Filled in

Sea off Greece

Old salts

Author Wiesel

PlayStation alternative

Vogue rival

60 minutes

"Beetle Bailey" dog

Vague

Lawyers' org.
- DOWN**

1 Imperfection

2 Timber wolf

3 Egg

4 Stick-in-the-mud

5 Baker Street sleuth

MAGIC MAZE ● MADE OF PLASTIC

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

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

- Bottles

Bowls

Buckets

Chairs
- Combs

Credit cards

Cups

Dolls
- Food wrap

Garden hose

Phones

Spoons
- Toys

Water pipes

Wiffle ball



Panko Crusted Avocado Fingers photo courtesy Fresh From Florida



Panko Crusted Avocado Fingers
2 avocados, peeled, seeded and sliced
½ lime, juiced
1 cup whole wheat flour
1 egg, lightly beaten
2 cups panko (Japanese breadcrumbs)
Nonstick cooking spray Olive oil for drizzling
Sea salt and fresh ground pepper, to taste

Preheat oven to 400 degrees. Lightly spray a cookie sheet with the nonstick cooking spray. In a mixing bowl add the avocado slices and lime juice, season lightly with salt and pepper. Carefully toss avocados to coat. Remove seasoned avocado slices from bowl and coat them completely with the flour. Dip each flour coated avocado slice into the beaten egg to coat. Coat each egg dipped avocado slice with panko. Place each evenly coated avocado slice on the cookie sheet. Lightly drizzle olive oil onto the coated avocado slices. Place avocado slices into the preheated oven and bake for about 15 minutes or until golden brown. Serve warm with your favorite dipping sauce.*

My Stars ★★★★★ FOR WEEK OF JULY 26, 2021

Aries (March 21 to April 19) You face the possibility of raising your relationship to another level. However, your partner might demand that you make promises for which you're not sure you're ready.

Taurus (April 20 to May 20) As changes continue, expect things to get a little more hectic at your workplace. An unexpected travel opportunity could open new career prospects.

Gemini (May 21 to June 20) Confront the person who caused your hurt feelings and demand a full explanation for his or her actions. You'll not only recover your self-esteem, but you'll also gain the respect of others.

Cancer (June 21 to July 22) That personal problem in the workplace is compounded by someone's biased interference. Stand your ground, and you'll soon find allies gathering around you.

Leo (July 23 to August 22) You don't accept disapproval easily. But instead of hiding out in your den to lick your wounded pride, turn the criticism into a

valuable lesson for future use.

Virgo (August 23 to September 22) That former friend you thought you'd cut out of your life is still affecting other relationships. Counter his or her lies with the truth. Your friends are ready to listen.

Libra (September 23 to October 22) What appears to be an unfair situation might simply be the result of a misunderstanding. If you feel something is out of balance, by all means, correct it.

Scorpio (October 23 to November 21) A stalled relationship won't budge until you make the first move. Your partner offers a surprising explanation about what got it mired down in the first place.

Sagittarius (November 22 to December 21) A co-worker shares some startling news, but before you can use it to your advantage, make sure it's true. The weekend favors family matters.

Capricorn (December 22 to January 19) Your usual conservative approach to family situations might not work at this time. Keep an open mind about developments, and you might be pleasantly surprised.

Aquarius (January 20 to February 18) Plans might have to be put on hold because of a family member's problems.

PETS OF THE WEEK



Jamison ID# A874608 photos provided
Lee County Domestic Animal Services

Jamison And Shy Chai

Hello, my name is Jamison. I'm a black and brown 10-year-old male hound mix. I'm a perfect, medium-sized pup with a gentle demeanor. I have the dignified look as well as impeccable manners that come with age. I love to be photographed and will pose as soon as I see a camera. My adoption fee is \$10.

Hi, my name is Shy Chai. I'm a black 4-month-old female domestic shorthair. I'm a gorgeous girl that is shy when I first meet people, but I'm very loving when I warm up and get to know you.



Shy Chai ID# A874419
I will quickly become your best friend. I will do great in a home with another feline friend. If you don't have one, no worries. My adoption fee is \$10, and you can adopt a feline friend for me at no additional charge.
Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit www.leelostpets.com to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.*

Don't hesitate to get involved. Your help could make all the difference.

Pisces (February 19 to March 20) Relationships in the home and in the workplace need your careful attention during this period. Be careful not to allow misunderstandings to create problems.

Born This Week: You have a keen, insightful intellect and enjoy debating your views with others who disagree with you. You also love to solve puzzles – the harder, the better.

MOMENTS IN TIME

• On August 2, 1776, members of Congress affix their signatures to an enlarged copy of the Declaration of Independence. Fifty-six congressional delegates in total signed the document. John Dickinson of Pennsylvania and James Duane, Robert Livingston and John Jay of New York refused to sign.

• On August 3, 1861, the last entry of Charles Dickens' serialized novel *Great Expectations* is published in his literary circular, *All the Year Round*. The novel tells the story of young Pip, a poor orphan who believes he will inherit a fortune.

• On August 6, 1890, at Auburn

Prison in New York, the first execution by electrocution in history is carried out against murderer William Kemmler. When the current failed after 17 seconds, a second charge was required for two minutes before Kemmler was declared deceased.

• On August 5, 1914, the world's first electric traffic signal is installed, in Cleveland, Ohio. It consisted of four pairs of red and green lights on corner posts. A gas traffic light, in 1860 in the U.K., exploded after being used for a month.

• On August 4, 1936, American Jesse Owens wins gold in the long jump at the Summer Olympics in Germany. It was the second of four gold medals Owens won in Berlin. Owens would win his third gold medal in the 200 meters the next day.

• On August 8, 1942, six German saboteurs who secretly entered the United States on a mission to attack its infrastructure are executed for spying. On June 12, the German team had buried explosives on Long Island to use later. On July 18, a second team had successfully landed in Florida.

• On August 7, 1987, Lynne Cox continued on page 22



FRIDAY
Partly Cloudy
High: 87 Low: 78



SATURDAY
Cloudy
High: 88 Low: 80



SUNDAY
Cloudy
High: 87 Low: 78



MONDAY
Mostly Cloudy
High: 88 Low: 81



TUESDAY
Mostly Cloudy
High: 87 Low: 78



WEDNESDAY
Cloudy
High: 88 Low: 81



THURSDAY
Cloudy
High: 87 Low: 79

Redfish Pass Tides

Day	High	Low	High	Low
Fri	6:23 am	12:34 pm	6:48 pm	None
Sat	6:56 am	12:14 am	8:27 pm	1:53 pm
Sun	7:34 am	12:46 am	10:31 pm	3:10 pm
Mon	8:19 am	1:20 am	None	4:20 pm
Tue	9:11 am	5:20 pm	None	None
Wed	10:05 am	6:11 pm	None	None
Thu	10:58 am	6:56 pm	None	None

Point Ybel Tides

Day	High	Low	High	Low
Fri	5:28 am	12:36 pm	5:53 pm	None
Sat	6:01 am	12:16 am	7:32 pm	1:55 pm
Sun	6:39 am	12:48 am	9:36 pm	3:12 pm
Mon	7:24 am	1:22 am	None	4:22 pm
Tue	8:16 am	5:22 pm	None	None
Wed	9:10 am	6:13 pm	None	None
Thu	10:03 am	6:58 pm	None	None

Punta Rassa Tides

Day	High	Low	High	Low
Fri	6:32 am	12:10 am	6:48 pm	12:46 pm
Sat	6:58 am	12:36 am	7:32 pm	1:39 pm
Sun	7:21 am	12:55 am	8:17 pm	2:32 pm
Mon	7:37 am	12:56 am	9:05 pm	3:24 pm
Tue	7:55 am	12:59 am	10:10 pm	4:21 pm
Wed	8:28 am	1:20 am	11:50 pm	5:30 pm
Thu	9:15 am	1:54 am	None	6:39 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	8:33 am	3:00 am	8:58 pm	3:50 pm
Sat	9:06 am	3:30 am	10:37 pm	5:09 pm
Sun	9:44 am	4:02 am	None	6:26 pm
Mon	12:41 am	4:36 am	10:29 am	7:36 pm
Tue	11:21 am	8:36 pm	None	None
Wed	12:15 pm	9:27 pm	None	None
Thu	1:08 pm	10:12 pm	None	None

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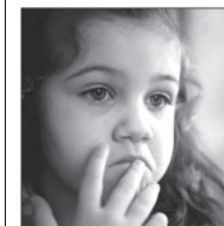
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Tip For Students In The Workforce

When a student gets his or her first job, one thing he or she needs to learn early on is how to read and understand their pay stub, according to the Kentucky Higher Education Assistance Authority (KHEAA).

Federal and state tax codes are complicated, so learning about the deductions you see on your pay stub is vital to managing your money and budgeting. When it comes to the federal income tax withheld from your pay, you should make sure the right amount is being taken out. When you file your taxes, you don't want to discover that you owe a large amount because you didn't have enough withheld throughout the year.

Each employer's pay stub is different, but you will usually see these items:

Gross Pay – This is what you earned during that pay period before any taxes or benefits, such as insurance, were withheld.

Net Pay – This is your take-home pay after withholdings.

Federal Tax – This might be abbreviated as Fed Tax, FT or FWT. It shows how much was withheld from your paycheck in federal income taxes.

State Tax – This could be abbreviated as St Tax, STW or simply by the abbreviation of the state in which you reside. Your state many not have a state income tax.

Local Tax – Some cities or counties levy a local tax. Depending on where you live or work, you may not be subject to this tax and, therefore, won't see anything withheld.

Social Security Tax – This tax might

be abbreviated as FICA, SS, SSWT or OASDI. The federal government requires that 6.2 percent of your wages be withheld.

Medicare – This tax is typically abbreviated as MWT or Med. The federal government requires that 1.45 percent of your wages be withheld.

Year-to-date (for pay and deductions) – The year-to-date fields show how much you have earned up to that point and what has been deducted for each tax or benefit.

KHEAA is a public, nonprofit agency established in 1966 to improve students' access to college. It provides information about financial aid and financial literacy at no cost to students and parents. The agency also helps colleges manage their student loan default rates and verify information submitted on the FAFSA. For more information about those services, visit www.kheaa.com.

In addition, KHEAA disburses private advantage education loans on behalf of its sister agency, KHESLC. For more information, visit www.advantageeducationloan.com.

From page 20

Moments In Time

braves the freezing waters of the Bering Strait to make the first recorded swim from the U.S. to the Soviet Union. Her swim took 2 hours and 16 minutes.

NOW HERE'S A TIP

- Keep a pretty basket by your front door for anything you need to take along when you leave. This can be store returns, backpacks, exercise gear for the gym, your sunglasses, whatever. When you leave the house, check the basket!
- "Necklaces can be stored together

without tangling if you thread each one through a straw. You can cut the straw to a shorter length for choker-length necklaces or bracelets. No knots!" – IA in Arizona

- If you have a little bit of touchup paint left in your gallon can, transfer it to a mason jar. Write the exact color and brand on the lid, and it will be much easier to store.
- "Our basement was dark and a little claustrophobic. My husband painted it a lovely sunny yellow and that helped, but it needed something else. I took a photo of the spectacular view at our son's house in Montana, and had the photo blown up. We mounted it on the wall with some dummy curtains! It's perfect, and it reminds me of him." – RW in New York
- Need to chill a bottle of wine quickly? Wet a kitchen towel, then wrap it around the wine. Twist the ends to secure, and put the whole thing in the freezer for 30 minutes.
- Great ways to remove stuck labels: nail polish remover (not for use on plastics), WD-40 oil, soaking in hot water, rubbing alcohol.

STRANGE BUT TRUE

- In the 1880s, businessman LaMarcus Thompson was so upset over the temptations presented by saloons and brothels that he decided to clean up what he viewed as one of America's most immoral places, New York's Coney Island. To that end he built the country's first roller coaster in a bid to give folks some good, clean fun well away from sleazier pursuits.
- Flamingos bend their legs at the ankle, not the knee. Their knees are closer to the body and covered by feathers.
- Those apples you buy at your local

market aren't all that fresh. They're typically plucked between August and November, then covered in wax, hot-air dried, and sent to cold storage before landing in stores six to 12 months later.

- The world's largest waterfall, in the Denmark Strait between Iceland and Greenland, is underwater.
- Dunce caps used to be a sign of intelligence! Thirteenth-century philosopher John Duns Scotus believed that a pointed cap helped spread knowledge from the tip to the brain, and his followers proudly wore them as badges of honor. A few hundred years later, when his ideas became less popular, the meaning of the Duns cap was turned on its, er, head, becoming a joke that led to its less flattering association.
- About a month after its dedication, the Statue of Liberty became a working lighthouse for 16 years.
- When Benjamin Franklin designed the first U.S. penny in 1787, it was emblazoned not with E Pluribus Unum, but "Mind Your Business."
- The tongue of a blue whale can weigh as much as an elephant.

THOUGHT FOR THE DAY

"The happiness of your life depends upon the quality of your thoughts: therefore, guard accordingly, and take care that you entertain no notions unsuitable to virtue and reasonable nature." – Marcus Aurelius

TRIVIA TEST

1. **Television:** What were the first names of the *Golden Girls* characters on the 1980s sitcom?
2. **Movies:** What was the name of the dance song in the movie *The Rocky Horror Picture Show*?
3. **Geography:** What is the newest

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7/30 ★ 8/6

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7/30 ★ 7/30

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Email crhp194@gmail.com to submit resume or request additional information.
7/30 ★ 8/20

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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.
4/24 ★ TFN

Shore Fishing:



Don't Harm The Fish
by Capt. Matt Mitchell

Landing 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.

- internationally recognized nation in the world?
- 4. **General Knowledge:** How big is an Olympic swimming pool?
 - 5. **U.S. States:** What is the state animal of Nevada?
 - 6. **Astronomy:** What color is the sunset on Mars?
 - 7. **History:** When was the Emancipation Proclamation issued?
 - 8. **Animal Kingdom:** What are the offspring of cicadas called?
 - 9. **Ad Slogans:** Which auto is advertised as “the ultimate driving machine”?
 - 10. **Literature:** What is the setting for the novel *Anne of Green Gables*?

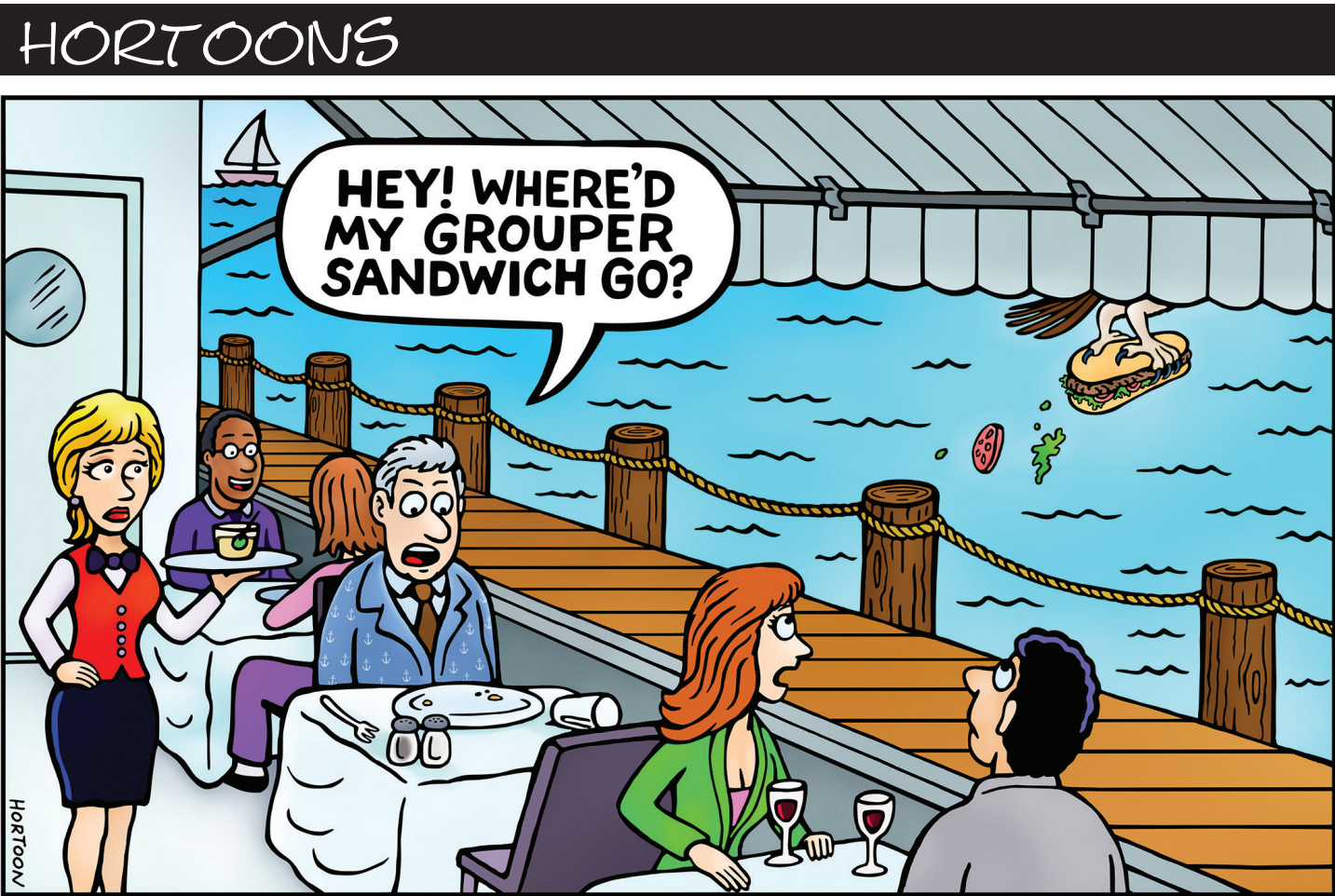
TRIVIA ANSWERS

1. Rose, Blanche, Dorothy and Sophia
2. *Time Warp* 3. South Sudan (2011)
4. Fifty meters long, 25 meters wide and at least 2 meters deep 5. Desert bighorn sheep 6. Blue 7. January 1, 1863
8. Nymphs 9. BMW 10. Prince Edward Island, Canada

SCRAMBLERS ANSWER

1. Search 2. Denture;
3. Caret; 4. Rapid

Today's Word
RECIPES



PUZZLE ANSWERS

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S L W O B O O O H Y F
P S H F B C O I
E S E P I P R E T A W

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Gulf Heights	Fort Myers Beach	1950	2,161	\$3,595,000	\$3,275,000	0
Jose's Hideaway	Upper Captiva	2003	2,728	\$2,865,000	\$2,600,000	57
Palmetto Point	Fort Myers	2008	5,028	\$2,200,000	\$2,025,000	37
Riverside	Fort Myers	2015	3,494	\$1,750,000	\$1,725,000	10
Cape Coral	Cape Coral	2010	4,246	\$1,750,000	\$1,575,000	42
Cape Coral	Cape Coral	2007	3,794	\$1,299,000	\$1,250,000	2
Ferry Landing	Sanibel	1983	2,615	\$1,230,000	\$1,231,000	3
The Dunes Sanibel Island	Sanibel	1988	1,783	\$1,150,000	\$1,150,000	0
Fort Myers	Fort Myers	2018	3,066	\$1,399,000	\$1,117,500	254
Cape Coral	Cape Coral	1988	2,297	\$1,080,000	\$1,080,000	6



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