



## Theatre Conservatory Season To Begin

The Florida Repertory Theatre Education Department's 2021-22 season lineup for Theatre Conservatory is set to begin, and plans are official for the Theatre for Young Audiences (TYA) Touring Series and representation in the 2022 Junior Theatre Festival in Atlanta.

After a hybrid season of virtual and outdoor offerings during pandemic closures, the education department is making plans for an indoor season of Conservatory productions and a robust touring season to schools throughout Southwest Florida with its Theatre for Young Audiences series.

The 2021-22 season kicks off with *Bulletproof Backpack* by Eric Coble and conceived by Kody C. Jones. The world-premiere co-commission with Oregon Children's Theatre runs August 11 through 15.

*Bulletproof Backpack* tackles the life and death realities of school violence. It



Cast members of *Bulletproof Backpack*

photo provided

began as a student-driven social-conflict project that was meant to create a platform for students to research, discuss and interview the Southwest Florida community on the subject of gun violence in schools. Written with contributions from local students, the play intertwines student

feedback and interviews into a fictional story where the characters seek to answer the most important question, "How can I feel safe in my school?"

The Conservatory season continues November 23 through December 15 with the modern American classic *West*

*Side Story*, produced in partnership with Florida Rep as part of its professional mainstage season where conservatory students will be onstage with seasoned professionals and Florida Rep's longtime ensemble members.

The Conservatory continues in early 2022 with an adaptation of William Golding's literary classic, *Lord of the Flies*, which will be performed at the Calusa Nature Center and Planetarium as a reimagined, outdoor site-specific experience. Audiences become active participants who are trained as search and rescue teams looking for the lost characters in *Lord of the Flies*, and will make their way through the Florida vegetation to watch each scene unfold around them.

In May 2022, there is the Southwest Florida premiere of Nickelodeon's *The Spongebob Musical*. During the summer of 2022, Green Day's two-time Tony-winning rock musical, *American Idiot*, will be performed.

Tickets for *Bulletproof Backpack* and *West Side Story* are on sale at the box office, while *West Side Story* is included in the 2021-22 season subscription series. It can be paired with other shows in a

continued on page 14



An artist paints during a previous event

photos provided

## Free Jazz Trio Performance At Battle Of The Arts

A jazz trio from the Southwest Florida Symphony is set to offer a free public performance during Battle of the Arts at the symphony's Artistic and Operations Center at Bell Tower on Saturday, August 14 from 6 to 7 p.m. Twenty-six artists are also expected to compete across the strip.

The trio will perform jazz and Latin standards, including songs by George



A music enthusiast tries out the violin

Gershwin, Duke Ellington and Antônio Carlos Jobim. Children and adults are invited to check out the Musical Sound Lab, which will allow visitors the opportunity to play some string and percussion instruments.

The performance will be held during the monthly art-themed Battle of the Arts and is hosted by immersive art gallery Artsemble Underground and Bell Tower. The event is held the second Saturday of every month through 2021, with performances by ensembles from the Southwest Florida Symphony.

Artists will have just three hours to create a new work of art, each competing



Musicians from the Southwest Florida Symphony during a performance

in two categories: The All-Star Award and the People's Choice. At 8 p.m., when the artists have concluded their works of art, a panel of celebrity judges will review their work and choose a winner for the All-Star Award. the public is invited to watch the creative process, meet the artists and experience live music performed by local musicians.

This month will feature musicians from the Southwest Florida Symphony: Tom Pizzi on the piano; Alex Albanese on the bass; and Isaac Fernandez on drums.

The winners of each month's All-Star Award will advance to a grand finale in

December, competing for an ultimate year-end prize that includes a solo art show at the Capital Gallery in the Sidney and Berne Davis Art Center plus a grand title and prize package. During each month's Battle of the Arts, the artists will also compete for a People's Choice award. To vote, shoppers can purchase a ballot, then drop their ballot into their favorite artist's box. Proceeds from ballot purchases will benefit local charities.

For more information, visit [www.belltowerfl.com/event/battle-of-the-arts/2145549416](http://www.belltowerfl.com/event/battle-of-the-arts/2145549416) or check out the event on Facebook.\*



Historic Downtown Fort Myers, Then And Now:

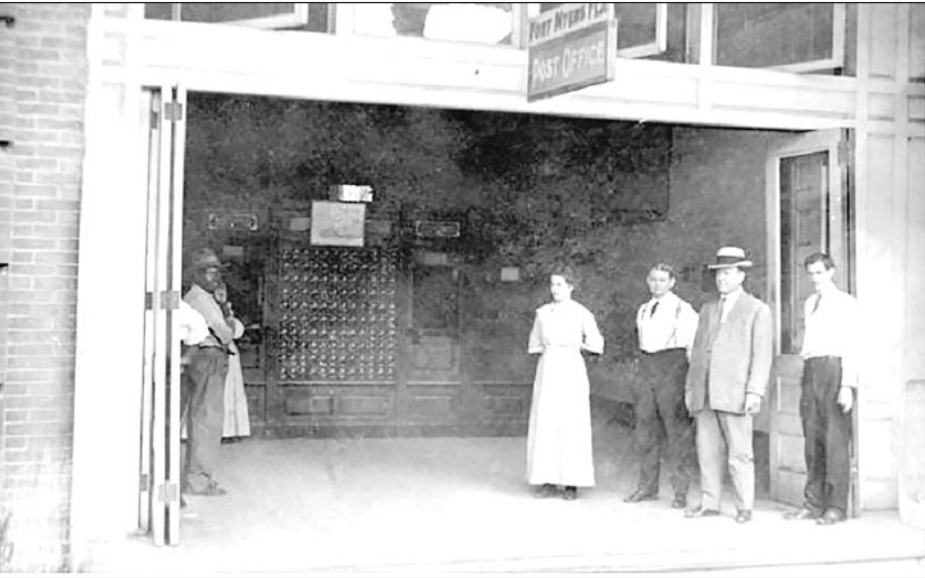
# First Modern Post Office



by Gerri Reaves, PhD

This historic photo shows the first truly modern U.S. Post Office in Fort Myers. The Federal Government negotiated a 10-year contract with Harvie E. Heitman and, in April 1907, the post office moved into the western-most storefront of the new addition to the Bradford Building. Note the sign, “Fort Myers, Fla. Post Office,” and the iron folding doors for accessibility to the public. The original three-story Bradford Hotel at First and Hendry had opened in November 1905. It was the second brick structure in town. Harvie E. Heitman subsequently built a two-story addition (a third floor was later constructed).

When the addition opened, not only the post office, but a drug store and a millinery added to the mix of street-level businesses that already included a hardware and furniture store. The hotel’s new dining room was on the floor above the post office. When it moved into the Bradford, Walter F. Mickle was postmaster and CM Foxworthy was assistant postmaster. This historic photo, however, was taken during the tenure of Mickle’s successor, Isaac E. “IE” Foxworthy, who served from March 15, 1910 to January 12, 1914. (CM and IE were two of four Foxworthy’s brothers, of which at least three were postal employees in Fort Myers at some time. The postmaster is pictured in suit and hat, along with other postal workers (left to right): Nellie Hooks, clerk; Wiley R. Lee, and assistant postmaster Boyd Clifton “BC” Foxworthy, another of the postmaster’s brothers. Several post office customers are seen on the left. Three generations of the Foxworthy family had served as postmasters, beginning in their native Mt. Carmel, Kentucky.



The U.S. Post Office moved into this location in the Bradford Building in 1907. Note the iron folding doors and sign reading “Fort Myers, Fla. Post Office.” Pictured circa 1911 are postal workers: From left, Nellie Hooks, clerk; Wiley R. Lee; Postmaster IE Foxworthy (in hat); and assistant postmaster Boyd Clifton “BC” Foxworthy. photo courtesy Florida State Archives



Today, the former post office storefront is occupied by private offices photo by Gerri Reaves

Wiley Lee was destined to be involved in a most curious episode in local postal history. In September 1913, after rumors of a pending resignation at the office, local cattle baron and political powerhouse William H. “Wild Bill” Towles recommended to U.S. Rep. SM Sparkman that his daughter, Corinne Towles Summerlin, be appointed as postmistress. A preferential primary was held and Summerlin was not on the ballot. Lee won by a landslide, and Summerlin received only one vote, presumably a write-in one from her father, for women could not vote in 1913. Despite the election results, Towles still insisted “my daughter gets the job.” Evidently, the powers that be agreed, and Corinne succeeded IE Foxworthy on February 1, 1914. Lee remained at the office and, in 1915, was assistant postmaster. Summerlin’s term did not go smoothly. In 1921, she was forced to resign over allegations that she had misappropriated government funds. She strongly denied the charges. None were ever filed. She died in 1922, one year after her influential father died. As for the employee merry-go-round at the post office, in January 1922, BC Foxworthy became postmaster amid the controversy. He served until 1924, when he resigned and went into the furniture business. Lee continued in what he might, by then, have considered the consolation prize, the assistant postmaster position. Walk down to the Bradford Building to the site of the town’s first modern post office. Then visit the following research centers to learn more about the office’s many locations in the early years and the employees who kept it going. The Southwest Florida Historical Society is an all-volunteer, nonprofit organization open Wednesday and Saturday between 9 a.m. and noon. It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 for more information. The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park. Call 332-8778 for the hours or visit [www.leecountyblackhistorysociety.org](http://www.leecountyblackhistorysociety.org). Visit the IMAG History & Science Center at 2000 Cranford Avenue or at [www.theimag.org](http://www.theimag.org). Sources: Archives of the Southwest Florida Historical Society; the *Fort Myers Press*; and *The Story of Fort Myers* by Karl H. Grismer.✧

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Guests hamming it up at a previous event

photos provided

## Bacon-Themed Pub Crawl Returns

Bacon lovers will judge the best drink and best appetizer in the 7th annual South Cape BaconFest Trolley Event on Saturday, August 14 from 7 to 11 p.m. Guests will take trolleys to various locations for bacon-themed drink and appetizer samples. At the end of the evening, they will cast their votes for the worthiest contenders.

Hosted by South Cape Hospitality & Entertainment Association (SCHEA), the event takes place in Cape Coral's entertainment district.

"South Cape businesses and attendees are excited for the return of BaconFest," said SCHEA Board Member David Townsend. "I mean, who doesn't love bacon? Participating locations are getting creative for your palate this year – from salty, spicy and savory to sweet and so

much more. It continues to be a flavorful event."

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

BaconFest is an age 21 and older nightlife event. Advance tickets are \$25 and can be purchased online via Eventbrite and or at the South Cape Hub, located at 909 SE 47th Terrace, Unit 105. In-person ticket purchases must be made in cash and carry no fees.

The Facebook event page will keep attendees updated on all the details, including photos of the samples being served.

For more information, email [info@southcapeentertainment.com](mailto:info@southcapeentertainment.com), call 900-4028 or visit [www.facebook.com/events/985185822247075](https://www.facebook.com/events/985185822247075).✪

## Become A Cast Member Of Dance Troupe

Hoist yer anchor, an sail to audition for the Hot Flashz. If you are a gal wanting to give time and volunteer your talents, are age 45 years and older and love to dance, the Hot Flashz, a non-profit entertainment troupe, might have just the thing for you.

The Hot Flashz are seeking energetic, talented women to join their cast. The Hot Flashz perform at community and charity events, festivals, assisted living facilities and private parties. The team is looking for women who have rhythm and can learn routines, and who can attend Tuesday and Thursday night rehearsals from 5:30 to 7:30 p.m.

The Hot Flashz raise money to help support their primary charities: Camp Boggy Creek, founded by the late Paul Newman and General H. Norman Schwarzkopf, a Florida camp for children with life-threatening illnesses; Special Operations Warrior Foundation, an organization that provides full college scholarship grants, education and family counseling to the children of military personnel who die in service and immediate financial assistance to severely wounded military and their families; the Southwest Florida Military Museum; the Brotherhood of Heroes in Cape Coral; and the Military Heritage Museum in Punta Gorda.



Members of the Hot Flashz photo provided

The Hot Flashz perform a highly entertaining show. The audience is dazzled by their charm and delivery. When you hire or donate to the Hot Flashz, you can be assured that your money is going to the kids. The Hot Flashz cast personally pay for all of their costumes.

One audition will be held on Saturday, August 7 from 10:30 a.m. to 12:30 p.m. at Bishop Verot High School, 5598 Sunrise Drive, in Fort Myers.

To find out more about the Hot Flashz, go to their Facebook page or visit [www.hotflashz.org](http://www.hotflashz.org). Interested gals, defy your age and call Marjean Sage at 482-6252 to register and for more information.✪

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Fort Myers Art:

# A Lyrical, Intensely Gifted Version Of Immortal Diarist



by Tom Hall  
Anne Frank began a diary when she turned age 13, just days before she and her family went into hiding in Nazi-occupied Amsterdam. In 1955, Frances Goodrich and

Albert Hackett transformed her diary into a stage play that won both a Tony Award and Pulitzer Prize for drama. More than 40 years later, Wendy Kesselman adapted their play for a generation that was finally able to confront the true horrors of the Holocaust. In her iteration of this timeless story, Kesselman interwove survivor accounts and newly discovered writings from the diary to create a contemporary, impassioned story. Now, director Kristen Wilson and the Fort Myers Theatre bring his modern version of *The Diary of Anne Frank* to the stage in eight haunting performances that begin on Friday, August 13.

Most people today know the story of Anne Frank through the play and

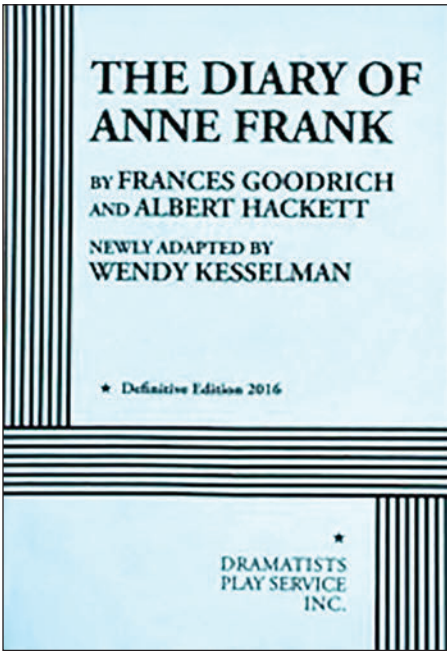


image courtesy www.artswfl.com

film penned by Goodrich and Hackett. It being the '50s, they excluded the young girl's evolving awareness of her budding sexuality along with her blunt, highly critical observations about the adults with whom she shared the back room annex in which they were secreted from the Nazis. Kesselman's script not only adds these features back into Frank's highly personal account of their two years in hiding, but focuses on her literary aspirations and her uniquely Jewish perspective on being the target

of prejudice, pogroms and genocide that traces its origins all the way back to Martin Luther's "honest" 1543 "advice" concerning the treatment of Jews.

The latter aspect of Kesselman's accounting of Frank's story has taken on added importance in 2021, when there are precious few Holocaust survivors left to recount the horrors of Shoah (less than 400,000 worldwide and 80,000 in the United States), and antisemitism and extremism is once again on the rise around the globe. The Anti-Defamation League documented, as recently as May 20, a disturbing surge in online and real-world antisemitism, especially on social media platforms like Facebook, Instagram, Twitter and Tik Tok. Not surprisingly, this rise in anti-semitic content has translated into verbal and physical attacks directed against synagogues, Jewish-owned businesses and individuals.

While Kesselman's play makes a concerted effort to incorporate aspects of the Jewish religion and culture (including Hebrew prayers) into the storyline, the themes of cultural and ethnic profiling and cleansing can be applied to marginalized populations everywhere. But, this version of *Diary* unrelentingly focuses on the Jewish experience and the stark contrast between Frank's unflinching belief in the goodness of people and the ultimate fate of her and the other residents of that cramped Amsterdam annex. In fact, this play ends with Otto Frank graphically describing what happened to each of the

members of his household.  
Jayson Levy plays Otto Frank and the incomparable Gerrie Benzing plays his wife, Edith. Because their performances at audition and in rehearsal have been so powerful and compelling, Halle Heckman and Shennan Nelson have both been cast in the role of Anne Frank. By dint of Wilson's direction, Kesselman's powerful script as well as Heckman and Nelson's compelling performances, the Anne Frank that will emerge from this Fort Myers Theatre production promises to be astonishingly honest, witty, lyrical and amazingly gifted – breathing new passion and meaning into her artistic hopes and aspirations: "When I write, I shake off all of my cares; but I want to achieve more than that. I want to be useful and bring enjoyment to all people, even those I've never met. I want to go on living even after my death!"

Indeed, this production echoes these very goals. It too strives not just to entertain, but to go on living after the show.  
Fort Myers Theatre is located at 16120 San Carlos Boulevard, Unit 5, in Fort Myers. For more information or tickets, visit [www.ftmyerstheatre.com/anne-frank](http://www.ftmyerstheatre.com/anne-frank).

*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.\**

*"A spectacular new exhibition of high-resolution seashell photographs would also have given Rembrandt oceans of artistic inspiration."*  
—Forbes.com

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## Adoption Discount For Dogs

The dog adoption center at Lee County Domestic Animal Services (LCDAS) is approaching capacity, so members of the public are invited to make a "Pit Stop" in August, while the adoption fee for all dogs more than 30 pounds is \$20.

The adoption fee for all pets includes spay/neuter surgery, age-appropriate vaccinations, flea treatment, deworming, heartworm test for dogs 6 months or older, feline AIDS and leukemia test for cats, a Lee County license for pets 3 months or older, microchip pet ID and a 10-day health check. The total adoption package is valued at more than \$600.

Adoption hours are 10:30 a.m. to 3:30 p.m. Monday through Saturday at the shelter, located at 5600 Banner Drive in Fort Myers. To view pets and submit adoption applications online, visit [www.leelostpets.com](http://www.leelostpets.com).

Adoptable dogs are also featured on the LCDAS Facebook and Instagram pages.\*

## Dean's List

Gregory Wilson of Fort Myers was recently named to the dean's list for the spring 2021 semester at Hiram College in Hiram, Ohio.

Dean's List recognition is awarded each semester to students who, during the semester, complete 12 or more hours of graded coursework at Hiram College with

a semester grade point average of 3.6 or better.

Fort Myers natives Lema Abuogab and Gabby Pearl were recently named to the dean's list for the spring 2021 semester at Tufts University in Medford, Massachusetts.

Dean's list honors at Tufts University require a semester grade point average of 3.4 or greater.

Two Fort Myers natives were recently named to the dean's list for the spring 2021 semester at Georgia Southern University in Statesboro, Georgia.

Brant Harlacher and Kimberly Harper maintained at least a 3.5 grade point average and 12 credit hours for the semester.

Moriah Wolff of Fort Myers has been named to the dean's list for the spring 2021 quarter at Palmer College of Chiropractic's Florida campus in Port Orange.\*

## College Graduates

Matthew Celebrado of Fort Myers recently graduated with a bachelor of science degree in biopsychology from Tufts University in Medford, Massachusetts.

Anelise Thomas of Fort Myers recently graduated from Miami University in Oxford, Ohio. Thomas graduated with a bachelor of arts degree in biology.

William Lowvorn Wiggins of Fort Myers recently graduated from Wheaton College with a bachelor of arts degree in business/economics.\*





**ARTS & ANIMALS**

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## Call To Artists For New Exhibit

Gulf Coast Humane Society will hold an evening of love for pets during the Arts & Animals event at the Alliance for the Arts on Thursday, September 23 from 6 to 8 p.m.

The event will highlight pets presented in a variety of different art mediums, including photography, canvas and sculpture.

The two hour of festivities will include the Furry Friends Displayed in Art Juried Exhibit, along with cheese, snacks and refreshments. The event will be attended

by GCHS' adoptable furry ambassadors to make sure everyone can scratch that puppy-love itch!

Tickets are available at the door for \$20 during the night of the event, with hors d'oeuvres included.

The first phase includes submitting pieces digitally, which will be judged and the top submittals moving onto the final stage. The final stage artists will need to deliver their pieces to the Alliance for the Arts framed and ready to be displayed.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information or to submit your artwork, visit [www.artinlee.org/event/furryfriends](http://www.artinlee.org/event/furryfriends).

image provided

## Community Day At IMAG Center

The IMAG History & Science Center is holding its annual Community Day on Saturday, August 14 from 10 a.m. to 5 p.m. There will be half-off admission all day.

IMAG Community Day will feature a hurricane preparedness seminar presented by NBC2 and its meteorology team at 10:30 a.m., and a question-and-answer session at 11:30 a.m. including a visit from the NBC2 Doppler Radar Storm Tracker Truck. In addition, the Lee County Sheriff Department will present their Bomb Robot, which is able to dismantle an explosive device, and Fort Myers

Emergency Responders will also be on hand.

Lee Health Foundation and Barbara's Friends, helping kids with cancer, will also be in attendance along with their tech partner, D3 creative studios, as they highlight their leading-edge technology for enhancing patient experiences during treatments.

In addition, the IMAG will be presenting its updated, virtual reality Fort Myers, giving guests an opportunity to go back in time, and other features including a Science on a Sphere show along with an IMAG Live Science Show, IMAG Live Animal Show, Meet-the-Keeper encounters in the animal lab, and SEA-to-SEE Touch Tank stingray encounters. Also, during the day, guests will experience many other inspiring hands-on activities, exciting

exhibits and displays, and prospect for various types of fossils like trilobite, shells, ammonite, shark teeth and sea urchin spine in the Caloosahatchee Fossil Hunt.

Besides discounted, half-off admission, the IMAG is also offering guests special

discounted IMAG memberships during Community Day.

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

## LARC Receives PPE Donation

Lee Association for Remarkable Citizens (LARC), an organization serving people with intellectual and developmental disabilities, received a donation of 10,000 masks and 14,000 gloves from Bank of America.

"Since the start of the coronavirus, personal protective equipment (PPE) supplies have been low, and costs have been high," said Angela Katz, LARC's executive director. "This makes it challenging for non-profit agencies like us to secure what is required to keep our clients, team and volunteers safe. Thank you, Bank of America, for remaining focused on addressing the impact of this crisis and for continuing to support us as we provide programs and services to help individuals with disabilities achieve."

This donation is part of a nationwide effort by Bank of America to immediately distribute nearly four million PPE masks to communities disproportionately impacted by the coronavirus, including communities of color. It is connected to its \$1 billion, four-year commitment of additional support to help local communities address economic and racial inequality accelerated



Angela Katz with supplies donated by Bank of America photo provided

by a global pandemic. This is in addition to the four million masks the company donated earlier this year in cities across the country.

Since the start of the pandemic, LARC's programs and services have continued to thrive but require the vital PPE to provide them in person.



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# Middle School Earns National Award

Caloosa Middle School in Cape Coral was the recipient of Middle of the Year honors among over 500 middle school chapters nationwide during last week’s Best Buddies International Leadership Conference.

According to the nomination application, the students in the Best Buddies International chapter at Caloosa Middle take great pride in considering themselves inclusion experts on campus. They promote acceptance in all aspects of their school community and go the extra mile to educate others by being exceptional role models.

In addition to the chapter’s regular monthly activities, they also launched a pen-pal program that contributed to the chapter’s win. Hayden, a first-year member of the chapter who is extremely dedicated to the Best Buddies mission, shared her passion and enthusiasm for Best Buddies in her homeroom class. That led to a huge collaboration between her classmates and the students at Caloosa who access Life Skills classes. In preparation for the state writing exam, the general education students decided to perfect their letter-writing skills while partnering with “differently-abled” students down the hall, and the pen pal project became a tremendous success.

Best Buddies International is a



Students and faculty at Caloosa Middle School

photo provided

nonprofit founded in 1989 by Anthony K. Shriver to establish a global volunteer movement that creates opportunities for one-to-one friendships, integrated employment, inclusive living and leadership development for people with intellectual and developmental disabilities.

“Our Best Buddies chapter at Caloosa Middle was a beacon for so many of us this past year. At a time when the entire world was apprehensive to mix and mingle, Best Buddies was our driving force to find creative ways to foster inclusive, social connections. Faculty,

students and parents acknowledged the benefits of Best Buddies more than ever this school year. At Caloosa Middle, we were all stakeholders in the ongoing success of our mission,” said Suzanne Tocci and Anthony Tocci, faculty advisors.

“This national award goes to show how providing opportunities for both people with and without intellectual and developmental disabilities can have such a tremendous impact on families and the greater community. We are so very proud of the students’ actions and

thoughtfulness, along with the leadership of Suzanne and Anthony Tocci,” said Melanie Musick, Best Buddies area director.

To receive details about getting a Best Buddies chapter started at a specific school, contact Program Manager Molly Morrina at mollymorrina@bestbuddies.org or 305-332-7769.✧

# Beach Chamber Tapa Hop

Hop aboard for the 18th annual Fort Myers Beach Tapa Hop on Thursday, September 16 from 3 to 10 p.m. Registration will begin at 3 p.m. at Fish Tale Waterfront Dining.

Trolleys will depart from Santini Marina Plaza located at 7205 Estero Boulevard taking “Hoppers” to seven local restaurants featuring great food, cash bars, raffle prizes, a modified game of poker and a grand prize.

Make sure to dress for the occasion. Each trolley will be following a separate theme, and participants are asked to take part in the action. Themes will be revealed at a later date. Raffle drawings will take place throughout the evening with a grand prize awarded after everyone meets back at the last participating location.

So far, this year’s participating restaurants are Fish Tale Waterfront Dining, Doc Ford’s Rum Bar & Grille – Fort Myers Beach, Junkanoo on the

continued on page 12

# Churches/Temples

## ALL FAITHS UNITARIAN CONGREGATION

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

## ALL SAINTS BYZANTINE RITE CATHOLIC

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

## ANNUNCIATION GREEK ORTHODOX

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

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

## BIBLESHARE

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

## CHABAD LUBAVITCH ORTHODOX

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

## CHAPEL OF CYPRESS COVE

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

## CHAVURAT SHALOM

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

## CHURCH OF THE CROSS

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

## COVENANT PRESBYTERIAN

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

## CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

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

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

## REDEEMER CHURCH

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

## CYPRESS LAKE PRESBYTERIAN

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

## CYPRESS LAKE UNITED METHODIST

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

## FAITH UNITED METHODIST

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

## FIRST CHURCH OF CHRIST, SCIENTIST

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

## FIRST CHURCH OF THE NAZARENE

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

## FORT MYERS CHRISTIAN CHURCH

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

## FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

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

## FIRST PRESBYTERIAN CHURCH OF FORT MYERS

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

## IONA-HOPE EPISCOPAL CONGREGATION

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

## JESUS THE WORKER CATHOLIC

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

481-1143.

## LAMB OF GOD

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

## NEW HOPE PRESBYTERIAN

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

## PEACE COMMUNITY

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

## PEACE LUTHERAN

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

## REDEEMER LUTHERAN

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

## RIVER OF LIFE ASSEMBLY OF GOD

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

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

## ST. FRANCIS XAVIER CATHOLIC

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

## SAINT JOHN THE APOSTLE METROPOLITAN

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

## SAINT MICHAEL LUTHERAN

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

## SAINT NICHOLAS MONASTERY

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

## ST. VINCENT DE PAUL CATHOLIC

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

## SOUTHWEST BAPTIST

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

## TEMPLE BETH EL SYNAGOGUE

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

## TEMPLE JUDEA (CONSERVATIVE)

Friday 6:30 p.m. and Saturday 9 a.m., [www.tjswfl.org](http://www.tjswfl.org), 14486 A&W Bulb Road, 433-0201.

## THE FAITH CENTER

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

## THOMAS A. EDISON CONGREGATIONAL

Sunday 10:30 a.m., [www.taecc.com](http://www.taecc.com), 1619 Llewellyn Drive, 334-4978.

## UNITARIAN UNIVERSALIST

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

## UNITY OF FORT MYERS

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

## WESTMINSTER PRESBYTERIAN CHURCH

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

## WORD OF LIFE

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

## ZION LUTHERAN

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



## Plant Smart

# Red Mangrove, Natural Protector

by Gerri Reaves

If you and your property are threatened by storm surge, you'd do well to have red mangroves (*Rhizophora mangle*) between you and the water.

With their network of arching prop, or stilt, roots form a maze of tenacious tentacles, breaking and dispersing the power of swells.

Simply put, the height and energy of surging water is reduced by red mangrove's roots and low branches. The trees can also trap debris before it reaches people and property to cause damage.

These native trees guard coastal areas so well that they are protected by law. A special permit is required to even trim them.

Red, black and white mangroves form intertidal forests and thickets in all of the state's coastal counties except some of the colder northern ones. Worldwide, they grow only in the zone of 28 degrees north or south of the equator.

Of the mangrove species, red mangrove grows closest to the sea and



Red mangrove's prop roots protect coastal areas from storm surge and erosion

photo by Gerri Reaves

can stand salt water submersion. Tannin in the bark tints the water reddish brown.

The roots not only anchor and stabilize the tree, which can reach a height of 50 feet, but stabilize the soil.

In the shallow microhabitat beneath them, red mangroves provide an essential

function in the coastal ecosystem as a nursery for fishes, crustaceans and shellfish, including shrimp, spiny lobsters and crabs.

In addition, snook, snapper, tarpon, jack, sheepshead, red drum, oyster and shrimp also benefit from the mangroves.

Mangrove forests also provide nesting and roosting habitat and food for many native birds such as herons, egrets, white ibises, brown pelicans and magnificent frigatebirds.

While red mangrove's wood and bark might be highly prized and useful in a number of industries, the tree is never more valuable than when left in its natural place to protect us from the ravages of storms and provide habitat that supports the marine ecosystem – and, therefore, our south Florida economy.

Fortunately, appreciation for this species has increased since we now realize that mangrove destruction – for so long an intrinsic part of Florida development – has left our coast much less protected and the population less safe.

In recent years, scientists have estimated the free ecological services mangroves provide in the trillions of dollars.

The next time a hurricane heads for Southwest Florida, be grateful for every red mangrove that protects coastal areas.

Sources: *National Audubon Society Field Guide to Florida* by Peter Alden et al., <https://floridadep.gov>, [www.nature.org](http://www.nature.org), and [www.plantsoftheworldonline.org](http://www.plantsoftheworldonline.org).

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

## Park Shoreline Stabilization Project To Begin

Visitors to Caloosahatchee Regional Park may begin seeing areas of the park closed in preparation for the park's upcoming shoreline stabilization project. However, the park will remain open for the duration of the project.

Areas of the park to be closed to the public include the east-end access road from North River Road to the shoreline, including the E-1 and E-2 equestrian campsites. Beginning this week, some areas will be fenced off and signage posted

to protect the public as crews stage the construction project in the popular Lee County park. Work is expected to be completed by summer 2022.

The shoreline at Caloosahatchee Regional Park has eroded due to wave action from boats and tidal influences at a rate of about one foot per year.

The Lee Board of County Commissioners voted in June to award a contract with TSI Disaster Recovery, LLC, to provide improvements to the western half of the shoreline of the park. The \$877,390 project is entirely funded by tourist development taxes.

The installation of riprap, filter fabric and wetland vegetation will restore and prevent the continuous erosion along

3,235 linear feet of the western shoreline. This project will harden the remaining stretch of exposed shoreline at the park.

Caloosahatchee Regional Park is located at 19130 North River Road in

Alva. For more information about Lee County Parks & Recreation, locations, amenities and special events, visit [www.leeparks.org](http://www.leeparks.org), call 533-7275 or email [leeparks@leegov.com](mailto:leeparks@leegov.com).✱

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# Hot With A Chance Of Hotter



by Capt.  
Matt Mitchell

**W**ith summer fishing in full swing, the massive schools of fry bait mark where the action is. Having so much of this small bait around has many different species

fired up and feeding. Fast-paced action fishing around these bait schools is hard to beat. Trout, mackerel, mangrove snapper and even a few blacktip sharks kept the clients' rods bent. It seems we have much more of this bait in the bay than in the past few years, which is awesome.

When fishing around these bait schools, we have been free-lining these same shiners. I like to downsize my gear to 2,500 spinning reels to make it possible to cast these small baits. Use a 1/0 light wire hook and 20-pound fluorocarbon leader. Chumming a few of this plentiful bait every five minutes or so will keep the fish fired up. When you see the pops on the surface, you should cast into it and quickly get tight as the bite is often instant. I can't think of a better way to start a family fishing charter than with this nonstop action to get everyone involved and put some dinner on the table.

Summer pass fishing is also going off on both snook and redfish. Seeing hundreds of laid up snook in and around the passes is an amazing sight. Look under the docks and around blowdowns to see these fish staged up. When casting free-lined shiners at these fish, you often see them either follow or chase the bait as it sweeps by them. Along with these snook in the passes, we have been catching some quality redfish during the lower tide periods. Small pinfish and even the free-lined shiners caught redfish up to 32 inches this week.

Over the past few weeks, we have seen our water temperatures running between 86 to 89 degrees. With our heat index over 100 degrees most days, afternoons can only be described as a blast furnace. During periods of west winds, we have seen morning coastal showers. These often slow-moving soakers can make staying dry a challenge. East winds mean afternoon thunderstorms. Basically our rains and storms can build and happen at any time with our supercharged atmosphere.

Like I tell my clients who get fixated on our weather forecasts: "Our chance of rain is 50 percent from June till October." Summer in the tropics require you to keep your eye on the sky and get ready to change the day's plan at anytime. For the next few months, our weather is fast-changing and extremely unpredictable.

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



Steve from Virginia got a big birthday redfish while fishing with Capt. Matt Mitchell  
photo provided

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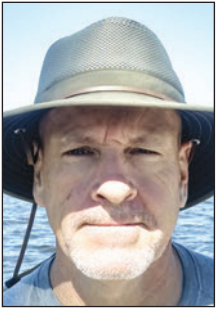
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Dave Doane with his co-worker Jesse



## CROW Case Of The Week:

# Pileated Woodpecker



by Bob Petcher

The pileated woodpecker (*Dryocopus pileatus*) is the second largest woodpecker species in the nation. The mainly black bird has a heavy bill and a bright red crest. It is this crest covering the top of the head of the woodpecker that defines its name – pileated.

Interestingly, both male and female pileated woodpeckers have the top crest, although they are distinguishable by the color on their respective cheeks. The male has a red stripe on its cheek, while the female does not.

Pileated woodpeckers are loud, both with their drilling techniques and their whinnying calls. They drill rectangular-shaped holes to get at ants and other insects, and leave such wide holes that other birds drop by to feed when the woodpecker abandons the tree.

At CROW, an adult female pileated woodpecker arrived at the clinic after being found on Sanibel unable to fly. X-rays were taken and no evidence of any skeletal abnormalities was revealed.

“There are many reasons that a



Patient #21-3997 during her examination

photo by Haillie Mesics

bird may not fly other than skeletal abnormalities. Some of the causes that we consider are bacterial infection, viral infection, systemic disease like lung disease or head trauma,” said Dr. Laura Kellow, CROW veterinary intern. “Sometimes the history can help with determining the underlying cause – for instance if the patient was found in the road or by a window.”

Upon further examination, the patient showed signs that she had suffered some mild head trauma.

“When the woodpecker first presented, she was dull and squinting,”

said Dr. Kellow. “When an eye scope was used, a small amount of bleeding was seen inside of the eye. All these findings together increased the suspicion of head trauma. Like in humans, we use a standardized coma scale to grade severity of trauma in veterinary patients. This particular patient was determined to have a mild brain injury by this scale.”

To help with the head trauma, the woodpecker received medications along with other supportive care to aid in its recovery.

“On presentation, the patient was given a strong pain medication, fluids

under the skin to boost hydration, supplemental oxygen and an anti-inflammatory medication,” said Dr. Kellow. “The patient was initially in an oxygen cage and once oxygen therapy was discontinued, she was moved to a smaller cage where she could be monitored closely and given medications. Once the patient was gaining weight and eating on her own, she was moved outside for flight conditioning after she demonstrated willingness to fly.”

Building wing strength is key to the patient’s survival.

“The next step in the patient’s recovery is flight training to build strength,” said Dr. Kellow. “Depending on the patient, this process can be as quick as a few days or require a few weeks.”

Veterinarians will continue to monitor the woodpecker as she continues to recover. There is no timetable yet on her release.

“This particular patient still requires time to ensure she is eating on her own and flying appropriately,” said Dr. Kellow. “We will continue to monitor her carefully to ensure she is ready for release.”

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

## Traffic Signal To Be Installed At Busy Beach Area

Construction will begin on a new traffic signal at the intersection of Old San Carlos and Estero boulevards on Fort Myers Beach on Monday, August 9. The work is expected to be complete by the end of 2021.

Motorists should plan for lane closures and delays in the area and some work taking place at night. Ajax Paving Industries of Florida, LLC, is the contractor and will be managing traffic.

Two signalization mast arms are to be installed.

The Local Agency Program (LAP) through the Florida Department of Transportation (FDOT) is the funding source for this project. Estimated cost is \$776,511. This is the first LAP project for the Town of Fort Myers Beach since certification was acquired in 2020.

Lee County is planning to install a second new signal in the near future at the intersection of Crescent Street and Estero Boulevard. This signal is also to be completed with FDOT funding.

For more information or questions, call the Town’s Public Works Department at 765-0202, visit [www.fmbgov.com](http://www.fmbgov.com) or check the town’s social media outlets.



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Jackie Holliday, a third grade teacher at Lehigh Elementary School, helped pack and distribute supplies photos provided

# Backpack Event Serves Thousands Of Local Families

The Multicultural Centre of Southwest Florida's 22nd annual BIG Backpack Event was held curbside at the Skatium in Fort Myers on July 25. The benefit served thousands of students and families.

More than 150 volunteers worked 1,500-plus hours over the weekend of July 24 and 25.

On Saturday, volunteers worked to stuff 2,000 backpacks with school supplies and 1,000 grocery bags with food. Community Cooperative donated 17 pallets of food to be distributed. On Sunday, the first



Lee County School Board member Debbie Jordan volunteered to help out

2,000 students ages 5 to 12 received new backpacks, school supplies and food during the drive-through curbside event.

Event sponsors included presenting sponsor Neal Communities, WINK News, *The News-Press*, Family News, Community Cooperative, Molina Healthcare, Comcast and CONRIC PR & Marketing.

Nearly 40,000 backpacks have been distributed to families over the BIG Backpack event's 22-year history. The event draws thousands of people each year, with the largest crowd reaching 15,000 during the height of the recession in 2008.

The Multicultural Centre of Southwest Florida is a nonprofit 501(c)3. For more information, visit [www.multicultural-centre.org](http://www.multicultural-centre.org) or call 333-5747.✱



Volunteers Caira Everly and Teri Bowman Alvarado distributed backpacks and groceries to thousands of students



Destiny and Faith Turner of North Fort Myers were the first children to receive new backpacks and school supplies

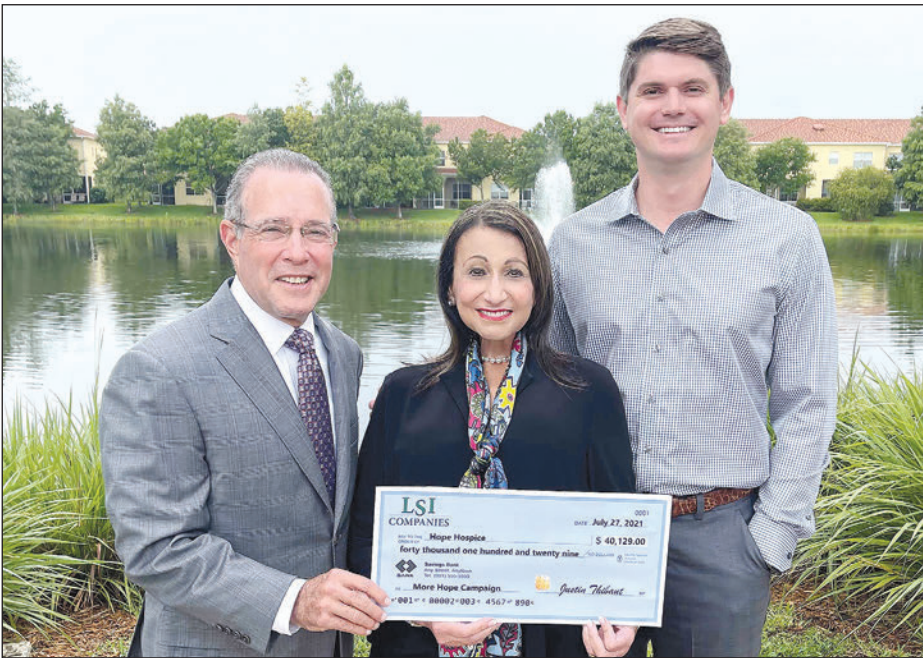


Volunteers Jordan Renaud of Estero High School and Alex Greenberg of Canterbury School helped carry filled backpacks to the curbside distribution area



From left, event founder Leonardo Garcia, event chair Connie Ramos-Williams and City of Fort Myers Mayor Kevin Anderson





From left, Hope Board Chair Charles Idelson, Hope President and CEO Samira K. Beckwith and LSI Companies President Justin Thibaut photo provided

## Donation To Support Hospice Care Campaign

LSI Companies has joined Hope Healthcare in the movement to give More Hope to those in need through a \$40,000 donation for hospice care.

Last fall, Hope launched the campaign to help replace funds that were lost due to the pandemic and cancelled fundraising events that generate critical funding for hospice services. Through the generous support of LSI Companies as well as donations from nearly 500 other patrons, the More Hope campaign is nearing halfway to its \$500,000 goal.

"It is with great appreciation that LSI Companies can team up with Hope to provide assistance to those who need it most," said Justin Thibaut, president of LSI Companies. "Through fundraising campaigns such as More Hope, those in life's closing chapter can receive the compassionate support they need."

The not-for-profit health care organization cares for 4,000 people each day throughout five Southwest Florida counties and provides more than \$2.5 million in unfunded hospice care each year. Last year, Hope provided care and comfort to more than 6,000 hospice patients and their loved ones as they fulfilled life's journey.

"As one of our committed partners, LSI Companies continues to deeply reflect and embody the values of Hope and the community," said Samira Beckwith, president and CEO of Hope Healthcare. "We are grateful for their support as we provide essential care and services to all who need Hope's care."

Additional generous donors to the More Hope campaign include: Big 8 BBQ, Case Pearlman, Edison National Bank, Florida Blue/Brown & Brown Insurance, Jason's Deli of Southwest Florida, McGriff Insurance Services, Markham, Norton, Mosteller, Wright & Company, PA, The Sanibel Captiva Trust Company, Walmart and William E. Cross

Foundation.

The website [www.morehope.org](http://www.morehope.org) offers donors the option of making recurring gifts or pledging a future gift in support of hospice care. Information about hosting a fundraiser and becoming a sponsor is also available on the website.

Hope Hospice is dedicated to providing care and comfort to every individual and their loved ones as they fulfill life's journey. To discover how donations support these efforts, visit [www.morehope.org](http://www.morehope.org).



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## University Names Finance Vice President

Janice Caprio has joined Hodges University as the assistant vice president of finance and administration.

In this role, Caprio provides oversight and guidance to the university's finance, human resources and information technology departments. Her responsibilities include overseeing the university's financial reporting and tax filings, in addition to ensuring regulatory compliance in her areas of responsibility. During her career, she has held positions ranging from staff accountant, audit manager, vice president of finance and administration to chief financial officer. Her areas of expertise include accounting and financial management, forecasting and budgeting, stakeholder relationships, internal controls and governance, human resources (HR), strategic planning and performance management.

Caprio received a bachelor's degree in accounting with a computer science concentration from Utica College of Syracuse University and a master's



Janice Caprio

degree in human resource development from Villanova University. In addition, she received a graduate certificate for HR Business Partner from Villanova University and a Professional in Human Resources designation from the HR Certification Institute. She earned her Certified Treasury Professional designation from the Association for Financial Professionals, is a Chartered Global Management accountant and a licensed certified public accountant in New Jersey and Florida.

Caprio is also a member of the American Institute of Certified Public Accountants, the New Jersey Society of Certified Public Accountants, the Florida Institute of CPAs, the Association for Finance Professionals, the Finance Executives Networking Group and the Society for Human Resource Management.

## New Nonstop Flight Coming

Spirit Airlines will inaugurate nonstop service between Southwest Florida International Airport (RSW) in Fort Myers and Milwaukee Mitchell International Airport (MKE) on November 17. Spirit Airlines will operate the RSW-MKE flight daily.

For more information or to book a flight, visit [ww.spirit.com](http://ww.spirit.com). For more information about Southwest Florida International Airport, visit [www.flylcpa.com](http://www.flylcpa.com).

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## Book Review

*The Cellist*

by Di Saggau

I always look forward to a new Daniel Silva book. *The Cellist* is his latest and it again features Gabriel Allon, who has graced several Silva novels. Allon is the head of Israel's intelligence

service. When his friend Victor Orlov, a wealthy newspaper publisher and Russian dissident, is killed by documents contaminated with a deadly nerve agent, he tracks down the woman who leaked these documents.

The police decide the documents were delivered to Orlov's home by a prominent investigative reporter from the Anti-Kremlin *Moskovskaya Gazeta*. After finding the woman, Allon realizes he may finally have what he needs to take down the autocrat in the Kremlin. The author makes a persuasive case that the best way to neutralize the threat of troll farms and disinformation campaigns is to starve these operations of cash.

*The Cellist* gives the reader a look at Russia's money laundering, The Kleptocracy and the Russian mafia mentality. It's full of characters from previous books and it subtly refers to

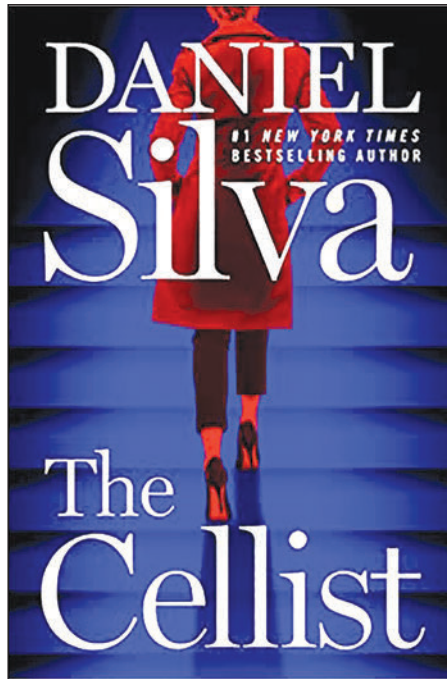


image provided

current events with a certain Russian oligarch, "dirty" banks, the nerve toxin Novichok and the real dangers involved in being a member of the Fourth estate, the Press.

I suggest reading Silva's author's notes at the end or in the beginning, if you prefer, because it gives the reader background from his research for the book, and also his mindset while he was writing it. He doesn't hold back on what he believes to have taken place in

sociopolitical trends. Some will agree with him, some won't.

Fans of Daniel Silva and Gabriel Allon will find this book to be elegant and sophisticated, provocative and daring. It explores one of the

preeminent threats facing the West today, the corrupting influence of dirty money wielded by a reckless Russia along with a stark warning about the fragile state of democracy. *The Cellist* is exciting, real and hard to put down.✱

## School Smart



by Shelley M. Greggs, NCSP

**Dear Shelley,**  
My two boys are going from elementary school to middle school in August, and I know this could be a difficult transition for them. What can

I do to help?

Candace P, Fort Myers

**Candace,**

This is such a great question!

Transitioning to a new school can be an exciting but stressful time for kids even when the change is positively anticipated, like "graduating" to the next school level. Facing the unknown, like going to a new school, can cause anxiety, and it's best to look for signs of stress in your children as they transition.

The middle school environment tends to be larger, potentially less nurturing, more departmentalized, more competitive and more demanding academically. Additionally, students are expected to be more independent academically and their social lives will become more complex and intense. It's a lot for kids to negotiate initially.

Understandably parents can feel concerned about how their child will adjust to these changes. Luckily, there are many ways for parents to help smooth the transition and support their child's academic and social success in their new school:

It is important to understand the typical concerns related to moving to a high school setting:

**Environment** – Finding lockers, finding lunchrooms and bathrooms, getting through crowded hallways, getting to class on time;

**Workload** – Keeping up with materials, new grading standards and procedures, more long-term assignments, lack of preparation;

**Social** – More peer pressures (i.e., cliques, dealing with older students and students from other schools), social immaturity;

**Schedule** – Remembering which class to go to next, more teachers, no recess, no free time; and

**Other** – Reduced parent involvement, accepting more responsibility for

their own actions, unrealistic parental expectations, coping with adolescent physical development.

How parents can help their child prepare for and become comfortable with their new school environment:

**Emphasize positive aspects of middle school** – With the move will come more opportunities for individuality, freedom and increasing choice in elective courses and extracurricular activities. There will be more opportunities to find friends with common interests;

**Teach study skills** – Help students begin to self-regulate by breaking down large tasks into manageable pieces and provide guidelines so students can monitor their own progress;

**Schedule tours of new school** – If the student did not have a tour of the new building, schedule one over the summer prior to the start of school. If your school offers an orientation session, make a point to attend;

**Encourage participation** – Whether in extracurricular activities, extra-help homework programs, or school social/sports activities, students should be encouraged to seek these out as an opportunity to meet new people; and

**Continue or increase parental involvement** – If you have concerns, don't wait for the school to contact you. Look out for regular newsletters and other forms of communication home regarding events at the school.

If your child has special needs, difficulty with normal transitions, or other learning difficulties, you may want to meet with your child's current and new teachers to identify and develop skill building strategies that meet your child's specific needs. Preventive transition planning can go a long way to minimizing or eliminating adjustment problems when the school year begins.

Adapted from *Transition from Elementary to Middle School: Strategies for Educators* by Valerie Niesen and Paula Sachs-Wise, in *Helping Children in Home and School II: Information for Parents and Educators*, NASP, 2004

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

## EPIC FIRES OF FORT MYERS

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

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

From page 6

## Chamber

Beach and Felipe's Mexican Taqueria. If you own or manage a restaurant on Fort Myers Beach and wish to become a participating location for this year's event, contact the chamber at events@

fmbchamber.com. There are also several sponsorship opportunities available.

Cost is \$45 prior to the event and \$50 the day of the event. Tickets are limited. For more information, call 454-7500 or visit [www.fortmyersbeach.org/events](http://www.fortmyersbeach.org/events) to reserve your spot, sponsor or sign up your restaurant.✱



## Fighting Fraud And Cybercrime Seminar Nears

Identity fraud and cybercrime impact Southwest Florida residents and businesses daily. To become better informed and equipped to protect our businesses, the Above Board Chamber of Florida has assembled a group of experts to teach participants how to recognize and avoid online activities designed to harm businesses and personal lives.

The seminar will be held at the Crowne Plaza Bell Tower on Thursday, August 12 from 11:30 to 1 p.m. Panelists include Rachel Busch of Cigent Technology, Inc.; Carrie Kerskie, CEO at Kerskie Group, LLC; Janet Moore, risk consultant at BKS-Partners; Mark Niede, chair of Henderson Franklin's Intellectual Property Practice Group; and James Ritter, CEO and founder of Pulse Business Solutions.

Dave Elias, chief political correspondent at WBBH NBC-2, will be the emcee. Steve Niehaus of Edison Business Advisors and Elaine Green, RN and John J. Green, DO Internal Medicine, are the seminar sponsors.

Some of the more common

cybercrime complaints affecting local businesses are:

Internet fraud – Scams designed to scare individuals into paying vast sums of money;

Phishing – Email scams in which the criminal sends out legitimate-looking emails that appear to be from respected companies in an attempt to gather personally identifiable information from recipients;

Malware – An increasing threat to both business and home users, this malicious software is used by hackers to remotely access computers to steal, corrupt, or destroy important data;

Spyware – The use of computer technology to gather information about a person or business without consent; and

Internet hoaxes – Email messages warning of a phony virus or otherwise trying to deceive the recipient

Early bird admission for the luncheon are available through August 6 at the rates of \$33 for members and \$35 for non-members. After August 6, the regular registration fees are \$35 for members and \$40 for non-members. Lunch is included.

Crowne Plaza Bell Tower is located at 13051 Bell Tower Drive in Fort Myers. To register, visit [www.aboveboardchamber.com](http://www.aboveboardchamber.com).✱

## LARC Adds Board Member

Jenn Robinson has joined the board of directors for Lee Association of Remarkable Citizens (LARC). Established in 1954,

"We are excited to have Jenn join our board of directors," said Angela Katz, LARC's executive director. "She shares our vision that people with intellectual and developmental disabilities should be valued members of their communities, with the opportunity to realize their full potential. Her professional background will be a tremendous asset as we continue to champion innovative programs to meet community needs."

"It is my privilege to serve on the board of directors of LARC," said Robinson. "I am passionate about improving the lives of individuals with intellectual and developmental disabilities, and hope my experience will enhance LARC's many



Jenn Robinson

programs in Southwest Florida."

Robinson currently works as an inclusion specialist with the Florida Diagnostic & Learning Resources System/Florida Inclusion Network (FDLRS/FIN) Island Coast, ensuring all students with disabilities have the same educational, social and future opportunities as their peers. She previously was a program coordinator for How I Reach Employment (HIRE), which supports students with intellectual disabilities through postsecondary technical and career education. She also worked as a human resource development specialist with FDLRS/FIN, and as an intervention support specialist and exceptional student education department chair at Cypress Lake High School. Her community involvement includes board chair of the YMCA, a previous board member of AMIKids of SWFL and a mentor for the Foundation for Lee County Public Schools, Take Stock in Children.

LARC's mission is to empower and support individuals with intellectual and developmental disabilities and their families to reach their full potential.

To learn more about LARC, visit [www.larcleecounty.org](http://www.larcleecounty.org) or contact Katz at 334-6285 ext. 210 or [angelakatz@larcleecounty.org](mailto:angelakatz@larcleecounty.org).✱

## Cypress Cove Grants Employee Scholarships

Cypress Cove's staff scholarship committee recently awarded a total of \$52,000 in fall 2021 educational scholarships to 26 employees and dependents of its South Fort Myers Life Plan community.

The recent scholar selections bring to 64 the number of employees and their dependents who have been chosen as scholarship recipients. Cypress Cove's fall scholars' class is the largest-ever group award given since the program began in the spring of 2018.

Higher education is a deciding factor as demand for higher skills increases. "The pandemic sent shock waves through colleges, cutting enrollment by six percent on average nationwide," said Cypress Cove Philanthropy Specialist Allen Abbott. "The decline was especially acute among Latino men and Black men, falling by 19 percent and 22 percent, respectively. Cypress Cove Staff Scholarships are helping buck that trend."

Scholarship awardees will be represented this fall at nine different institutions of higher learning: Florida SouthWestern State College, Rasmussen University, University of South Florida, Fort Myers Technical College, University of Florida, Florida Gulf Coast University, Broward College, Keiser University and the University of West Florida.

This fall's scholarship class includes 15 returning scholars. For the first time, all recipients were awarded named scholarships (awards named by Cypress Cove resident donors). Recipients include the mother-son awardees Patricia Chavez and Danilo Moreno-Chavez, as well as two sets of brother-sister scholars: Everett and Olivia Taylor and siblings Hannah and Nick Vanderhei.

Other scholarship winners are Jennifer Alexander, Evelyn Alpizar-Flores, Jeff Cassamajor, Ayanna Didley, Stephanie Diprospero, Rose Euzebe, Abenfi Fabien, Shantae Gayle, Dieunica Guervil, Daphline Jocelin, Gina Karat, Angelica Lindor, Philippe Orrego-Vargas, Abigayle Pierre, Ermith Previlon, Samantha Rockenhaus, Paige Siggia, Cabrini Tavaréz, and Slandia Thony.

Each scholarship recipient receives \$2,000 towards their education.✱



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Will Power

## Our Digital Selves



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

**T**he *New York Times* recently published an article entitled *What Should Happen to Our Data When We Die?* The focus centered on the use of digital likenesses of deceased actors, athletes and celebrities in newly created movies and other videos. Carrie Fisher and Peter Cushing, for example, posthumously reprised their roles in *Star Wars: The Rise of Skywalker* only because artificial intelligence is sophisticated enough to construct new scenes.

But these issues transcend the famous. That same article quotes Carl Ohman, a digital ethicist, who estimates that Facebook could have 4.9 billion deceased users by this century's end. Artificial intelligence capabilities therefore represents a huge sociological shift. For centuries, only the rich and famous were documented. Now all of us might be.

From an ethical standpoint, who owns the rights to our emails, online search history, images, likenesses and social media posts? Should we specifically mention them in our wills? Various state laws, Florida's included, detail what rights our beneficiaries have to access these online resources, as do the "User Agreements" we never read but click through in order to transact business on the web.

But what about recreations? In California, for example, digital likenesses are protected up to 70 years following death; in New York, it's 40 years.

What, if any, right to privacy does our estate enjoy? Robin Williams prohibited the use of his voice or likeness for a period of 25 years following his death in 2014. This

prevents a user in a state other than California attempting to so profit.

Some individuals are busy creating their own AI selves using apps and services. HereAfter is focused on family history, and for a fee, interviews clients about critical moments in their lives. The answers are apparently used to create Siri-like chat bots. If your descendants want to learn about your first job or early adulthood, they could ask the bot and it answers in your voice!

The *New York Times* article also mentions Replika, a chat bot app that creates avatars mimicking their users' voices. Last year, Microsoft filed for a patent that combines 3D imagery with chat bot-like voice replication. Imagine *Guns n' Roses* actor James Arness standing outside a steakhouse, urging customers to step in and enjoy a meal there.

I don't know whether artificial intelligence will replicate many of us after our deaths, but there's certainly a danger. Just as technology can be put to good use, consider how fraud might be perpetrated. I envision an adult child creating a video of a deceased parent explaining how much they disliked a sibling, and why that sibling was written out of a will. Today, the video technology probably isn't good enough to fool anyone, but what about in the decades to come?

There are other scams that may entrap more people. Many have heard about a recent one, where an elderly relative is usually called by a grandchild (but it's not really the grandchild), pleading for money because they're in jail and must make bail. The worried grandparent quickly sends money on an app like Venmo. How many more will fall prey when the voice is an AI version of the grandchild's actual voice? It doesn't fall outside of reason that someone can lift audio files off social media to construct the grandchild's voice.

It's amazing to me how fast the technology improves. It's both exciting and troubling. I'm sure the next Heckerling Estate Planning Conference I attend will include discussions and a review of law over these issues.

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

## Human Resources Assistant Named

**S**anibel Captiva Community Bank has promoted Laura Ann Marsh to human resources assistant at its operations center, located at 9311 College Parkway. Marsh joined the bank in April as a customer service representative and teller at the McGregor branch. She is responsible for preparing payroll transactions, maintaining human resource records and assisting in employee benefits administration.



Laura Ann Marsh

Marsh has 25 years of executive administration experience working for several Southwest Florida businesses, including Sanibel Community Church. She has also served as a substitute teacher for Lee County schools since 1996. Marsh holds a bachelor's degree in sociology from Trent University and a degree in education from University of Western Ontario. She also has a qualifying master's degree from Queen's University in Kingston, Ontario.✱

## Latest Trends In Property Values

**T**he latest trends in property values in Southwest Florida will be explained by Lee County Property Appraiser Matt Caldwell at the Real Estate Investment Society (REIS) luncheon meeting in the Osprey Room at Pelican Preserve's Clubhouse on Tuesday, August 10 at 11:45 a.m.

Caldwell is also expected to report on advances in information technology for

online mapping and property reports, and how real estate professionals can access and use the information. Following the presentation, he will respond to specific questions from the attending real estate development and investment professionals.

Caldwell was elected as Lee County property appraiser in 2020. He began his career as a real estate appraiser while he was a student at Florida Gulf Coast University, then joined Maxwell Hendry Simmons in 2004, where he remains of counsel. He was a member of the Florida House of Representatives from 2010 to 2018, serving on and chairing several committees including: tax policy, redistricting, insurance and banking, agriculture and natural resources/public lands, transportation and infrastructure, and oversight of government operations.

Admission is \$30 for members and \$40 for guests, which includes lunch. The meeting is sponsored by RWA.

Pelican Preserve's Clubhouse is located at 9802 Pelican Preserve Boulevard in Fort Myers. For more information or to register, visit [www.reis-swfl.org](http://www.reis-swfl.org).✱

## School District State Assessment Results Released

**T**he Florida Department of Education released results for the 2021 Spring Florida Standards Assessment (FSA) and End of Course (EOC) exams. Scores were down statewide but the School District of Lee County mitigated those losses and lessened the impact caused by the COVID-19 pandemic.

Highlights include third and fourth grade math where Lee County students exceeded statewide performance and saw less decline than the state average.

"We expected to see a drop in assessment scores across the district," said Chief Academic Officer Dr. Jeff Spiro. "In a typical year, our laser focus is on

student achievement. Because last year was not a typical year, our concentration centered around the health and safety of students and employees as we weathered a global pandemic together. Our children were learning differently, there were increased absences, and new stressors that compounded the challenge. These scores reflect that."

Students in grades three to 10 took the FSA test in English Language Arts (ELA), which includes both reading and writing skills. The FSA math test was administered in grades three to eight, and the science test was administered in grades five and eight. Students enrolled in civics, algebra 1, algebra 2 and geometry participated in the state's EOC exams for those subjects. The tests were not administered in 2020.

The district also exceeded statewide average proficiency in seventh grade math and lessened the learning loss in several ELA and math grade levels, as well as all tested areas in social studies and science relative to the losses experienced across the state.

"We can be encouraged by our preliminary review of these scores because we gave our families flexibility in their learning models and our students experienced less of a learning loss than in most areas of the state," said Superintendent Dr. Ken Savage. "Even with results that show areas in need of improvement, we can use the data to know where our students are and how we can help them succeed."

The district started planning for the support and interventions needed to help students when they return to school on August 10. Every principal has identified and developed individualized plans for student enrichment opportunities. Every elementary school will have a literacy coach in kindergarten through second grade to focus on ELA success in third grade. Teachers are currently receiving training on all the resources available to them. These intense strategic planning sessions also focused on attendance, behavior, classroom success and dropout

prevention to increase student success.

Parents interested in seeing their child's FSA scores will find them posted in their FOCUS Parent Portal late next week. For families without an account, visit [www.leeschools.net/our\\_schools/focus](http://www.leeschools.net/our_schools/focus).✱

From page 1

## Conservatory

number of other season ticket packages. Tickets for *The Spongebob Musical* and *American Idiot* will be available as the season progresses.

"We couldn't be more excited to be back inside producing live theater with the amazing students of Southwest Florida," said Education Director Kody C. Jones. "The 2021-22 season may be the most adventurous yet as we present an array of contrasting productions that will not only challenge area students but enliven and entertain our community."

This season's popular TYA Touring Series features *Ella Enchanted*, *Elephant & Piggie's We Are in a Play*, and William Shakespeare's *Macbeth*. Tour bookings are available now for elementary, middle and high schools, and information on how to book is available at [www.floridarepeducation.org](http://www.floridarepeducation.org).

For the fourth year, Florida Rep Education will send students to perform at the Junior Theatre Festival in Atlanta with selections from the Broadway sensation, *Legally Blonde*. The Junior Theatre Festival is the world's largest celebration of young people performing musical theater. It brings together student musical theater troupes from all over the world for a weekend of performances, education and development. Each troupe performs 15 minutes from a Broadway Junior show for adjudication by a panel of musical theater experts.

Florida Rep Education operates as part of Florida Repertory Theatre in the Historic Arcade Theatre at 2267 First Street in downtown Fort Myers. For more information, visit [www.floridarepeducation.org](http://www.floridarepeducation.org) or call the box office at 332-4488.✱



## Superior Interiors

# How To Avoid Simple Bedroom Design Mistakes



by Linda Coin

**D**oes your bedroom feel dull lately? Could it use a total revamp? Home redesign projects are always a good idea in our book, but the moment a room makes you feel uncomfortable

the second you walk in, there's no doubt that the time to make improvements is now.

Before you can commit to the new adjustments, it is important that you understand the dos and don'ts of bedroom redecorating. Placement and choice of color, furniture and accessories can make a big impact on the way you feel when you enter the room, so you want to get it right the first time around.

Here are some of the most common bedroom design mistakes, and how to avoid them:

**Mistake 1: Your area rug is too small** – Adding an area rug to the bedroom is one of the easiest ways to bring the room together and add additional style and comfort to the floor space. But size matters, and this can make a major difference in the look and feel of your bedroom. If you have an area carpet in a bedroom, it needs to cover much of the room. People often skimp on this because they feel it is wasted when positioned under the bed, but your

bedroom should feel super cozy.

The solution: If you're placing the area rug underneath the bed (which is what we highly recommend in the bedroom) then just make sure it extends out one to two feet on each side.

**Mistake 2: Your walls are too bright** – Choosing a bold color for your bedroom walls definitely creates that "wow" factor, but it can be detrimental to the vibe you want to achieve in the room. This is supposed to be a relaxation station, not a place to party.

The solution: Instead of using a bold wall color, save the bright hues for accents. Vivid shades can be used in bedding, window coverings, accessories and pieces of art. The best part about shifting bright colors to the accents instead of the walls is the ease of mixing it up! Wall color is more of a backdrop, so changing your accents every few years can be much easier than painting your walls on a regular basis.

**Mistake 3: It's cluttered with décor** – When it comes to bedroom redesign, it is always important to reevaluate the sole purpose of the bedroom. It's supposed to be a space for unwinding and relaxing. Unnecessary items and clutter can keep you from feeling this way, and this is something to be said about the overall decor as well.

The solution: When it comes to bedroom decorations, keep things simple. A few staple accessories placed on surfaces can bring character to the room and hanging decor can dress up the walls. Keep this in mind as you reconsider your design choices.

Putting a little thought and planning into the design phase can help to bring those dreamy bedroom visions to life.

Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at [linda@coindecaden.com](mailto:linda@coindecaden.com).✧

## Pediatric Eye Center Opens

**S**WFL Children's Charities Eye Institute of Golisano Children's Hospital has opened in Southwest Florida. The new eye institute is the largest pediatric ophthalmology office between Tampa and Miami.

"Golisano Children's Hospital of Southwest Florida is committed to providing the highest quality of care to our patients, and we are proud to continually expand our services to meet the needs of the community we serve," said Dr. Emad Salman, vice president of operations and chief physician executive at Golisano Children's Hospital. "This dedicated space is really going to benefit the children in our region."

The SWFL Children's Charities Eye Institute of Golisano Children's Hospital combined and relocated Lee Health's current pediatric ophthalmology locations at Medical Plaza One on the HealthPark campus and Bonita Community Health Center into one centralized building that doubled the space for patients. The increased space will allow the ophthalmology team to continue to grow and serve more children and adolescents

throughout Southwest Florida.

The new space has 14 exam rooms, specialized pediatric equipment and colorful designs modeled after Golisano Children's Hospital of Southwest Florida. It is dedicated to treatment and exams for visual disorders in children. Some of the conditions that are treated include eye muscle disorders, amblyopia (lazy eye), retinopathy of prematurity (often called ROP), ptosis (drooping eyelid), nasolacrimal duct (tear duct) obstructions and strabismus (abnormal alignment of the eyes).

"My patients are truly the 'why' behind why I do what I do. To have an office dedicated to treating eye conditions in children is amazing," said Dr. Jessica Kovarik, pediatric ophthalmologist. "All the additional rooms will allow my colleagues and me to see and treat even more patients in Southwest Florida."

Golisano Children's Hospital of Southwest Florida is grateful for the partnership and support from SWFL Children's Charities and all participants in the SWFL Wine and Food Fest, which funded the new pediatric eye institute.

The new eye institute is located at 11390 Summerlin Square Drive, near the intersection of San Carlos Boulevard and Summerlin Road. For more information, visit [www.leehealth.org](http://www.leehealth.org).✧

## United Way Campaign Chairs

**U**nited Way of Lee, Hendry, Glades, and Okeechobee has selected Noelle Branning and Corey Vertich as the 2021-22 United Way Campaign Chairs. The goal for this year's campaign has been set at \$11.3 million. Last year's campaign raised \$10.8 million for the local communities of Lee, Hendry, Glades and Okeechobee. The theme of this year's campaign is "Back to the Future."

Branning was a co-chair for last year's United Way Pacesetter campaign, and Vertich has been on the United Way Funds Distribution team for nearly 20 years. Both have been involved in many local charity events and are counting on support from local leaders, friends and employers to reach the campaign goal to move past the effects of the pandemic.

Branning is the newest Lee County tax collector, elected after United Way Board Member Larry Hart's retirement in 2020. She is the former board president for United Way Partner Agency, Children's Advocacy Center of Southwest Florida, as well as current board member with United Way. She graduated from Florida State University in 1998 and from St. Thomas University School of Law in Miami in 2004.

"My husband and I have chosen professional paths in public service,"



Corey Vertich and Noelle Branning  
photo provided

said Branning. "However, embracing service to others extends far beyond our professional lives. We support United Way because we believe in their mission to improving the quality of life for all people in our community while ensuring funding remains local. By supporting our local United Way, we are creating positive change for so many in our community. After a truly tumultuous year and seeing this agency and community come together, it is my honor to be the 2022 United Way Campaign co-chair alongside Corey Vertich."

Vertich, a certified financial planner with over 30 years in financial services, has been a supporter of United Way for the past 20 years. He and his firm, Uhler and Vertich Financial Planners,

continued on page 16

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# Frankly Speaking



by Howard Prager

Teams were in two categories at the Major League Baseball trade deadline: those that wanted to strengthen their club for the stretch run with the likelihood of them making the playoffs, and those

that realized they weren't going to make it and wanted to get something for their star players and those whose contracts were expiring after the season. For example, the Twins, Cubs and Nationals were among the sellers, the Dodgers, Yankees and Blue Jays were among the buyers. The Cubs have now dissembled most of their 2016 World Series team, with the trading of Rizzo, Bryant and Baez, along with Craig Kimbrel the best reliever in the league. What's remarkable is the trio homered in their first games for their new teams (Yankees, Giants and Mets) respectively. The Nationals traded eight players – one-third of their team – sending All-Star starting pitcher Max Scherzer and shortstop Trea Turner to the Dodgers. The Twins sent ageless DH Nelson Cruz, who was in his final contract year, to the Rays. The Blue Jays sent Austin Martin and Simeon Woods Richardson to the Twins for starter José Bérrios. “We were setting a high bar for a lot of these

(Bérrios) conversations,” Twins president of baseball operations Derek Falvey said. “We were telling teams what it would take to acquire a player of José’s caliber. And if they wanted to have that conversation, we would engage. Martin, in particular, is the type of prospect rarely made available in trades, let alone in midseason deals. Martin was ranked by Baseball America as the No. 2 prospect in last year’s draft class. The Blue Jays selected him fifth overall. Baseball America, MLB.com and The Athletic each ranked Martin as a top-25 global prospect this spring.” According to *The Athletic*, Martin becomes the Twins’ top prospect.

Marcus Thompson of *The Athletic* and others wrote about Simone Biles pulling back from most events in the Olympics. *Tennis* magazine and others wrote about Naomi Osaka. Both faced the same demon – mental health – and took timeouts on the biggest of stages, the Olympics, the French Open and Wimbledon. Thompson writes, “This really comes down to courage, this idea of persevering through adversity. It is refusing to be thwarted by pain, doubt or opposition. We celebrate those who triumph through adversity. Michael Jordan’s “Flu Game” when he dominated despite food poisoning. Brett Favre producing an all-time gem while grieving the death of his father. Skylar Diggins-Smith playing a WNBA season while pregnant. Kirk Gibson hitting a World Series game-winning home run when he could barely run.”

People all have their thoughts about Simone Biles’ decision to pull out of the

gymnastics team final and several individual events. She did come back for the balance beam. Biles’ said: “I was fighting all those demons. I just don’t trust myself as much as I used to. Never felt like this before.” With all the upside down twists and turns, it’s also dangerous when you have the “twisties” and disorientation between up and down.

Thompson continued, “what was surprising was that the same woman who dares the most daunting routines, who dominated the World Championships with kidney stones, who competes in gymnastics on broken toes and pushes through physical injuries was stopped in her tracks by this.

“Maybe what we’re learning from Biles and from Naomi Osaka, and from a host of NBA and NFL stars, is that this is all too much, even for the top gladiators. Sports’ culture dictates that Biles and Osaka were supposed to power through the doubt, face the anxiety and deliver us a moment for which we can endow them with that special honor we bequeath to the courageous. But what Biles and Osaka did was look right in the face of a foe we all know well. Maybe one day, we will look back at this moment as an important one in an era when athletes are reclaiming their right to be something more real than just invincible gladiators. Maybe their candor about the anxiety of their life, in this world driven by social media and the 24-hour news cycle, is necessary for us to rethink our culture” and our expectations.”

There are so many good news stories coming out of the Olympics that I’ll be

sharing them at least through the month of August. Today’s story is about a new high for the Olympics, two Gold medal winners in the men’s high jump. Qatar’s Mutaz Essa Barshim and Italy’s Gianmarco Tamberi, each cleared 7 feet, 9 ¼ inches. Both missed the next level, and were asked if they wanted a one jump playoff? No, they wanted to share the gold where they both medal. The high jump and pole vault are the only two Olympic sports where this could even happen. The backstory is what made this most compelling, as shared by Andrew Nelles of *USA Today Sports*.

“Barshim and Tamberi have been friends for more than a decade, after meeting at the world junior championships in 2010. “In the track, we are opponents, but still supporting each other,” said Tamberi. They were always friends but also became each other’s biggest supporters when each tore ligaments in their ankle, Tamberi before the 2016 Olympics and, in 2018, Barshim suffered a similar injury. It’s happenstance that they happened to fall short of clearing the same height, on the same number of attempts. Both said by sharing the gold, they hoped it would send a message, that sports doesn’t have to be cutthroat, that winning doesn’t need to come at the detriment or emotional devastation of another.” What an uplifting message to share.

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

## CARING MEDICAL FLORIDA & THE HAUSER NECK CENTER

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Brian Hutcheson, D.C.  
Ross Hauser, MD  
Danielle Matias, MMS, PA-C

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From page 15

## Campaign

play an active role in the community with their work, financial support and fundraising for many charitable, civic and environmental organizations.

“We are our community, and so we must nurture and care for it. For the past 20 years, I have participated in the United Way allocations process where we review and decide the funding for our agencies and their programs,” said Vertich. “This experience has left me humbled by all the amazing work they do for our community. Through this

process, I have seen how United Way makes an impact with every dollar it allocates. That is why I am so excited to co-chair the 2021-22 campaign with Noelle Branning to raise those dollars. Our United Way has a long history of continuously increasing our goal, and our community has always given their support. This year, we will do it again. With a challenging year behind us, we are looking forward with a vision to continue strengthening our community. That is why, this year we declare ‘Back to the Future.’

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

## SPORTS QUIZ

1. True or false: Motorboat racing was a medal sport contested at the 1908 Summer Olympics in London.
2. What country won Olympic gold medals in baseball in 1992, ‘96 and 2004?
3. Name the East German female swimmer who won four gold medals at the 1976 Summer Olympics in Montreal and was later found to have been administered steroids by team doctors.
4. Who was head coach of the U.S. Olympic men’s basketball team that managed to win only a bronze medal at the 2004 Summer Olympics in Athens?
5. What martial-arts arena in Tokyo was built for the 1964 Summer Olympics and has hosted musical acts such as the Beatles, ABBA, Bob Dylan and Eric Clapton?
6. Name the U.S. female gymnast who suffered an ankle injury and was carried to the medal podium by coach Bela Karolyi at the 1996 Summer Olympics in Atlanta.
7. What was the name of the E! reality TV show starring U.S. Olympic swimmer Ryan Lochte that aired briefly in 2013?

## ANSWERS

1. True. 2. Cuba. 3. Kornelia Ender. 4. Larry Brown. 5. The Budokan. 6. Kerri Strug. 7. What Would Ryan Lochte Do?



## Doctor and Dietician

## Love Your Neighbor



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

Most likely many of us grew up hearing these words, “Love your neighbor as yourself” or “Do unto others as you would have them do unto you.” We all love hearing beautiful stories of someone who goes out of their way to be kind to another person. We should be those people.

For some reason, much of the world has become inward-focused and self-centered. When walking the beach, how many times do you see people with their heads down scrolling on their phones? Is anyone out there paying attention to other people? Or are we just too busy in our own worlds, often not noticing anything going on around us?

Last weekend, we heard a window-shattering thunderclap. Did you know that a couple was struck by lightning on Nerita Beach that afternoon? Thankfully, bystanders began CPR in an effort to save them. What if nobody paid attention and kept on walking?

At our office, we encourage our team and providers to discover new things, think outside of the box, try something new, investigate the “why” behind various treatments. If we remained status quo, we would not have discovered the things we now use to help patients from all over the world.

If we just hang with people of similar viewpoints, interests, or beliefs, then we do not grow and we become isolationistic.

We ask, “who is your neighbor?” Yes, our neighbors are the people living near us, but they are also other people we encounter through life. Take time to learn something from someone who is different than you are.

If you are a Bible-reading person, check out the story of the good Samaritan where a man is beaten by robbers and left for dead on the side of the road. Some people who were leaders in the community walk right by him, yet finally a Samaritan (someone vastly culturally different than the man lying in the road) stops to help the victim. He had nothing to gain but just showed mercy and love. In this crazy world we live in, we want to encourage you to remember that love is the answer.

Loving others not only helps others, but it helps us as well. We are happier, more joyful, kinder, less stressed, and our hearts are stronger and bigger.

How do you love your neighbor? First, let’s look around! Observe the needs of others versus being so caught up in the world of self. See, really see, people. Ask questions. Stop talking and start listening. Show compassion. Be responsive. Even if the opportunity arrives at an inopportune moment, put your needs aside for someone else.

Our small group has been taking some time to put love into action, providing a movement of hope to those around us – people we know or people we don’t know. Chose something specific to help others each month. For example, one month, help students... another month, help teachers. Provide food in the form of a food bank donation or cook a meal for a busy family. Help a needy person fix something or do a project around his/her home. Wash a friend’s car. The ideas are endless. Even beyond this, let’s look up and speak and smile at one another. Offer a kind word.

If each of us did this, what a better place the world could be, right?

*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](mailto:info@caringmedical.com).*

## Lee Health Offering Free Virtual Care Visits

As the current wave of the coronavirus continues to spread across Southwest Florida, Lee Health is making its Lee TeleHealth service free until further notice. The normal cost of a visit is \$49. Lee TeleHealth connects patients directly with a physician or advanced provider and is available 24/7.

If you have COVID-like symptoms, the provider will be able to evaluate the severity of your symptoms and make recommendations for testing, isolation and symptom management. They are also able to write prescriptions and make additional referrals as necessary.

Lee TeleHealth serves as a convenient alternative to an urgent care clinic or emergency department if you are not facing a life-threatening situation. Anyone

experiencing severe COVID-19 symptoms, including difficulty breathing, should seek emergency care immediately.

“Southwest Florida is currently a hotspot for COVID-19, and we are seeing the ramifications of this current wave of the coronavirus throughout our entire health system,” said Kris Fay, chief officer of population health and physician services at Lee Health. “Lee TeleHealth is a great first option for someone concerned about COVID symptoms or exposure who doesn’t need emergency care. We hope that by making it free that our community will utilize this resource, which will help preserve our resources in the emergency departments for those experiencing a medical emergency.”

Patients using the telehealth service can seek treatment and receive a prescription for a variety of conditions, including cold and flu, sinus infections, rashes, pink eye, headaches, urinary tract infections, allergies, cough, and sprains and strains.

Every visit is encrypted to protect

## dearRPharmacist

## Surprising Benefits Of Cilantro



by Suzy  
Cohen, RPh

**Dear Readers:** When you think of fresh cilantro, what comes to mind? Is it guacamole, tacos or other Mexican cuisine? You may be surprised, but cilantro can be used in everything. It’s a delicious herb with medicinal benefits galore. In America, cilantro refers to the leaves, which look a little bit like a parsley bunch. I always have to squint to make sure I’m grabbing the right one at the grocery store. But the seeds of this plant are called coriander and so both names are used for the respective spices. And even more interesting, did you know that consumers have been pushing for antibiotic-free chicken and cilantro is used as one herbal antibiotic? That’s how strong the anti-microbial effects are!

Cilantro is rich in carotenoids, as well as quercetin, kaempferol, apigenin and rhamnetin. This simply means it provides excellent antioxidant power to clean up your body like a cellular Roomba. Plus, because it’s green, the chlorophyll you consume from it acts as an excellent detoxifier. More on that momentarily.

It’s rare but true, that some people find the smell and taste of cilantro quite foul. That’s because they have a cilantro SNP in one of their “smell genes,” the olfactory receptor OR6A2. Polymorphisms in this specific gene cause some people to hate the herb, but again it’s rare. Still, some people are going to hate it. That’s too bad because there are tremendous medicinal benefits from cilantro. Here are the top three surprising medicinal benefits of cilantro:

**Chelation** – Cilantro is useful for gentle chelation and detoxification of heavy metals from the body. These metals get into your bloodstream if you eat certain foods processed with metals, or are exposed to environmental pollutants, contaminated water, old dental fillings, household chemicals, smoking and more. While cilantro can’t remove all metals, nor does it prevent any disease, it is still widely revered for its detoxification capabilities and there are studies to prove that.

**Bone Building** – Cilantro is one of the best herbal sources for vitamin K, which helps put calcium back into your bones by shuttling it out of your bloodstream. We also know that cilantro is a great source of minerals which are also needed for strong bones. It contains calcium, of course, but also potassium, iron, magnesium and manganese.

**Seizures** – Epilepsy is a serious condition that requires proper treatment by a qualified practitioner. Traditional medications often included those in the category of anti-convulsants and tricyclic antidepressants. But what about an herb like cilantro? The therapeutic action of cilantro comes as a surprise to most, however, it is proven and in my professional opinion, it is a promising adjunctive therapy to controlling seizures along with conventional treatments.

My article refers to eating the fresh herb, which you can buy at any supermarket, so I am uncertain if pills and extracts (i.e., cilantro supplementation) are right for everyone. Please ask your doctor or pharmacist before taking dietary supplements of cilantro to be sure they are right for you. If you would like additional information, subscribe to my free newsletter at [www.suzycohen.com](http://www.suzycohen.com)

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

private information, and patients can expect the same level of care they would receive in a traditional doctor’s office. For current Lee Health patients, TeleHealth visits are added to their health record to ensure continuity of care.

Lee TeleHealth can be accessed from the Lee Health mobile app, by downloading the Lee TeleHealth app on your smartphone or tablet, or by visiting [www.leetelehealth.org](http://www.leetelehealth.org) from a computer.

## Blood Donations Urgently Needed

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

Blood and blood products are not only used in the trauma center, but also to treat cancer patients, premature babies, anemia

and a variety of other conditions.

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

All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida. Donations can be made at one of Lee Health’s blood centers to help save lives. Visit [www.leehealth.org/our-services/blood-centers](http://www.leehealth.org/our-services/blood-centers) for more information.

## Soma Abuse

Soma abuse is common and this drug is being prescribed by many pain management clinics.

To learn more about Soma abuse, visit [www.narconon-suncoast.org/drug-abuse/soma-effects.html](http://www.narconon-suncoast.org/drug-abuse/soma-effects.html). Call 877-841-5509 for free screenings or referrals.





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

- 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



"Announcing Mrs. John Weebly, to  
\_\_\_\_\_ a cup of caviar."

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!

Awry  
**WAKES** \_\_\_\_\_

Somber  
**MOOSER** \_\_\_\_\_

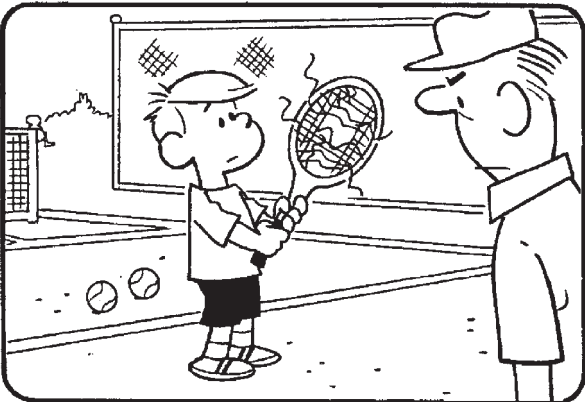
Root  
**BRUTE** \_\_\_\_\_

Dismay  
**LAMAR** \_\_\_\_\_

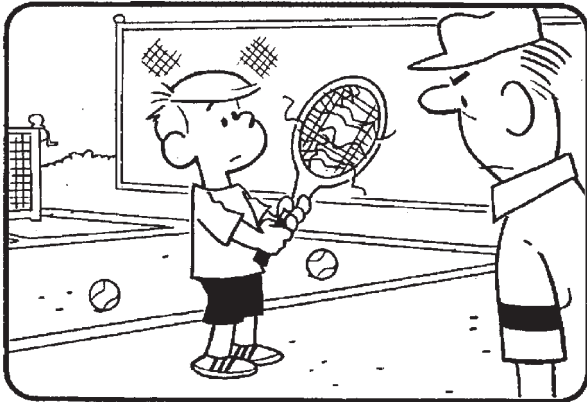
TODAY'S WORD

HOCUS-FOCUS

BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. String is missing. 2. Ball is missing. 3. Sneakers are different. 4. Hedgehog is smaller. 5. Socks are missing. 6. Sleeve is different. 7. Ball is moved. 8. Sneakers are different.

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

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

I WILL GO ON

- ACROSS**

1 Pagan belief

6 Shortly

12 Refuses to comply with

20 Bubbling over

21 Not end on schedule

22 She played Natalia Boa Vista on "CSI: Miami"

23 Warming up a 24-ounce Starbucks drink?

25 Corded phone connection

26 See 11-Down

27 Beijing-to-Taipei dir.

28 Indian-language word meaning "lower limbs?"

29 Greek dawn goddess

30 Car ad abbr.

32 Edison's middle name

34 Go quickly, old-style

35 Put clothes on a raccoon relative?

39 Margarine, old-style

41 Praise highly

45 Gossipy sort

46 Pea keeper

47 Shiny gray wrist bones?

50 Bagel option

52 Non-paper money

54 Defeated in a footrace

55 Countrified

58 "Right on!"

59 Echo

60 "That South Asian yogurt drink is my favorite!"

64 Strip race

66 Anger

68 Defiant type

69 Scan for typos and such

71 "Me and Bobby —" (1971 hit)

73 Off-roader, in brief

74 Counterfeit

75 Spatula on a Hawaiian porch?

77 Noontime nap

80 Ring match

82 Singer Debby

83 Words after many fiction book titles

84 Legions

86 Least vicious

90 Beautiful woman in the Muslim paradise

92 During each

95 Actress — Grace Moretz

96 Really tiny

97 Be worthy of

98 Chariot in which the Bible's three wise men traveled?

100 Fast escape

102 1952 Winter Olympics city

104 Egg: Prefix

105 Foldable bed

106 Pool lengths completed by Hindu masters?

111 "... bug — feature?"

113 Typos and such

116 Geometric plane curve

117 Fight a ruling family of old Florence?

120 Stopped sleeping

121 Tristan's lady

122 Tendencies

123 Anonymous

124 Wood finish

125 Inner tension
- DOWN**

1 Crib outburst

2 "Except after C" lead-in

3 Roughens

4 — Field (Mets' stadium)

5 "Put — on it!"

6 The so-called "Godfather of Punk"

7 Fall mo.

8 Maltd drinks

9 Potted dwarf

10 Spy's info

11 Start of an end-of-week cry that's followed by 26-Across

12 Wrap offerer

13 Sir Walter Scott hero

14 Christian music singer — Patty

15 Classic song

16 Umpire's call

17 Lake that abuts Ohio

18 Egg foo —

19 Gets the idea

24 DEA figure

28 "Barney Miller" star

29 Ben & Jerry's rival

31 "Red Book" Chinese chairman

33 Put in words

36 Go hungry

37 Justice Alito

38 Raiders' stats

40 Lead-in to a holiday

41 Delayed

42 Call into a court of law

43 Cornered

44 Big racket

47 Between solid and liquid

48 Filmmaker Nicolas

49 Tea holder

51 Time stretch

53 Old El — (salsa brand)

56 Top dog

57 Tomb raider

59 Sirius XM medium

60 Lyric writer Gershwin

61 "We'd better skip that"

62 Apparent

63 Mexican hats

65 Broccoli —: Var.

67 Perpetually, to poets

70 Be worthy of

71 1972 Summer Olympics city

72 Christmas Nativity display

74 WWII battle site

76 Unit of bricks

78 "Climb — Mountain"

79 Six, in Sicily

81 Forebodings

83 Yellowfin tuna, in Hawaii

84 Santa —

85 Wrap offerer

87 Deciding (to)

88 One-man bands, e.g.

89 Examine

91 Doe and hen

93 Vainglory

94 Construction bolt installer

98 Many a Utah churchgoer

99 Fish lurer

100 Vilify in print

101 By itself

103 Untethered

106 Time stretch

107 Tot's H2O

108 Composer Khachaturian

109 Create

110 Hip hangouts

112 Showing skill

114 Country's McEntire

115 Yemeni port

117 Part of ACLU: Abbr.

118 Fruity drink

119 Suffix with 31-Down or 93-Down

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														118						119	
120																	122				
123																	125				

King Crossword

- ACROSS**

1 Mattress option

5 NASCAR advertiser

8 Wild guess

12 Supervisor

14 "Yes —?"

15 Accidentally

16 Late July babies

17 Since Jan. 1

18 12-year-olds, e.g.

20 Bjorn Borg, for one

23 Salon request

24 Actress Elisabeth

25 Act of contrition

28 Knight's address

29 Persnickety

30 Fez, e.g.

32 Woo

34 City district

35 BMW rival

36 Follows

37 Mississippi city

40 Venus, to Serena

41 Mine, in Montreal

42 Astaire specialty

47 Scepters

48 Valuable volume

10 Soon, poetically

11 Employer

13 Fill fully

19 Fay of "King Kong"

20 Snake's warning

21 Spinning sound

22 Modern money

23 Joe of "GoodFellas"

25 Talking heads' opinions

26 Spiced tea

27 British noble

29 Ersatz

31 Pro Bowl stats

33 Zedong follower

34 Sushi condiment

36 Ocean motion

37 Fir coat

38 "— a roll!"

39 California city

40 Agile

43 Motorist's org.

44 Silent assent

45 Army rank (Abbr.)

46 Scrape (out)
- DOWN**

1 Watch chain

2 Wall climber

3 Fun and games

4 Dr. Jekyll's alter ego

5 Fax

6 Sleuth

7 Sham

8 Grave

9 Genealogy chart

MAGIC MAZE ● ACCOUNTING TERMS

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

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

- Assets

Audit

Capital

Cash flow
- CPA

Credit

Debit

Income
- Journal

Ledger

Loss

Payables
- Profit

Receivables

Write-off





Guava No-Bake Cheesecake



**Guava No-Bake Cheesecake**

For the filling:

- ¼ cup guava preserves
- 16 ounces cream cheese, softened
- ⅓ cup sour cream
- 1 cup heavy cream, whipped to stiff peaks
- 2 tablespoons lemon juice
- 1 tablespoon vanilla extract
- ½ cup sugar
- 2 tablespoons powdered sugar

Place the graham crackers in a food processor and pulse until broken down into crumbs. Add the melted butter and peanut butter and pulse until thoroughly mixed. Press into a pie pan or other dish that can be refrigerated, pack tightly so that it will form a pie crust. Store in refrigerator until ready for filling.

Combine very cold heavy cream and powdered sugar into a mixing bowl.

photo courtesy Fresh From Florida

Whip or beat until stiff peaks form and store in refrigerator until ready to use.

Mix topping by combining the guava preserves (or paste) and the lime juice. Melt over low heat until smooth, remove from heat and cool completely. If the mixture is too thin add a tablespoon of paste until desired consistency. If the mixture is too thick add water 1 teaspoon at a time until desired consistency.

Using a stand or hand mixer combine the cream cheese and sugar. Mix until the cream cheese is completely smooth. If there are lumps at this point it is because the cream cheese was too cold. Allow mixture to sit at room temperature for a few minutes and mix until smooth. Add the sour cream, lemon juice, guava preserves and vanilla extract and mix thoroughly. Fold in whipped cream by hand until combined. Do not overmix. Pour cheesecake mixture into the chilled pie crust. The guava topping can be piped on, spread on using a spoon, or poured over entire cheesecake. Allow to chill for at least 2 hours to properly set. Serve with more whipped cream if desired.✧

# PETS OF THE WEEK



Bella ID# A861144

photos provided

Lee County Domestic Animal Services

## Bella And June

Hello, my name is Bella. I am a tricolor 10-month-old female terrier mix. I am a beautifully patterned pup with energy that will keep you active and entertained. I am fun-loving and want to play with everyone I meet. I am currently learning some training with the team of volunteers, and I am very smart and learning something new each day. My adoption fee is \$20.

Hi, my name is June. I am a brown tabby 3-month-old female domestic



June ID# A873721

shorthair. I am one of the most curious little kittens you will come across. I am fascinated with the world around me, and I will mischievously investigate everything. I would do best with another feline friend to play with. My adoption fee is waived.

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

## My Stars ★★★★★ FOR WEEK OF AUGUST 2, 2021


- Aries** (March 21 to April 19)  
A misunderstanding tests the temperament of the sometimes-headstrong Aries. Instead of blowing your top, take time for a pleasant diversion while things cool down.
- Taurus** (April 20 to May 20)  
A workplace problem could make the divine Bovine see red. But talk it out before you consider walking out. Some surprising facts emerge that change your earlier focus.
- Gemini** (May 21 to June 20)  
You face a choice between ignoring your uneasy feelings about your relationship with that special person and demanding explanations. A close friend offers wise counsel.
- Cancer** (June 21 to July 22)  
A change you'd been hoping for carries an unexpected complication. Stay the course, and things will work themselves out. Be sure to make time for family and friends.
- Leo** (July 23 to August 22)  
Aspects favor spending time with loved ones. On the job, new ideas are generally

- welcomed. But some demands for changes could cause problems. Be ready to defend your choices.
- Virgo** (August 23 to September 22)  
Good news: That workplace problem is close to being resolved with results that should please everyone. Take time off to indulge your love of fun and games.
- Libra** (September 23 to October 22)  
Most of the time you are the most unflappable person around. But be ready to be thrown off-balance in the nicest way when Cupid takes aim in your direction.
- Scorpio** (October 23 to November 21)  
It's not often when someone tries to "sting" the sharp-witted Scorpion. But it can happen. Continue to be skeptical about anything that seems too good to be true.
- Sagittarius** (November 22 to December 21)  
Your strong sense of self-esteem helps you serve as a role model for someone who needs personal reassurances. Your efforts pay off in an unexpected way.
- Capricorn** (December 22 to January 19)  
Someone close considers revealing a painful secret. Withhold judgment. Instead, open your generous heart, and offer dollops of your love


- and understanding.
- Aquarius** (January 20 to February 18)  
Your talents as a peacemaker are called upon once more as an old problem re-emerges with new complications. Move cautiously in order to avoid falling into hidden traps.
- Pisces** (February 19 to March 20)  
Your artistic side is enhanced with the reception given to your new project. Use this success as encouragement toward fulfilling your larger goals.
- Born This Week:** Your natural sense of leadership is combined with a deep sense of responsibility. People trust you to give them both guidance and understanding.
- MOMENTS IN TIME**
- On August 9, 1854, Henry David Thoreau's classic *Walden; or, A Life in the Woods* is published. The book is Walden's account of his experimental time of simple living in a cabin at Walden Pond in Concord, Massachusetts, starting in 1845. The book sold just 300 copies a year when it was published.
  - On August 13, 1878, Kate Bionda, a restaurant owner, dies of yellow fever in Memphis, Tennessee, after a

- man who had escaped a quarantined steamboat visited her restaurant. The disease spread rapidly, and the resulting epidemic emptied the city. An average of 200 people died each day through September.
- On August 15, 1914, the Panama Canal, the American-built waterway across the Isthmus of Panama, connecting the Atlantic and Pacific oceans, is inaugurated. U.S. engineers moved nearly 240 million cubic yards of earth and spent more than \$10 billion in today's dollars in constructing the 40-mile-long canal.
  - On August 11, 1921, author Alex Haley is born in Ithaca, New York. His novel *Roots* (1976) was a fictionalized account of his family's history, traced through seven generations. It won a special Pulitzer Prize.
  - On August 14, 1935, President Franklin Roosevelt signs into law the Social Security Act, which guaranteed an income for the unemployed and retirees. The Social Security system has remained relatively unchanged since 1935.
  - On August 12, 1964, Charlie Wilson, part of the gang who pulled off
- continued on page 22







FRIDAY  
Partly Cloudy  
High: 87 Low: 77




SATURDAY  
Mostly Cloudy  
High: 88 Low: 79




SUNDAY  
Cloudy  
High: 87 Low: 77




MONDAY  
Few Showers  
High: 88 Low: 79



TUESDAY  
Partly Cloudy  
High: 93 Low: 83



WEDNESDAY  
Partly Cloudy  
High: 94 Low: 85



THURSDAY  
Mostly Cloudy  
High: 90 Low: 80

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	3:01 am	4:45 am	11:46 am	7:34 pm	Fri	2:06 am	4:47 am	10:51 am	7:36 pm	Fri	11:54 am	7:37 pm	None	None	Fri	5:11 am	8:01 am	1:56 pm	10:50 pm
Sat	3:19 am	5:33 am	12:31 pm	8:09 pm	Sat	2:24 am	5:35 am	11:36 am	8:11 pm	Sat	12:54 pm	8:26 pm	None	None	Sat	5:29 am	8:49 am	2:41 pm	11:25 pm
Sun	3:31 am	6:20 am	1:14 pm	8:41 pm	Sun	2:36 am	6:22 am	12:19 pm	8:43 pm	Sun	2:59 am	7:46 am	1:41 pm	9:09 pm	Sun	5:41 am	9:36 am	3:24 pm	11:57 pm
Mon	3:42 am	7:08 am	1:57 pm	9:12 pm	Mon	2:47 am	7:10 am	1:02 pm	9:14 pm	Mon	3:41 am	8:43 am	2:29 pm	9:45 pm	Mon	5:52 am	10:24 am	4:07 pm	None
Tue	3:56 am	7:58 am	2:42 pm	9:42 pm	Tue	3:01 am	8:00 am	1:47 pm	9:44 pm	Tue	4:13 am	9:30 am	3:25 pm	10:18 pm	Tue	6:06 am	12:28 am	4:52 pm	11:14 am
Wed	4:13 am	8:52 am	3:30 pm	10:13 pm	Wed	3:18 am	8:54 am	2:35 pm	10:15 pm	Wed	4:41 am	10:12 am	4:20 pm	10:49 pm	Wed	6:23 am	12:58 am	5:40 pm	12:08 pm
Thu	4:36 am	9:51 am	4:25 pm	10:43 pm	Thu	3:41 am	9:53 am	3:30 pm	10:45 pm	Thu	5:06 am	10:51 am	5:10 pm	11:18 pm	Thu	6:46 am	1:29 am	6:35 pm	1:07 pm

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# Spiny Lobster Season Begins

The 2021 spiny lobster season, which opened with the two-day recreational mini-season on July 28 and 29, will feature the regular commercial and recreational lobster season from Friday, August 6 through March 31, 2022.

“Spiny lobster season is an exciting time of year to be on the water,” said Florida Fish and Wildlife Conservation Commission Commissioner Robert Spottswood. “But it’s also a time to remember to boat safely, to follow our fishing rules and to take extra care in protecting our coral reefs.”

Learn more about bag limits, size limits, where to harvest and other regulations at [www.myfwc.com/marine](http://www.myfwc.com/marine) by clicking on “Recreational Regulations” and “Lobster,” which is under the “Crabs, Lobster and other Shellfish” tab. If you plan to lobster in the Florida Keys, another great resource is the Monroe County Tourist Development Council at [www.keyslobsterseason.com](http://www.keyslobsterseason.com).

Get your license and spiny lobster permit at [www.gooutdoorsflorida.com](http://www.gooutdoorsflorida.com).

Keep up to date on Florida’s saltwater fishing regulations on the Fish Rules app. Learn more at [www.fishrulesapp.com](http://www.fishrulesapp.com) or follow Fish Rules at [Instagram.com/fishrulesapp](https://www.instagram.com/fishrulesapp) or [www.facebook.com/fishrulesapp](https://www.facebook.com/fishrulesapp).

If bully netting this season, keep lights directed toward the water and avoid shining them at houses or people along the shoreline. Please be considerate of others by keeping sound levels low when near shoreline residences.

Use care around corals and other marine life. The FWC launched the

Florida Coral Crew to engage sportsmen and women in the effort to combat Stony Coral Tissue Loss Disease. Before you go out looking for lobster, you can sign up to join the crew at [www.flcoralcrew.com](http://www.flcoralcrew.com).

Take care with yourself and other divers as well by always using a divers-down warning device when in the water. For more information on divers-down warning devices, visit [www.myfwc.com/boating](http://www.myfwc.com/boating) by clicking on “Boating Regulations.”\*\*

From page 20

## Moments In Time

the 1963 Great Train Robbery, one of the biggest heists of its kind, escapes from the maximum-security Winson Green Prison in Birmingham, England. Wilson remained on the loose until 1968.

• On August 10, 1981, Pete Rose of the Philadelphia Phillies gets the 3,631st hit of his baseball career, breaking Stan Musial’s record, in a game against the St. Louis Cardinals. Musial had spent his entire career with the Cardinals, and he was on hand to congratulate Rose.

### NOW HERE’S A TIP

- If you’ve lost a zipper pull, you can create a temporary one with a paperclip.
- Remove all of the air from a plastic storage bag with a drinking straw. Slip the straw into the bag and close as much as possible. Then suck any air out through the straw, and quickly pull out and close in a single motion. Your leftovers will stay fresh longer, and foods may stack better in the freezer.
- And speaking of straws, did you know you can use them to curl your hair? Wind sections of damp hair around

a plastic straw and secure the ends with a bobby pin. Dry in the sun or use a hair dryer on low heat. Remove and spritz with hair spray.

• Here’s an oldie but a goodie. Iced coffee is at its best when brewed with twice the usual amount of ground coffee, because the coffee is diluted by the melting ice cubes. Or use regular-strength brewed ice coffee and serve over coffee ice cubes. They’re easy to prepare: Pour cool brewed coffee into ice-cube trays and freeze.

• Lemon juice can bring out the flavor of mushrooms. I keep a little spray bottle to keep lemon juice accessible in the kitchen. I find it’s good for all kinds of things, like avocadoes and apples. I spray the cut side to keep them from browning. It’s also great for salad greens. – TT in New Jersey

• Make your own camping lamp: Strap a headlamp to a full gallon jug of water. It fills the tent with a soft light, and you can still drink the water.

### STRANGE BUT TRUE

• Prior to becoming America’s 38th president, Gerald Ford had a side gig as a model. In 1942, shortly after joining the Navy, he landed an uncredited spot on the cover of *Cosmopolitan* in his uniform.

• Scotland has 421 words for snow.

• Coca-Cola can remove blood stains. Pour a whole can into your wash, along with the blood-stained clothing and your usual detergent, then run a normal cycle. The laundry will come out stain-free.

• “Albert Einstein” is an anagram for “ten elite brains.” Hmm, seems fitting to us.

• Sales data gathered by the National Hot Dog and Sausage Council indicates a strong link between the number of hot

dogs and sausages sold at Major League Baseball stadiums and their team’s ability to win games.

• Your nose is always visible to you, but your brain ignores it through a process called Unconscious Selective Attention.

• “Prison Inside Me” is a hotel of sorts in South Korea where people pay to be locked away in solitary confinement for 24 hours. “Jail mates” wear matching uniforms, sleep on the floor in 54-square-foot cells and are forbidden to speak to each other. Meals are minimal – a steamed sweet potato and banana shake for dinner and rice porridge for breakfast. Like any good getaway, the prison stay comes with a souvenir: a certificate of parole upon completing one’s stint in solitary confinement.

• Who says there’s no such thing as truth in advertising? Nebraska’s recent advertising campaign slogan, complete with T-shirts and coffee mugs, was “Nebraska: Honestly, it’s not for everyone.”

• Tickling has been divided into two types. Knismesis refers to “light featherlike” tickling, and gargalesis refers to “harder laughter-inducing” tickling.

### THOUGHT FOR THE DAY

“There’s something beautiful about keeping certain aspects of your life hidden. Maybe people and clouds are beautiful because you can’t see everything.” – Kamenashi Kazuya

### TRIVIA TEST

1. **Literature:** In which novel did the character Sherlock Holmes first appear?
2. **Geography:** Where is Area 51 located in the United States?

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8/6 ★ 8/6

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[www.governmentjobs.com/careers/sanibel](http://www.governmentjobs.com/careers/sanibel)

8/6 ★ 8/27

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7/30 ★ 8/6



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REMAX OF THE ISLANDS

6/5 ★ TFN

HELP WANTED

PART-TIME TECH

Tech position for church on Sanibel needed on or before 9/1/21, a part-time person qualified for video, sound, streaming, and formatting overhead screen projections. Experience preferred. Additional training provided. Up to 20 hours per week including Sunday mornings. Must be flexible. Compensation commensurate with experience. Email [crhp194@gmail.com](mailto:crhp194@gmail.com) to submit resume or request additional information.

7/30 ★ 8/20

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12/11 ★ TFN

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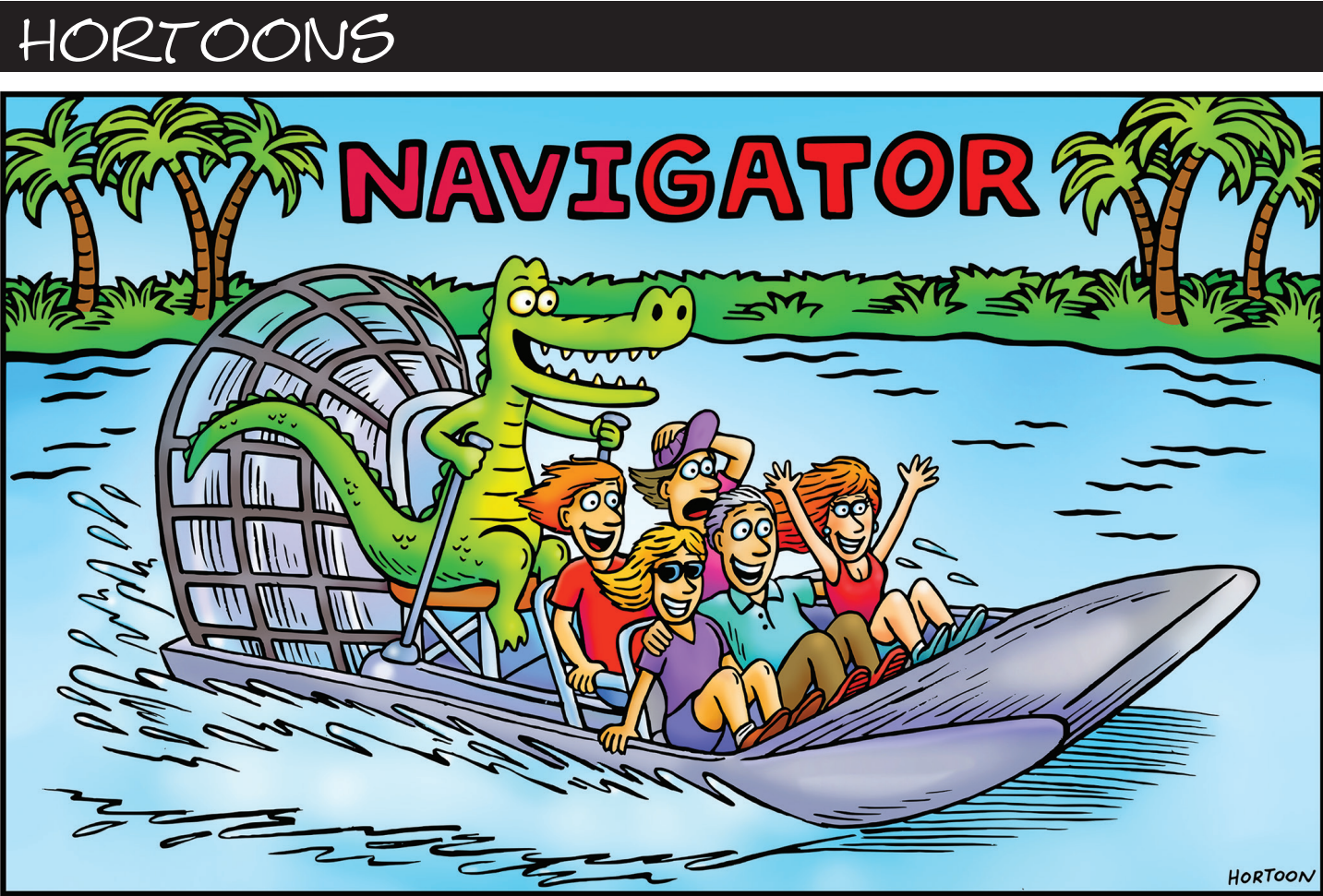
8/6 ★ 8/6

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- 3. **Science:** How long does it take for light from the sun to reach Earth?
- 4. **Entertainers:** Which actor and comedian's original name was Joseph Levitch?
- 5. **Games:** What is the sum of all numbers on a roulette wheel?
- 6. **Ad Slogans:** What product was advertised with the slogan "Let your fingers do the walking ..."?
- 7. **Food & Drink:** What grain is used to make sake?
- 8. **U.S. States:** Which state has used the slogan "Heart of Dixie" on its license plates?
- 9. **Mythology:** Who was the Greek god of time?
- 10. **Games:** How many players are on each side in a polo game?



TRIVIA ANSWERS

- 1. A Study in Scarlet 2. Nevada
- 3. About 8 minutes, 20 seconds
- 4. Jerry Lewis 5. 666 6. Yellow Pages
- 7. Rice 8. Alabama 9. Chronos 10. Four

SCRAMBLERS ANSWER

- 1. Askew 2. Morose;
- 3. Tuber; 4. Alarm

Today's Word  
**BORROW**

PUZZLE ANSWERS

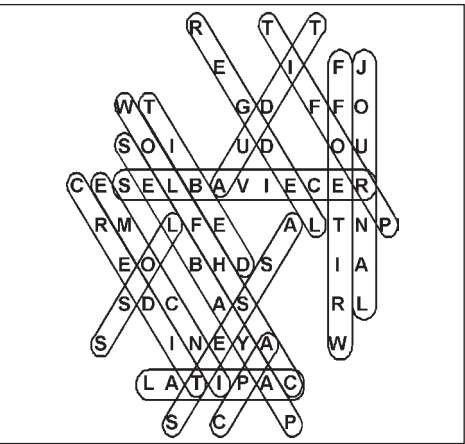
SUPER CROSSWORD

WICCA	INABIT	DISOBEYS
ABOIL	GOLONG	EVALARUE
HEATING	VENTI	LANDLINE
FRIDAY	SSE	HINDLEGS
EOS	RPM	ALVAHIE
DRESSCOAT	IOLEO	LAUD
YENTA	POD	SILVERCARPI
SESAME	SPECIE	OUTRAN
RURAL	AMEN	REPEAT
ILOVE	ALASSI	DRAG
IRE	REBEL	PROOF
READ	MC	GEE
ATV	SHAM	LANA
TURNER	SIESTA	BOUT
BOONE	ANOVEL	ARMIES
NICEST	HOUR	IOFNEED
PER	CHLOE	ITSY
EARN	MAGI	WHEELS
LAM	OSLO	OVO
COT	SWAMILAPS	ORA
ERRATA	PARABOLA	COMBAT
MEDICI	AWAKENED	ISOLDE
BENT	NAMELESS	VENEER
ANGST		

KING CROSSWORD

FIRM	STP	STAB
OVERSEER	ORNO	
BYCHANCE	LEOS	
YT	D	TWEENS
SWED	PERM	
SHUE	PENANCE	
SIR	FUSSY	HAT
ROMANCE	WARD	
AUDI	TAILS	
BILOXI	SIS	
AMO	I	TAPDANCE
RODS	RARE	BOOK
KNIT	YAY	IDLE

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Barefoot Beach	Bonita Springs	1990	2895	\$4,995,000	\$4,900,000	0
Water's Edge	Fort Myers	2015	3077	\$2,349,000	\$2,150,000	42
Yacht Club	Cape Coral	2004	4484	\$2,395,000	\$2,000,000	98
Vittoria	Fort Myers	2008	3957	\$2,000,000	\$2,000,000	0
Cape Coral	Cape Coral	2006	3982	\$1,850,000	\$1,850,000	276
Shell Mound Park	Fort Myers Beach	1978	3008	\$1,999,000	\$1,750,000	51
Beachview Country Club Estates	Sanibel	2002	3070	\$1,699,000	\$1,625,000	9
Gopher Walk	Sanibel	1992	2998	\$1,599,000	\$1,600,000	0
Devonwood	Fort Myers	2007	6487	\$1,775,000	\$1,560,000	7
Banyan Cove	Estero	2002	3366	\$1,400,000	\$1,400,000	0





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