



Dress Collection Campaign Launched

Pace Center for Girls, Lee is gearing up for its annual Love That Dress! shopping event with a dress collection that encourages the community to #MakeSpaceForPace.

Members of the community can drop off their donations of new and gently loved dresses through Monday, August 1 at the following drop-off locations:

Pace Lee – 3800 Evans Avenue in Fort Myers; Monday through Friday from 8:30 a.m. to 4:30 p.m.

Starbucks – All Cape Coral locations and Fort Myers locations at 4450 Fowler Street, 11801 South Cleveland Avenue and 1514 Broadway; Daily from 5 a.m. to 9 p.m.

Sanibel Captiva Community Bank – Eight locations across Fort Myers and Sanibel; Monday through Thursday from 9 a.m. to 4 p.m. and Friday from 9 a.m. to 5 p.m.

Embassy Suites by Hilton – 10450 Corkscrew Commons Drive in Estero; open 24 hours daily.

Raso Realty – 4812 Cape Coral Street



From left, Mark Blust, Suzanne Boy and John Agnew gather donations for the Love That Dress! shopping event

photo provided

in Fort Myers; Monday through Friday from 9 a.m. to 5 p.m.

First Horizon Bank – All Lee County locations; Monday through Thursday from 9 a.m. to 4 p.m. and Friday from 9 a.m. to 5 p.m.

Described as the ultimate feel-good shopping spree of the year, Love That

Dress! features shopping and silent auctions with all proceeds benefiting Pace programs and services in Lee County. Pace is inviting Southwest Floridians to clean out their closets for a cause. Donations of new and gently loved dresses will be sold at deeply discounted prices to attendees of the main Love That Dress!

event on Wednesday, August 24 from 5 to 8 p.m. at Embassy Suites by Hilton in Estero.

To help spread the word, Pace is encouraging donors to share a photo or video of their donated items on Facebook using #MakeSpaceForPace and tagging their friends to continue the challenge.

Last year, the fundraiser featured a record-breaking collection of 9,000 high-quality, brand-new boutique and gently used dresses, shoes, handbags and accessories, helping raise \$65,000.

Proceeds from Love That Dress! provide academic programs and counseling services to girls and young women ages 11 to 18 who are working to overcome risk factors such as poverty, substance abuse, domestic violence, foster home placement, neglect, grief, incarceration of a family member, mental health and physical, emotional or sexual abuse.

Embassy Suites by Hilton is located at 10450 Corkscrew Commons Drive in Estero. To learn more about the Love That Dress! fundraiser and collection events, visit www.lovethatdressleecounty.com.

For more information on Pace Center for Girls, Lee, call 425-2366 or visit www.pacecenter.org/locations/lee.✧



Henry Ford disembarking his ship, the *Sialia*, or "Bluebird of Happiness" photo provided

Automobile Icon To Be Honored

Edison and Ford Winter Estates will honor Henry Ford, the automobile icon, on his 159th birthday on Saturday, July 30. Historian-led guided tours and self-guided tours will be available throughout the day. Visitors can learn about the inventions of both Ford and Thomas Edison, how the two men became acquainted, and see many of

their inventions in the 15,000-square-foot museum.

During tours, historians explain that Ford worked for Edison, they became research partners and eventually good friends. Many other details are described, including how the two inventors first met at a convention in New York in 1896. At that meeting, Ford described his first automobile, the quadricycle, and Edison encouraged him to continue with his experiments. That encouragement

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New Resident For Sanibel Museum

In early June, the Bailey-Matthews National Shell Museum's giant Pacific octopus began the natural process of senescence, or end of life. He began refusing food and released spermatophores, a sign of a reproductive phase after which the animal declines over a period of weeks or even days, and their death is imminent.

While in the museum's care, the octopus inspired and educated over 100,000 visitors to the museum and over 33,000 viewers online through social media and www.shellmuseum.org/octocam. He was beloved and will be missed.

On June 29, the museum brought in a new resident giant Pacific octopus who is adjusting well to its new home. Carly Hulse, senior aquarist, has already begun to form a bond with the octopus.

"Following the first couple of sessions of enrichment (stimulation to encourage natural behaviors), Carly has already established a strong bond with the new octopus, who is now active and responsive to her actions," said Dr. José H. Leal, science director and curator.

The museum is introducing its latest addition during Aquarist-led Keeper Chats, held at 11 a.m. daily at the museum.

Bailey-Matthews National Shell Museum is a Natural History Museum, and



Giant Pacific octopus photo provided

the only accredited museum in the United States with a primary focus on shells and mollusks. Permanent exhibitions include the Great Hall of Shells, which displays highlights of the museum's collection of some 550,000 shells, as well as the Beyond Shells living gallery of aquariums and over 50 species of marine life.

Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. It is open from 10 a.m. to 5 p.m. daily. For more information or tickets, call 395-0900 or visit www.shellmuseum.org.✧

Historic Downtown Fort Myers, Then And Now:

Indian Fort Building



by Gerri Reaves, PhD

This wood frame house in the historic photo had a storied history, lasting through several incarnations from pioneer days until 1940, when it was taken down. At that time, it was the second oldest building in Fort Myers, second only to the 1875 former William Marion and Susan Wall Hendry home behind the Bradford Hotel. The house in the photo came to be known as the Indian Fort Building, which is something of a misnomer. “Indian” refers to the oft-repeated belief that Seminole workers helped build the house.

As for “fort,” the connection is less sure. One theory is that the house was part of the blockhouse of the old fort.

However, even it didn’t exist during the Seminole and/or Civil Wars, its footprint did lie within the boundaries of the U.S. Army Forts.

Accounts record that the house was built on two acres by Confederate Maj. Aaron T. and Mary Wall Frierson on the southeast corner of First and Jackson soon after they bought a large parcel of land in 1879.

The walls were constructed of solid concrete and shell more than a foot thick to deter termites. Note the Victorian gingerbread ornamentation reminiscent of architecture in Key West and New Orleans. The picket fence prevented wandering cattle from encroaching on the property. There’s a good reason early Fort Myers was called a “cowtown.”

The family’s garden was locally renowned and featured fruit trees, palms and other tropical plants. Some of them had been planted by Lt. Winfield Scott Hancock, who was in charge of the fort during the 1850s, another justification for “fort” in the nickname.

Mary Frierson was a major supporter of churches. She paid circuit-riding preachers for

both Methodists and Baptists, and she also supplied flowers from her garden to more than one church. Additionally, she was known for sharing flowers with the bed-ridden and for decoration for parties.

After the major’s death in 1887, his son Taylor operated a boardinghouse in the home. A June 1887 ad for the Frierson House read “open the year round, eight-room addition just completed.” Taylor also owned orange groves, was in the cattle business and served as a Fort Myers town councilman in 1887.

The house was later called the Frierson-Hendry house, and still later the Frierson-Travers house. “Hendry” derives from the fact that the Friersons’ daughter Julia and her husband, Capt. James E. Hendry, lived there. (Interestingly, both Frierson daughters married sons of Capt. Francis A. Hendry, “the father of Fort Myers.”)

The Travers name entered the picture when, in 1895, R. Ingram O. “RIO” Travers bought the house from Taylor and Anna Frierson, tore down the old stone cistern in front, filled it and leveled it as part of property improvements.

The *Fort Myers Press* noted that the cistern was a landmark from the Seminole Wars, giving credence to the “fort” connection.

During the 1920s boom, Baron G. Collier, built the multi-purpose Collier Building on the site, incorporating the old house into the new structure, which served, among other things, as his Collier West Coast Motors and Tamiami Trail Tours Bus Terminal.

In 1940, part of the Collier Building was torn down for the construction of the modern Bay Drugs, a Walgreen affiliate on the corner.

Earlier remodeling had revealed that the house’s original walls were still intact, proving the major’s plan against termites was a sound one.

Part of the Collier Building’s First Street frontage was remodeled and remained. Walk down First and Jackson to the site of the confusedly named Indian Fort Building where pioneers lived. Then visit the following two research centers to learn more about the Frierson family’s influence in the town’s early days.

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.

Also stop by the IMAG History & Science Center at 2000 Cranford Avenue or at www.theimag.org.

Sources: Archives of the Southwest Florida Historical Society; the *Fort Myers Press*; *The News-Press*; *The Story of Fort Myers* by Karl H. Grismer; and *Yesterday and Today* by Prudy Taylor Board, Marian Bailey Godown and Anna Rogers Pack.*



The circa 1880 Frierson house, aka Indian Fort Building, at First and Jackson was notable for its gingerbread ornamentation and tropical garden

photo courtesy SWFL Historical Society



The former site of the house is slated for redevelopment

photo by Gerri Reaves

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Maryanne Vontertann and first place winner Susan Anthony of Fort Myers photo provided

Local Woman Hooks Top Prize At Tournament

Ladies came from as far away as Georgia to learn fishing and compete at the LLGF Screamin' Reels tournament in the Florida Keys from June 24 to 26.

Susan Anthony of Fort Myers clinched first place with a 25-pound blackfin tuna caught on *Caribsea*. Second place went to Lynda Traverso of St. Augustine for a 19.8-pound blackfin tuna. Deb Salvi of New Smyrna Beach won top prize in the Private Boat division with an eight-pound mahi-mahi.

Hosted by the nonprofit Ladies Let's Go Fishing Foundation, the tournament kicked off on Friday at the Tavernier Elks Club. On Saturday and Sunday, the ladies learned fishing skills on boats off the coast of Islamorada and caught a total of 100 fish on flat calm seas.

Ladies took home \$1,000 in prizes including Penn combos, art prints, shirts and more. They were presented on Sunday upon the return of boats at

Whale Harbor.

Featured on national network television and more, the series is supported by major partners including Recreational Fishing and Boating Foundation, Take Me Fishing, Vamos a Pescar, Mercury, Magic Tilt trailers, Shearwater Boats, Power-Pole, Penn, TACO Metals, Fish & Wildlife Foundation of Florida and Fish Florida. Annual sponsors include Freedom Boat Club, ICOM, CCA Florida STAR, Lowrance, Bob's Machine Shop, AFTCO, Costa, Smith Optics, Frogg Toggs, Hubbards Marina, Star Brite and Future Angler Foundation.

Remaining 2022 events, with optional or included fishing are:

Guy Harvey Outpost Bass Seminar & Tournament Camp Mack, Lake Wales – September 23 to 24;

Keys Saltwater Weekend Seminar, Fishing and Fishing Fever tourney, Islamorada – October 7-9; and

St. Augustine Surf Fishing Academy – November 19 to 20.

For more information about the tournaments, call 954-475-9068, email fish@ladiesletsgofishing.com or visit www.ladiesletsgofishing.com and www.facebook.com/ladiesletsgofishing.

Input Needed On Healthcare

Community members are invited to help Lee Health make health care even better for the Southwest Florida region.

Anyone age 18 and older is eligible to join Lee Health's Healthcare Insights Panel, which gives participants an opportunity to provide input on topics through occasional surveys or interviews. If you choose to participate, you may be asked to:

Provide feedback about your experiences and health care needs;

Help evaluate existing programs and patient or staff materials;

Share your input on new Lee Health services, programs; or

Offer insight into planning for new facilities.

"Lee Health has been our community's major destination for health care for more than 105 years, and we have always wanted and strived to listen to our community and respond appropriately, evolving to meet the changing health care needs of Southwest Florida," said Dr. Larry Antonucci, president and chief executive officer of Lee Health. "We are excited for a new opportunity to listen through the healthcare insights panel, and we really encourage you to take part in this panel if you're able."

If you decide to be a member of the

Healthcare Insights Panel, you can expect to receive invitations to participate in online surveys about Lee Health every month or two. Your responses are confidential and will not be connected with your name or other identifying information.

The panel is managed by an expert, third-party research firm called Market Street Research. To learn more about this opportunity, visit www.leehealth.org and look for the blue "Healthcare Insights Panel" banner toward the middle of the website's homepage.✱

Dean's List

Ten Southwest Florida students were named to the dean's list for the spring 2022 semester at the University of Tampa. Students must maintain a grade-point average of 3.75 or higher to be eligible for the dean's list.

Mia Ecklund of Cape Coral is majoring in allied health. Peter Eger of Cape Coral is majoring in writing. Natalie Sommermann of Fort Myers is majoring in allied health. Matthew Krische of Fort Myers is majoring in entrepreneurship. Avery Perkins of Fort Myers is majoring in allied health. Stacy Frank of Fort Myers is majoring in management. Carter Baxmann of Fort Myers is majoring in criminology and criminal justice. Samuel Weetman of Fort Myers is majoring in accounting. Chiane Reusser of Fort Myers is majoring in design. Josiah Meza of Fort Myers is undecided in his major.✱



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Fort Myers Art:

Summer Camp Program To Show Local Premiere



by Tom Hall

As part of its summer camp program, Lab Theater will present the Southwest Florida premiere of *Trap* by Stephen Gregg for a limited run of three performances this

Friday and Saturday, July 15 and 16.

Trap is a documentary-style thriller based on research into the strange happenings of Menachap, California, where every member of a 2019 middle school play fell unconscious. Using interviews with witnesses, first responders and scientists involved in the strange case, the audience feels as if they're living through the events themselves... whether they want to or not.

Steven Michael Kennedy and Madelaine Weymouth co-direct. Weymouth has long wondered what it would be like for campers to adapt their own play. *Trap* affords her the chance to finally answer that question.

"Based on interviews conducted



Catch a documentary-style thriller this weekend when *Trap* is performed at Lab Theater photo courtesy www.artswfl.com

through the Laboratory Theater, the campers tell a monologue play adapted from interviews taken with survivors of the Oak Box Incident of 2019 in Menachap, California," Weymouth explained. "Even though the students embody a variety of age ranges, from the chief of police to the students inside the Menachap school, the disbelief of the audience is quickly suspended as they'll be sucked in, trying to figure out what exactly happened in the Oak Box Theater that night in 2019. We've only got one question: Can we tell you a secret?"

"As a professional teaching theater, I love that the education team continues to find fresh and creative plays, like *Trap*, for our campers," said The Lab's

Director of Education Paula Sisk. "I am excited to watch our students master the complexities of this particular thriller."

All proceeds from the production help support the Lab's education program.

Performances are July 15 at 8 p.m. and July 16 at 2 and 8 p.m. Tickets are \$20 for adults and \$10 for students with valid student ID. Seating is limited. For tickets, call the box office at 218-0481 or visit www.laboratorytheaterflorida.com.

Lab Theater Education, supported by Lee County School District, Art Zupko, Naomi Bloom, The Golf & Casual Shop and theatergoers throughout Southwest Florida, is located at 1634 Woodford Avenue in downtown Fort Myers. For more information, visit www.laboratorytheaterflorida.com.

DAAS Art Gallery Featuring Black-And-White Show In July

During the month of July, DAAS Co-op Art Gallery & Gifts is exhibiting Black and White, an open call show consisting of work in multiple mediums by Southwest Florida artists.

The magic of the exhibition inheres in its cohesiveness. Regardless of the themes or subjects, mediums and dimensions, the pieces' monochromatic scheme collectively transform the gallery into a unified space. The exhibition has been curated by member artist and DAAS co-owner Xavier Brignoni, who is also participating in the exhibition.

"When the artwork is well finished and balanced, it is easy to display," Brignoni observes. "When there are multiple strong pieces together, from various artists, it is important to find a connection and display them in a way that it makes sense for the viewer – even if these pieces were never meant to be next to each other."

The exhibition will be on display through Sunday, July 31.

DAAS Co-op Art Gallery & Gifts is located at 1815-3 Fowler Street in The Shops at The Butterfly Estates in Fort Myers.

*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.**

Locals Named To Dean's List

Britny N. Regalado of Fort Myers was named to the dean's list for the spring 2022 semester at Edinboro University in Edinboro, Pennsylvania. Her major is speech and hearing sciences.

In order to attain the honor, students must maintain a quality point average of 3.4 or higher, complete a minimum of 12 semester hours of credit and receive no grade lower than a C in any course.

Leah Lavoie of Cape Coral has been named to the dean's list for the spring 2022 semester at Adelphi University in Garden City, New York.

To receive the honor, students must be registered for 12 or more credits, complete at least nine graded credits and achieve a grade-point average of 3.5 or above for the semester.*

Thomas Mathey and Skylar Lee, both of Fort Myers, have been named to the dean's list for the spring 2022 semester at Florida Institute of Technology.

To be included on the dean's list, a student must complete 12 or more graded credits in a semester with a semester grade point average of at least 3.4.*

Coupon Books Still Available

The Fort Myers Metro-McGregor Kiwanis has passed the halfway point to its goal of reaching \$20,000 for the "Delicious Dining Discount" coupon book this year.

The book features 40 Lee County restaurants offering dining discounts for \$25. Most discounts are valid now through November 15. Now in its 14th year, the coupon book is the club's largest fundraiser with all profits going back to help local children and the local community. Typically, the coupon is "Buy one entrée, get one of equal or lesser value, with the purchase of two beverages," but some restrictions may be applied depending on the restaurant. Each coupon can only be redeemed one-time. To purchase a book, visit <https://k10014.site.kiwanis.org/dining-books> or email discountdining@metro-mcgregor.com.*



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From page 1

Icon

catapulted Ford's career and changed the direction of the automobile industry.

Ford introduced the Model A in 1903 and the Model T, one of the best-selling cars of all time, in 1908. On the site, visitors can see several antique Ford vehicles, including a 1923 Model T, a 1929 Model A, a 1917 Model TT and a 1916 Model T, which was Edison's personal car and a gift from Ford. Specialty automotive tours are offered at 10:30 a.m. on Monday mornings.

Ford first visited Edison in Fort Myers in 1914. Two years later, he

and his wife, Clara, purchased the Craftsman-style bungalow next door for \$20,000. The home was nicknamed The Mangoes for the many mango trees on the property. Ford and Edison were among the first snowbirds and spent many winters together along the Caloosahatchee. Their adjacent retreats provided a place to relax, discuss business and innovation, and entertain friends. The City of Fort Myers purchased the Ford estate in 1988 and opened it to the public in 1990.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information, visit www.edisonford.org.*



Staff from Owen-Ames-Kimball and Harns Marsh Elementary unload the garden boxes
photo provided

Local Contractor Donates Garden Equipment

Owen-Ames-Kimball Company (O-A-K), a preeminent general contractor with a longstanding presence in Southwest Florida, recently built and donated 22 garden boxes, two tables, benches and soil to Harns Marsh Elementary in Lehigh Acres for their school garden. The garden will produce a variety of herbs, vegetables and flowers, and provide students with a hands-on

learning experience.

Harns Marsh Assistant Manager of Food and Nutrition Services Teresa Shedlock is planning to complete the garden by August. "School gardens have so many benefits," Shedlock said. "Children's attitudes and behaviors about food can be changed for the better. They are more likely to eat vegetables they have grown and share their preferences with others. This is a place for children to get outside, learn about the natural world and experience new concepts through experiential learning."

The cedar boxes, tables and benches were built by O-A-K assistant

superintendent Bill Lisiewski. Jordan Fike, O-A-K superintendent, helped deliver and install the boxes.

"O-A-K's generosity is greatly appreciated," Shedlock said. "Our entire garden was rebuilt after an initial request for some potting soil."

"Our philosophy is based on choosing what is right, a can-do attitude, a personal sense of responsibility and valuing others," said Matthew Zwack,

president of O-A-K Florida. "Bill and Jordan exemplified these tenets in giving back to the community."

O-A-K's Florida operation is an affiliate of its parent company located in Grand Rapids, Michigan. The Florida operation has offices in Collier and Lee counties. The Lee County office is at 11941 Fairway Lakes Drive in Fort Myers. For more information, visit www.owen-ames-kimball.com.✱

Lee Health Nursing Unit Earns Quality Award

Gulf Coast Medical Center Skilled Nursing Unit (SNU) has earned the 2022 Bronze – Commitment to Quality Award from American Health Care Association and National Center for Assisted Living (AHCA/NCAL). The local facility was one of only 14 in Florida and 180 across the U.S., including 151 skilled nursing care centers, 26 assisted living communities and three skilled nursing/assisted living providers in 40 states, to achieve the award. All three of Lee Health's skilled nursing locations now hold the bronze award.

HealthPark Care & Rehabilitation Center received the award in 2020 and Lee Memorial Hospital's skilled nursing unit earned the recognition in 2021.

The bronze award is the first of three distinctions possible through the

AHCA/NCAL National Quality Award Program, a comprehensive organizational assessment and recognition program for long-term care providers. Each application is reviewed and judged against a set of nationally recognized standards for achieving excellence.

"We are extremely pleased to earn this recognition," said Dr. Larry Antonucci, president and chief executive officer of Lee Health. "This award reflects our commitment to provide quality care for patients who require skilled nursing care and rehabilitation outside the hospital setting."

The National Quality Awards will be presented during AHCA/NCAL's 73rd Convention & Expo in Nashville, Tennessee from October 9 to 12. Florida award recipients will also be recognized during Florida Health Care Association's 2022 Annual Conference & Trade Show at the Hyatt Regency Orlando from July 31 to August 4 as part of the Quality Award Ceremony and Celebration.

Learn more at www.leehealth.org.✱

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Collaboratory Awards \$1 Million In Scholarships

Collaboratory recently granted \$1,128,450 and 153 scholarships to local high school students, undergraduate, graduate students and adult learners from Charlotte, Collier, Glades, Hendry and Lee counties. For the fourth year, Collaboratory awarded 25 of the scholarships as multi-year awards which will help the students each year until completion.

According to Harrison S. Knight, scholarship committee chair and Collaboratory Board of Directors member, 648 eligible students applied for the 2022 scholarship season and their applications were reviewed by 180 volunteer reviewers.

“Scholarship application reviewers enjoy being able to stay connected with the youth of our community by reading their stories and about their efforts to give back,” said Malaina Mote, scholarship lead for Collaboratory. “We focus on making our scholarship application and review process accessible to all students and volunteers in our community.

“Examples of some of our scholarships are those for students with disabilities, student athletes, students pursuing a specific field of study such as teaching deaf or blind individuals, specific church membership or

community service hours such as in a veteran’s hospital, adult students going back to school, students from particular schools or communities, and students pursuing a graduate or professional degree.”

“You don’t have to be the smartest, you don’t have to be the most athletic, but as long as you’re the kindest person in the room, you will be one more step closer in becoming the best version of yourself,” said Byron Adams, graduate of Dunbar High School and recipient of the Allen B. & Elizabeth W. Shevach Scholarship, Judge Isaac Anderson Scholarship and Dunbar Heritage Scholarship.

Adams plans to study business marketing at the University of South Florida. A former foster child, he has advocated for those in foster care by speaking to dozens of senators in Tallahassee to help advocate for a bill that would allow foster youth the chance to know their rights. “My goal is to continue advocating for these foster youth to help provide them with the normalcy that they deserve,” he said.

At age 10, Adams and his brother were dropped off at their foster mother’s house and she welcomed them with open arms. “Over the years, there were a multitude of ups and downs, but my foster mom, now my mom, was always there to push me to become a better person than who I was the day before.”

Details of the scholarships and a list of recipients can be found at www.collaboratory.org/more/

our-scholarships-program.

If you are interested in becoming a scholarship reviewer next year or starting a scholarship fund, contact Collaboratory at scholarships@collaboratory.org or call 274-5900.*

Faith Community Nursing Course

Lee Health’s Foundations of Faith Community Nursing course to educate on how to provide holistic health services that address the needs of the mind, body and spirit will be held at St. Hilary’s Episcopal Church from August 5 through 7 and August 12 through 14.

The specialized practice course is an evidence-based program designed to bridge two disciplines: nursing and ministry. The course is not limited to Lee Health nurses; it is open to any registered nurse with an active nursing license.

“This was such a meaningful course for me. I took it more than 20 years ago and, since then, have been the nurse to call when you need a resource in my faith community,” said Nancy Roberts, parish nurse with Lee Health’s Spiritual Services Department. “Faith community nursing allows me to wield my passion for helping people understand what is troubling them, listen to their needs and offer compassion, knowledge and prayer.”

The program counts as 36 contact

hours accredited through the American Nurses Credentialing Center (ANCC) and costs \$425 to attend. Cost of the course covers all program materials, a certificate, pin and daily lunches. To register, visit www.leehealth.org/classes.asp and click on Foundations of Faith Community Nursing to sign-up. The deadline for registration is Thursday, July 21.

St. Hilary’s Episcopal Church is located at 5011 McGregor Boulevard in Fort Myers. For more information, contact Barbara Kilbride at 343-5182 or barbara.kilbride@leehealth.org.*

President’s List

Kaili Yap of Fort Myers was named to the president’s list for the Spring 2022 semester at College of Charleston in Charleston, South Carolina. Yap is majoring in chemistry.

To qualify for the honor, students must earn a grade-point average of 3.800 or higher and complete a minimum of 14 semester hours.*

College Graduate

Britny Nicole Regalado of Fort Myers recently graduated from Edinboro University in Edinboro, Pennsylvania. She received a bachelor of science degree in speech and hearing sciences and a minor in deaf studies.*

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

Service 10:30 a.m. in house and live on Facebook. Adult Ed Forum 9:15 a.m. in Sanctuary, www.allfaithsuu.org, 2756 McGregor Boulevard, 226-0900.

ALL SAINTS BYZANTINE RITE CATHOLIC

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

ANNUNCIATION GREEK ORTHODOX

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

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

BIBLESHARE

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

CHABAD LUBAVITCH ORTHODOX

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

CHAPEL OF CYPRESS COVE

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

CHAVURAT SHALOM

Friday Shabbat services every week 7:30 p.m. Other programs on vacation. ChavuratShalom@gmail.com.

CHURCH OF THE CROSS

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

COVENANT PRESBYTERIAN

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

CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

Sunday 8 and 10:45 a.m. Jan 1 – Easter; 9 a.m. after Easter – Dec 31. www.

crownoflifelutheran.com. 5820 Daniels Pkwy, 482-2315.

REDEEMER CHURCH

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

CYPRESS LAKE PRESBYTERIAN

Sunday 9 and 11 a.m. English, 10 a.m. Spanish. 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 10 a.m., 15690 McGregor Boulevard, 482-2030.

FIRST CHURCH OF CHRIST, SCIENTIST

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

FIRST CHURCH OF THE NAZARENE

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

FORT MYERS CHRISTIAN CHURCH

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

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

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

FIRST PRESBYTERIAN CHURCH OF FORT MYERS

11 a.m. Sunday, www.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.lambofgodchurch.net, 19691 Cypress View Drive, 267-3525.

NEW HOPE PRESBYTERIAN

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

PEACE COMMUNITY

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

PEACE LUTHERAN

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

REDEEMER LUTHERAN

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

RIVER OF LIFE ASSEMBLY OF GOD

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

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SAINT COLUMBKILLE CATHOLIC

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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.saintnicholasmonast

ery.org, 111 Evergreen Road, 997-2847.

ST. VINCENT DE PAUL CATHOLIC

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

SOUTHWEST BAPTIST

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

TEMPLE BETH EL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)

Friday 6:30 p.m. and Saturday 9 a.m., www.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, 1619 Llewellyn Drive, 334-4978.

UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

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

WESTMINSTER PRESBYTERIAN CHURCH

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

WORD OF LIFE

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

ZION LUTHERAN

Saturday 5 p.m.; Sunday 8, 9:30 and 11 a.m., www.zionfm.org, 7401 Winkler Road, 481-4040.

*Email changes to press@islandsunnews.com or call 395-1213.**

Plant Smart

Giant Airplant

by Gerri Reaves

The plight of the giant airplant (*Tillandsia utriculata*), which is endangered in Florida, points to the importance of preserving natural habitats as well as native tree canopies in developed areas.

The specimen pictured here is perched in an old West Indian mahogany tree in an urban setting. Amid other air plants, it is part of a veritable ecosystem unto itself – a source of beauty, shade and benefit to wildlife.

Florida epiphytes, or air plants, usually fall into one of three classifications, bromeliads, orchids, or ferns.

This species, also called giant wild-pine, is a member of the bromeliad, or pineapple, family and is the largest of the state's native air plants, thus the common name.

Like many epiphytes, its natural habitat is on trees in hammocks, cypress swamps and pinelands. They use other plants as platforms on which to collect moisture, nutrients and sunlight, and to avoid the competition on the ground.

They are not parasites.

The plant has 20 to 75 recurved gray-green leaves shaped like a narrow elongated triangle. They measure up to two feet long, with a leathery texture and tiny scales that aid in water retention.

The branched flowering spike can be six feet tall or more, and it bears 10 to 200 small white tubular flowers that bloom in summer. The floral bracts – leaf-like structures beneath the petals – are tinged with green or purple.

It is very drought tolerant and requires light shade.

The hairy seeds are dispersed by wind.

Too often, development involves destroying native trees such as live oak – some more than a century old – and replacing them with palms and nonnative ornamental trees that provide almost no



This endangered giant airplant thrives in an old West Indian mahogany tree in an urban setting. After the tall flower spike blooms, it will die.

photo by Gerri Reaves

shade or benefit to wildlife.

Our natural heritage and quality of life disappear with native large canopy trees.

Threats to the giant airplant are many, the destruction of wetlands, dredging, filling and over-development among them. In addition, it suffers devastation from the invasive Mexican weevil (*Metamasius callizona*), as do many other air plants.

Other disadvantages for the species are a slow growth rate and the facts that it's a solitary grower, dies after flowering and does not produce offsets, or pups, at the base.

Sources: *Guide to the Common Epiphytes of Florida* by Bruce Holst, <http://floranorthamerica.org>, www.regionalconservation.org, and www.wildflower.org.

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

'Ding' Darling Amateur Photo Contest Opens

The 30th annual "Ding" Darling Amateur Photo Contest officially opens on Friday, July 15. Deadline for submission is Thursday, September 15 and all entries must be submitted electronically. Cash prizes are \$300 for first place, \$225 for second place, \$175 for third place and \$25 for honorable mentions.

The contest, sponsored by the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), is held in conjunction with "Ding" Darling's Art in the Wild Day, scheduled for Saturday, October 29 at the refuge. Winners will be formally announced during Art in the Wild.

For an entry form and contest information, visit www.dingdarlingsociety.org/articles/photo-contests.

Entries must be delivered by email to ddamateurphotocontest@gmail.com by September 15. Each photo must be a jpeg file of at least 3,000 by 2,400 or four megabytes. Panoramic photos are not allowed. For assistance, call 472-1100 ext. 233 or email shois@dingdarlingsociety.org. Entrants can pay by sending a check made out to "Ding" Darling Wildlife Society, P.O. Box 565, Sanibel, FL 33957, with a memo "for photo contest" or online at www.tinyurl.com/dingphotofee.

There is a \$25 per person entry fee



The 2021 first place award went to Doug Meurer of Fort Myers for Roseate Spoonbill & Reddish Egret

photo by Doug Meurer

that provides you with a membership to the society and is used to defray the cost of the contest. One fee cover two entries per person but each person is eligible to win only one award.

Only amateur photographers (all ages) are eligible to enter (may not possess a professional photographer tax identification number for the sale of photographs). Photos must be taken at JN "Ding" Darling National Wildlife Refuge on Sanibel and within two years of entry date. Photos that have won awards in previous "Ding" Darling photo contests may not be resubmitted.

Judging will be anonymous. Do not
continued on page 8

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Dealing With The Summer Heat



by Capt. Matt Mitchell

Summer has arrived and getting out early both to beat the heat and the afternoon thunderstorms is a must. Even at first light, our water temperature has been right around 86 degrees and by late afternoon it's been creeping into the low 90s. Afternoon rains do wonders to cool it off, though being out on a boat during these thunderstorms is just not safe.

Like people, fish are just more active during the cooler part of the day. During the midday heat, nothing says summer like a afternoon siesta for both. Keeping hydrated is more important than ever during this heat. For years, I drank gatorade to stay hydrated, but I've started to make the switch to single-serving electrolyte drink mixes that you simply add to a bottled water. This really keeps you feeling good even during the most extreme conditions.

Covering yourself up with long sleeves, a mask, sun gloves and hat will help keep the sun at bay and, yes, make you feel cooler. Fishing clothing technology has come a long way in the past few years. My daily use sun block SPF 100 resembles dry wall paste. I apply a few heavy coats



Nine-year-old Luke caught this 29-inch redfish to complete his "slam" while fishing with Capt. Matt Mitchell this week photo provided

of this to my face and ears before leaving the house. This seems to be the most effective way instead of trying to apply it to a sweaty face with wet hands once you're out on the water. The only thing worse than getting it in your eyes if forgetting its on your hands and reaching into your live well and killing your bait.

Keeping bait alive during this extreme heat also requires a little more effort.

First off, I do not pack as many baits in my live well because hotter water means less oxygen content. Basically, I'm only taking half the bait I usually carry until our water temperature gets back into the low 80s. A great tool that I use during these conditions is a floating Airhead. This is a floating pump that blows straight air into the live well to increase the oxygen level and keep my baits frisky and happy. The

one I use everyday is just clipped to one of my batteries and makes all the difference in the world for keeping shiners alive.

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.

College Graduates

Six Southwest Florida students recently graduated from the University of Tampa

Daniella Iantosca of Fort Myers received a bachelor of arts degree in applied sociology and philosophy. Samantha Pollet of Fort Myers received a bachelor of science degree in marine science biology. Selina Pfuner of Fort Myers received a bachelor of science degree in criminology and criminal justice. David Johnson of Matlacha received a bachelor of science degree in elementary education. Peter Eger of Cape Coral received a bachelor of arts degree in writing. Rocco Gambaiani of Fort Myers received a bachelor of science degree in finance.

Photo Contest

From page 7

put your name or anything that will identify you on your photograph.

Judging criteria includes:

- Technical excellence (sharpness, lighting, composition, exposure);
- Originality/creativity;
- Interest; and
- Ability to be reproduced for publication.

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

The three judges include a refuge staff person, professional photographer and a member of the Sanibel community.

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Striped
Mud Turtle

by Bob Petcher

The striped mud turtle (*Kinosternon baurii*) is a small aquatic turtle with an oval shaped shell. It is so-called due to three stripes that may or may not be visible on its brown upper shell, as well

as two small yellow stripes on each side of its large head.

Since striped mud turtles only grow to four inches in length, they have been known to make great pets, especially with their spunky personalities.

In Florida, striped mud turtles live in ponds and ditches with brackish and freshwater features and must reside in water with low salinity or face extirpation.

At CROW, an adult striped mud turtle was admitted after being thrown into the saltwater due to being mistaken for a sea turtle. Luckily, someone observed the action taking place and retrieved the turtle swiftly. The sensitive reptile did not suffer from the high salinity.

"The finder witnessed the mud turtle being thrown into the ocean inadvertently and was able to rescue it relatively quickly," said Dr. Robin Bast, CROW



Patient #22-3454 is back in freshwater after mistakenly being thrown into the gulf

photo by Alyssa Amundson

staff veterinarian. "It is important that they don't have rapid changes in salinity in their environment as this can affect hydration and can result in electrolyte imbalances that can make the turtle sick if prolonged exposure occurs."

When examined, it was found that the patient was moderately dehydrated and had slowed mentation. There was no swelling caused by the saltwater. "This patient was in normal body condition and had no evidence of edema or swelling on physical exam," said Dr. Bast.

The striped mud turtle is receiving

fluids for dehydration and supportive care. "This striped mud turtle is responding well to supportive care – being housed in an appropriate environment that mimics its natural habitat, offered a healthy diet and rehydrated with fluids initially," said Dr. Bast. "The patient is being housed in the hospital's reptile room, which is kept at the optimal temperature and humidity for the turtles."

Time and fluids are what the striped mud turtle appears to need at this point. It has been cleared from any major trauma.

"This turtle got lucky, and should

hopefully be recovered enough to consider release in a few days," said Dr. Bast.

If the freshwater turtle was not seen being thrown into the gulf, its fate could have been different. The biggest difference between this type of turtle and a sea turtle is its flippers. Land turtles need claws to traverse the grounds, freshwater turtles are smaller and still have nails, while sea turtles cannot retract its limbs under its shell and possess long, paddle-like flippers.

"It's not uncommon for land tortoises, freshwater turtles and sea turtles to be misidentified and accidentally relocated to the wrong habitat by a well-intentioned person. Land tortoises have legs with broad nails for digging, freshwater turtles have legs with smaller/thin nails, and sea turtles have flippers," said Dr. Bast. "When in doubt of what kind of turtle or tortoise you're dealing with, take a photo and reach out to us so we can determine what type of assistance the animal may need. Never place a land tortoise in bodies of water as they're unable to swim. Sea turtles come onto the beaches for nesting purposes but then return to the ocean. Our partners at SCCF (Sanibel-Captiva Conservation Foundation) are also great resources for species identification."

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.

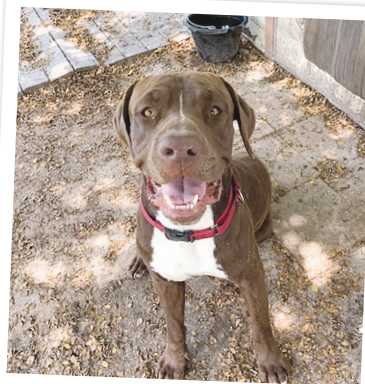


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Respect The Nests Of Sea Turtles

The Florida Fish and Wildlife Conservation Commission (FWC) reminds the public to help sea turtles have a successful nesting season by giving them space, removing beach furniture at night, keeping beaches clean and dark, and never disturbing their nests. Sea turtles and their nests are protected under state and federal law.

Florida’s sandy beaches provide important spring and summer nesting habitat for several species of federally threatened and endangered sea turtles, including loggerhead, leatherback and green sea turtles, with occasional nesting by federally endangered Kemp’s ridley sea turtles.

Getting too close (50 feet or less) to nesting sea turtles can cause them to leave the beach before they complete nesting. All species of sea turtles and their nests are protected and should not be disturbed – it is illegal to harm, harass or take nesting sea turtles, their eggs or hatchlings. If you see someone disturbing a sea turtle nest, or see an injured, dead



A sea turtle makes its way across the sandy beachfront photo provided

or harassed sea turtle, report it to the FWC’s Wildlife Alert hotline at 1-888-404-3922. Cell phone users can also call *FWC or #FWC or send a text to tip@myfwc.com.

In addition to giving space to sea

turtles and their nests, beachgoers can help with sea turtle nesting success every time they visit the shore:

Clear the way at the end of the day – Properly dispose of all trash, fill in human-made holes in the sand and

remove all beach toys and furniture from the beach before sunset. Obstacles on the beach can prevent sea turtles from nesting. Trash and other obstacles can also prevent sea turtle hatchlings from reaching the water once they emerge from their nests. Food scraps attract predators, such as raccoons and crows, that can prey on sea turtle hatchlings, as well as shorebird eggs and chicks. Litter on beaches can entangle sea turtles, birds and other wildlife.

Lights out – Turn off lights or close curtains after dark to ensure nesting turtles are not disturbed or disoriented as they come ashore and hatchlings do not become disoriented when they emerge from their nests. Make sure exterior lighting adjacent to nesting beaches is long, low and shielded. Avoid using flashlights or cell phone lights and taking flash photos after dark on the beach.

For more information about how you can help, visit www.myfwc.com/seaturtle or see the FWC’s *Be a Beach Hero* brochure. You can also help sea turtles by reporting anyone disturbing a sea turtle or nest, as well as sea turtles that are sick, injured, entangled or dead by calling 1-888-404-3922.*

Outcome Of Investments In Public Schools

In 2018, the citizens of Lee County approved a half-penny sales tax to be used to support the growth of and excellence in the School District of Lee County. This tax surcharge is approved for 10 years, and is projected to raise approximately \$1 billion during the decade.

To ensure accountability to the voters, the school district created the Independent Sales Surtax Oversight Committee to oversee the utilization of these funds in accordance with the voters’ intentions. For the past three years, the committee has met quarterly to provide oversight and guidance to the district. Representatives of the committee want to keep the public informed regarding the impact these funds are having on schools.

Since inception, the sales tax has generated approximately \$275 million for Lee County schools. As proposed in the ballot initiative, a large part of these funds are provided by visitors to the region who pay sales tax when visiting Florida. With the exception of the pause in travel due to COVID-19 in the first half of 2020, vacation travel to Southwest Florida has been booming, as exemplified by record numbers at regional airports. Thankfully, these visitors are strengthening the regional economy and the schools.

The \$275 million has been put to good use in strengthening the educational system. As the population continues to boom, new schools are needed. The sales tax has helped build Gateway High School, the new Lehigh Acres Middle School and Amanecer Elementary, which opens in August of 2023. The sales tax has also supported the renovation of Lehigh Acres Senior High School,

Veterans Park Academy for the Arts, Riverdale High School starting in January and the remodeling of Fort Myers Tech. Over \$81 million has been dedicated to new construction so far.

The surtax also funds needed capital maintenance projects, and has benefited every school in the district. These upgrades include new roofs, updated air conditioning, efficient lighting, drainage and landscaping, electrical upgrades and covered walkways. Over \$108 million has been invested, reducing the amount of deferred maintenance required.

Safety and security is another key area for investment, and is needed now more than ever. Almost \$70 million has been invested in keeping students and teachers safe. This includes various physical barriers to entry, improved camera monitoring, limiting door access, ID measures and emergency notification systems. Due to the nature of the issues, the district does not share the hardening measures it is taking.

Finally, sales taxes are being used to strengthen technology infrastructure across the system. This was particularly valuable when large numbers of laptops were needed for students learning virtually, but also to strengthen remote teaching requirements. In addition, in-classroom smart boards and modernized AV equipment are making schools the envy of the state. A sum of \$83 million has been spent on improving technology.

This progress and growth isn’t possible without the foresight of the voters of Lee County to invest in their schools. This initiative offloads many of the costs to visitors, yet full- and part-time residents are better supported by schools that produce graduates ready for secondary education or to join the workforce immediately. This strengthens families, improves educational outcomes, ensures a more resilient economy, and continues to make Southwest Florida a great place to live, work, play and retire.*

Officials Visit South Florida Water Resources

U.S. Environmental Protection Agency (EPA) Assistant Administrator for Water Radhika Fox joined EPA Region 4 Administrator Daniel Blackman and U.S. Department of the Interior Assistant Secretary for Fish and Wildlife and Parks Shannon Estenoz on a recent visit to Big Cypress National Preserve and Indian River Lagoon in South Florida. The site visits highlighted the importance of these unique and irreplaceable water resources as places worth protecting for the surrounding communities, South Florida’s ecological health and its economy.

“This visit was such an important opportunity to get out and learn about these unique and irreplaceable water resources,” said Fox. “These waters should be protected, and EPA is doing its part, including investing \$4.5 million in the Indian River Lagoon National Estuary Program over five years through the Bipartisan Infrastructure Law. Protecting these waters takes support from all levels of government, and EPA stands ready to support the state of Florida in their efforts to protect and improve water quality.”

“Big Cypress National Preserve and Indian River Lagoon both provide important habitat to a great diversity of plants and animals – from Florida panthers to manatees,” said Estenoz. “I was delighted to travel with Assistant Administrator Fox and EPA officials to see firsthand how our work together can address issues and challenges in these ecosystems.”

“The opportunity to visit such diverse natural habitats further highlighted the important role these delicate and valuable water resources have in the stability of

Florida’s ecosystem,” said Blackman. “Working with our federal and state partners, it is our responsibility to ensure the health and vitality of these resources continue for future generations.”

The tour kicked off at Big Cypress National Preserve where Fox met with National Park Service representatives and learned about the highly diverse ecosystem and the hydrologic and cultural importance of the preserve. Big Cypress National Preserve is a freshwater swamp ecosystem that protects the water quality of the preserve and surrounding region while offering habitat for Florida’s most iconic animals – from alligators to the endangered Florida panther.

From there, Fox traveled to the Indian River Lagoon to learn more about the devastating impacts poor water quality is having on sea grasses and, by extension, on the manatees that depend on those very grasses for food.

Indian River Lagoon is part of the National Estuary Program, which is an EPA place-based program to protect and restore the water quality and ecological integrity of estuaries of national significance. This year, Indian River Lagoon received \$750,000 in annual National Estuary Program funding. EPA is committed to working with state and local partners to find solutions that will improve water quality and restore the ecosystem balance.

The Clean Water Act requires EPA to develop criteria for surface water quality that accurately reflect the latest scientific knowledge on the impacts of pollutants on human health and the environment. These criteria are recommendations and state and tribal governments may implement them as is or use them as guidance in developing their own. For more information, visit www.epa.gov.*

Field House Designs Completed



A rendering of the Golisano Field House after renovations

photo provided

BSSW Architects has completed its final designs for a full-scale renovation of Tom Golisano Field House, which is home to Ave Maria University's men's basketball, women's basketball and women's volleyball teams, as well as the sports medicine and strength and conditioning programs.

Built in 2011, Golisano Field House is a 40,000-square-foot pre-engineered building that is being renovated and modernized inside and out.

Outside, the building will feature insulated metal and translucent panels as well as exposed ground face block. Brick pavers and tropical landscaping complement the new exterior expression. Inside, the gymnasium will be spacious enough to host campus events, with a sound-proof curtain to split competition and practice courts that allow multiple teams to have practices or games at the same time. The design includes all-new playing surfaces in the

gym, locker rooms, athletic department offices and training spaces.

"For colleges and universities, athletic facilities are signature elements, and we wanted to create a modern, distinguished look that mirrors the character of surrounding buildings," said BSSW Vice President Kevin Williams, AIA, NCARB. "Golisano Field House is a gathering place for community members, alumni and donors to support their favorite team while also providing a recruiting tool for prospective student-athletes."

Golisano Field House is located at 4810 Kelleher Street in Ave Maria. It sustained severe water intrusion damage, which contributed to mold growth and a complete failure of the building's envelope. The remodel includes all-new roofing, HVAC, electrical, plumbing and fire protection systems.

The project is expected to be completed in summer 2023.✱

Changes To School Head Start Program

The School District of Lee County is making changes to the Head Start program so that it is easier for families to qualify. Any family with

children currently receiving Supplemental Nutrition Assistance Program (SNAP) benefits is considered "income eligible" for the School District of Lee County Head Start Program. This change comes after a recent federal policy change made by the U.S. Department of Health and Human Services (HHS).

Summer applications are accepted at the Early Childhood Center Monday through Friday from 9:30 a.m. to 1:30

p.m. Families should complete the online preapplication at https://eclc.leeschools.net/our_school/application_information before arriving.

The following documents are needed for an application to be complete:

Proof of age for the child (original birth certificate); and

Proof of income, four weeks of pay stubs for all family members including child support, or a 1040 tax return (2021), (SNAP, TANF, SSI).

Additional documentation if applicable:

Documentation of disability: Early

Head Start requires a copy of the IFSP or IEP. Head Start requires the application ticket;

Custody papers if not the natural parent; and

Proof of pregnancy is required when applying for early Head Start.

Once the application is complete, parents need to apply for and obtain a VPK Voucher (4-year-olds only) through the Early Learning Coalition at 2675 Winkler Avenue, Suite 300, in Fort Myers. Questions can be emailed to earlychildhood@leeschools.net.✱

Republican Women To Hold Monthly Forum

Republican candidates for Lee County Clerk of Court have been invited to participate in the legislative forum of the Fort Myers Republican Women's Club (FMRWC) in the Helm Club at The Landings on Tuesday, July 19. Republican candidates for District 5 county commissioner have also been invited to speak briefly, giving their qualifications and reason for running for the seat left vacant through the death of Frank Mann.

A social hour begins at 11:15 a.m. The noon lunch will be followed by the commissioner candidates' comments and the forum. A question-and-answer session follows the formal presentations.

The public is invited to attend the luncheon and the program.

New and gently worn dresses will be collected prior to the luncheon. The dresses will be sold during the annual Pace "Dress for Less" event in August. FMRWC members are encouraged to clean out their closets in support of the dress collection.

The primary election is on Tuesday, August 23. Final candidates for the

various offices will be determined by that vote. General election is November 8.

Luncheon cost is \$20. Reservations are required by Thursday, July 14, and may be made by contacting Diane Kinser at social.lady79@gmail.com or Tina Laurie at 489-4701. Attendees may write their checks to the Republican candidate of their choice, and the club will pay for the luncheon.

The Helm Club at The Landings is located at 4420 Flagship Drive in Fort Myers. For more information, contact Laurie at 489-4701.✱

Gulf Coast Writers To Meet

The Gulf Coast Writers Association will be holding its monthly meeting at Word of Life Church on Saturday, July 16 from 10 a.m. to noon.

Local author Charley Valera will be the guest speaker. He has experience writing, filming and blogging, and is an advocate for preparation. His presentation will highlight the importance of having your pitch ready.

Word of Life Church is located at 6111 South Pointe Boulevard in Fort Myers. For more information, visit www.gulfwriters.org or call 770-906-7885.✱

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Book Review

The Unforgettable Logan Foster



by Di Saggau

The *Unforgettable Logan Foster* is written by Shawn Peters, son of Sanibel residents Gil and Margie Peters. The title is perfect because, believe me, you will not forget Logan Foster.

He is writing the book in the hopes of finding his young brother or sister. He doesn't know which, because his only clue is what was on his T-shirt, when he was found, at age three, abandoned at Los Angeles International Airport. The front of the shirt read "Worlds Best Big Brother."

Logan deals in facts and with his eidetic memory he can recall every detail about everything he's ever seen, read, or heard. He shares many of those facts with us throughout the book when he becomes stressed or upset with someone. This can range from reciting the manifest of the RMS Lusitania, and the world atlas, along with listing all the colors up to mauve in the song *Joseph's Coat* from the musical *Joseph and the Technicolor Dreamcoat*. I chuckled throughout the book at his memory and



image provided

the way he deals with people.

Logan has spent most of his life in an orphanage, with no prospective parents working out. At age 12, he has almost given up until he meets Margie and Gil. Yes, his prospective parents are named after the author's real ones. Following a violent earthquake, he discovers that they aren't ordinary folks, they are superheroes with amazing, life-saving abilities. They are being hunted by sinister forces, and Logan ends up right in the middle of their battles. Superheroes and villains of both genders

are in the story.

The Unforgettable Logan Foster is a mid-grade book aimed at ages seven to 14. The book is funny and action-packed and filled with many memorable characters. Logan is the real hero, as he searches for a family and shares his life lessons with the sibling he hopes to meet one day. In my opinion, the book

School Smart



by Shelley M. Greggs, NCSP

Dear Readers, Many of you will soon be sending your newly graduated "child" out into the world as an "adult," and will expect them to take care of themselves, their

dwelling, their finances and everything else. It takes significant preparation to leave home for college or work, and there are numerous life skills that need to be mastered for a successful transition.

This transition can be a scary one, but with honest communication, you and your child can figure out which skills she or he already has and which they need to work on. Below are listed some of the more important skills that young people need to be competent with as they leave home and become independent.

Financial Skills:

- How to use a checking/savings account;
- How to use a credit card;
- Credit card versus debit card;
- How to make and stick to a budget;
- How to report a lost credit/debit card;
- and
- How to build credit and check their credit score.

Personal Health And Safety Skills:

- Basic first aid;
- Handling and storing medication;
- Personal hygiene;
- Filling a prescription;
- Extinguishing a fire;
- Managing health insurance; and
- Developing an awareness of their surroundings.

Communication Skills:

- Write, address and stamp a letter, personal or professional;
- Use the Post Office;
- Schedule an appointment;
- Make a professional phone call or email; and
- How to be a polite/friendly neighbor.

Domestic Skills:

- Use the oven safely;
- Safe food prep and storage;
- Washing dishes by hand;
- Doing laundry;
- Cleaning /sanitizing kitchens, bathrooms, dusting and vacuuming;
- Changing bed linen, towels;
- Turning off the main gas/water supply in an emergency; and
- Cook five basic meals.

Hopefully you have been working on these skills for some time. It's best to begin teaching these life skills

can be equally enjoyed by the lucky parent or grandparent who gets to read it to a youngster. It's available in island bookstores and online. On January 3, the second book in the series titled *The Shadow of Doubt* is due from HarperCollins. I look forward to the further adventures of Logan Foster.✱

incrementally when kids are younger. However, if you haven't worked on them, you still have time to review and instruct your children in these essential skills to help their sense of confidence and independence.

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. To contact her, email smgreggs@gmail.com or visit www.schoolconsultationservices.com.✱

Food And Nutrition Services Recruitment

The School District of Lee County will be hosting a recruitment event to fill openings within the district's Food & Nutrition Services department at the Lee County Public Education Center on Thursday, July 28 from 9 to 11 a.m.

With a growing enrollment of more than 95,000 students and 120 schools, the district is seeking talented, high-energy candidates for the 2022-23 school year. At the recruitment events, interested candidates will meet with representatives from the district's Food & Nutrition Services department. Computers will be available on-site for those who wish to submit an online application, and candidates may also be offered an interview with the potential to be hired on the spot.

The Food & Nutrition Services department provides nutritious meals that nourish students to enhance their readiness to learn. Positions are currently available for food service workers, traveler food service workers and intern food service workers.

The deadline to register is the day prior to each event. To register, visit https://docs.google.com/forms/d/e/1FAIpQLSdYbxjA0_wVmKlvR606C_qvxULkQOHx-YUrSFbyQHnt5fvwnQ/viewform.

The Lee County Public Education Center is located at 2855 Colonial Boulevard in Fort Myers. To learn more about available career opportunities, visit www.leeschools.net/careers.✱

College Graduate

Marissa Sullivan of Fort Myers recently graduated from Western Carolina University in Cullowhee, North Carolina.✱

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New Developer Selected For McCollum Hall

The Fort Myers Community Redevelopment Agency (CRA) reviewed new proposals for McCollum Hall and approved a new developer for the restoration, purchase or lease, and management of the McCollum Hall property located at 2717 Dr. Martin Luther King Jr. Boulevard in Fort Myers.

After reviewing proposals by potential developers, CRA board members voted to approve Goshen + Cornerstone, LLC. The proposal includes developing a 26-unit multi-family community and 14,200 feet of commercial retail space at the existing McCollum Hall structure and adjacent parcels. The retail space will be used as a market/food hall.

Developers Miles Alexander III and Leonard Burke are looking to purchase the parcels from the City of Fort Myers in the amount of \$88,660. They also plan to acquire the privately owned vacant lots immediately west of the McCollum Hall site. They currently have site control of the privately owned lots adjacent to McCollum Hall.

"Goshen + Cornerstone, LLC's proposal takes into consideration all of the conceptual and planning work undertaken by the Fort Myers MLK CRA Revitalization plan, the City of Fort Myers, CRA and our consultants



A rendering of McCollum Hall

photo provided

over the past couple of years," said Fort Myers CRA Executive Director Michele Hylton-Terry, who has worked to restore McCollum Hall since 2007. "Their vision aligns well with the desired outcomes of the CRA and the city, with the goal of building a well-designed community activator project that lends itself to the character and fabric being woven by all of the CRA."

According to Goshen + Cornerstone, LLC, multi-family and commercial space will be designed to meet the needs of the current housing and commercial market, as well as the anticipated target market.

"We envision a collaborative design

process, where the CRA, city and other stakeholders can participate and provide input in the selection of material, colors and other design elements," said Alexander III. "Our approach always includes highest and best use, to maximize market trends and minimize public resources."

The request was for restoration of the historic building for a neighborhood commercial center with entertainment, retail and dining establishments, or an alternative use consistent with the current Commercial Intensive (CI) zoning, or an alternative use acceptable to the CRA. The proposed redevelopment shall

incorporate sound principles of urban in-fill, smart growth development and a sustainable redevelopment in planning, design and construction.

Constructed in 1938 by Clifford McCollum, Sr., McCollum Hall was a commercial center in the Dunbar Community. The second story held a large dance hall with a raised stage for live performances by Duke Ellington, Louis Armstrong and others. It was a centerpiece of commerce, music and entertainment that attracted some big-name performers in its prime, one of the few places both Blacks and Whites went for entertainment during segregation.

The last two developers were not able to raise funds for the project, so the CRA once again searched for a developer that could bring the project to fruition.

McCollum Hall has now officially been added to the National Register of Historic Places.

The CRA Commissioners are the final decision makers on this process for McCollum Hall. This decision is not required to go to the Fort Myers City Council for approval.

The CRA Board of Commissioners held a meeting to rank proposals on May 18. The CRA council staff will now begin contract negotiations with Goshen + Cornerstone, LLC.

The city's Minority Business Enterprise Policy was also part of the criteria in this specific project and discussed by the Evaluation Committee during the presentations.*

Healthcare Career Expo And Job Fair

Lee Health is holding a Community Healthcare Career Expo and Job Fair at Quality Life Center on Saturday, July 16 from 10 a.m. to 1 p.m.

Attendees can learn about in-demand health care jobs with paid training opportunities, and explore certifications, scholarships and tuition assistance programs. Attendees will have the opportunity for same day interviews with Lee Health.

Some of the entry level career opportunities available include, but are

not limited to, customer service, food and nutrition, housekeeping, transport and public safety.

Attendees interested in nursing will also have an opportunity to explore/apply for CNA, MA, LPN, RN, advanced provider and residency opportunities. Health sciences positions include lab assistant, pharmacy tech, surgical tech, EKG, radiology, rehab and respiratory open positions/career opportunities.

Additionally, resident and faculty physicians from the family medicine residency program located at Lee Memorial Hospital will be on-site to discuss health care careers with attendees.

Quality Life Center is located at 3210 Dr. Martin Luther King Jr. Boulevard in Fort Myers.*



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I'm A Father-In-Law



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

I'll diverge from my normal estate planning column to get sentimental. Many of you who've read my column over the two decades-plus that I've been writing it have followed my family musings.

Over the Independence Day weekend in Asheville, North Carolina, my eldest daughter, Gabrielle, married her longtime boyfriend/fiancé Benji Bernstein. Benji's been like a son to Patti and me for quite some time. The married couple met while attending Brandeis and have been together ever since.

Benji is a fantastic young man. He always has a smile on his face and radiates a positive energy everywhere he goes. The groomsmen and bestmen toasts (he has two younger brothers) reflected his effervescent attitude. He's the perfect complement to my eldest daughter, who is detail oriented and focused.

I have no idea where she got that from!

Gabi's two sisters, Courtney and Madison, served as co-maids-of-honor and performed a cute poem for their toast to their sister and new brother-in-law. Between their toasts and the others, let's say I learned a few things about Gabi that I didn't know before! Even though she's nearly 28 years old, when I look at her, I still see a cute little 5-year-old version of her. This weekend opened my eyes to the confident, beautiful, exceptional young woman that she's become.

The venue was on a farm on the outskirts of town that serves as an event center. The groomsmen had a separate cabin from the bridesmaids as we prepared for the ceremony. That's when I discovered that I brought the wrong suit pants! The photographer is in the cabin taking pictures of us guys getting ready and the father of the bride had to hide behind my father (my kids and Benji refer to him as Papa Joel) and others so the pictures wouldn't reveal my boxer-briefs! Luckily, my daughter Courtney's boyfriend, Phil, drove back to our townhome to retrieve them.

A wedding can't go off without a hitch, of course, and my pants mishap was minor compared to the rain that engulfed the area, causing us to move the ceremony to under a tent as opposed to having it out in the beautiful flower garden. The rabbi, who was the same rabbi who presided over Benji's Bar Mitzvah 16 years ago, did a remarkable job. The ceremony was meaningful, touching,

funny and spiritual.

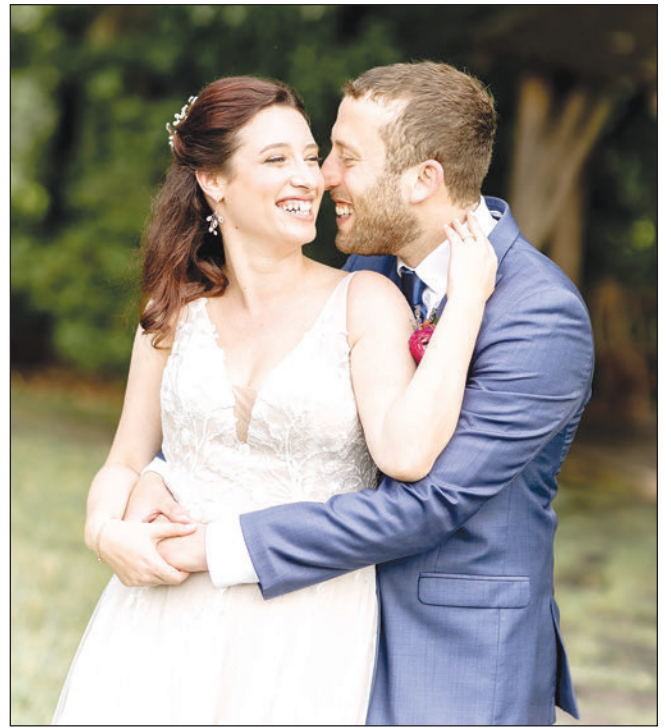
Gabi and Benji exchanged the most meaningful and beautiful vows that I've ever heard (perhaps I'm a bit biased), but the two majored in anthropology and philosophy respectively, so I wasn't surprised. The band was outstanding. I heard that the food and desserts were excellent, but I don't know if that's everyone being polite or not, as I didn't get a chance to taste much of anything, as I was circulating amongst our friends and dancing (the terrible jig that I've been known to do).

Aside from being a proud papa and now father-in-law, I couldn't be more pleased with our families. Patti and I feel that we gained a whole new branch as the Bernstein and Hersch clans share a lot of similarities and get along famously. There's no better feeling than that.

The bride and groom are off on their honeymoon now, while Patti and I recover from the weekend. Like all big events, the lead up seemed so long, and then – in a flash – it's all over!

Next week, I'll return to estate planning here. I'm sorry if I bored you. I'm relaxing in the mountains for a spell, then I'll get right back to it!

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The newlyweds, Gabi and Benji

photo provided

Promotion At Enterprise Center

Dr. Phyllis R. LeFlore-Calloway, JD, has been promoted to director of the Southwest Florida Enterprise Center (SWFEC).

Since October 2021, Dr. LeFlore-Calloway had served as assistant director for the

Fort Myers Community Redevelopment Agency (CRA) and was splitting her time between duties at the CRA and directing the Southwest Florida Enterprise Center. She will now be solely responsible for overseeing the SWFEC.

SWFEC is a light industrial business incubator dedicated to assisting start-up or early state businesses. Its programs, workshops and seminars help to educate business owners in a wide range of subjects. The center also provides businesses a physical location from which to operate with added technical assistance to owners to help them build a strong and long-lasting business. It serves all types of business owners; anyone who can produce a product or deliver a service needed by the growing Southwest Florida market.

SWFEC offers collaborative office



Dr. LeFlore-Calloway

space, dedicated teams, mentors, professional advisors, best practices methodologies, with the goal of assisting new businesses the opportunity to launch their dreams in the market without having to expend and over-stretch personal resources.

The center is managed by the CRA.

"Phyllis is committed to change and growth and to serve the Southwest Florida and City of Fort Myers communities," said Fort Myers CRA Executive Director Michele Hylton-Terry. "Her experience and familiarity with community needs will provide the necessary resources and tools needed to assist in the continued growth of the city."

Dr. LeFlore-Calloway has more than three decades of successful experience in legal, employee, project management and operations with focus on restructuring and sustainability. She specializes in legal analysis, contract negotiations, and professional development and has traveled to present topics in legal and organizational management during training sessions around the United States.

She began her career with the City of Fort Myers in 2018, serving as the legal administrator and advisor in the city's attorney office. In April 2021, she was selected to serve as the city's interim city manager.

Dr. LeFlore-Calloway holds a bachelor's degree in criminal justice with a double major in sociology from Delta State University and a juris doctorate

degree from Novus University. She formerly served as a board member with St. John First Missionary Baptist Church as well as former legal consultant with the Dunbar Festival Committee. Dr. LeFlore-Calloway has been an invited visiting professor at both Florida Gulf Coast University and Florida Southwestern State College in past years.✧

Women To Watch Award Recipient

Veronica Larriva, a partner with McHale, PA, was recently named the Emerging Leader winner of the 2022 Women to Watch Awards by the Florida Institute of Certified Public Accountants (FICPA). This award is given annually to only one female CPA selected from the entire state of Florida.

Larriva is a licensed certified public accountant and joined McHale, PA in 2008. She received a master of science in accounting and taxation with a minor in business management from Florida



Veronica Larriva

Gulf Coast University's Lutgert College of Business, where she graduated with honors. Her area of focus is in forensic accounting, fraud investigation, Ponzi schemes and bankruptcies.

In January 2017, she received the Florida Institute of Certified Public Accountants' (FICPA) Horizon Award, which recognizes the brightest young CPAs in the State of Florida. In 2019, she was recognized by *Gulfshore Business* magazine as a 40 under 40 recipient. Larriva is a frequent guest speaker at her alma mater's forensic accounting class, where she teaches and provides guidance to accounting students. She speaks fluent English and Spanish and has an advanced level of Portuguese.

In addition to her role as treasurer of Harry Chapin Food Bank of Southwest Florida, she is a past chair of the FICPA Southwest Florida Chapter, a past chair of the FICPA Florida Gulf Coast University Accounting and Tax Conference, a past committee member of the FICPA Valuation Litigation Support Conference and a past committee member of the Young CPAs. Her professional affiliations also include the American Institute of Certified Public Accountants and the Association of Certified Fraud Examiners.

The FICPA is registered with the National Association of State Boards of Accountancy (NASBA) as a sponsor of continuing professional education on the National Registry of CPE Sponsors.✧

Superior Interiors

Lighten Up Your Mood



by Katie Frederick

Lighting isn't always top priority when you're initially designing or redesigning a space. You want enough light to function, and you want it to be well-placed, but most of us don't worry

too much about sconces versus pendants versus lamps. The truth is lighting can really make or break your overall decor and design theme. In fact, some might say you should start with your lighting.

Good lighting is essential in a home. The way a room is lit determines not only how the space will be used, but also how it will make you feel. You will feel more comfortable and at ease in a well-lit room, and effective lighting creates a warm and inviting atmosphere in your home and keeps you safe. The quality of lighting in your environment can influence task performance, comfort and well-being.

Light also has an emotional impact. The overall feeling of a space can be strongly affected by lighting, much like a sunny day makes you energetic and a cloudy day makes you feel dull and dreary. Bring your sun inside and brighten your day.

A few basics to remember... general lighting is background or overall lighting, often provided by recessed lighting. We typically calculate the amount of light needed in a room by multiplying the room's length by the room's width (in feet). Then that number is again multiplied by 1.5. We find that this gives us the number of watts required to provide adequate ambient lighting for the client's room.

Task lighting is the light needed to do a specific job, usually provided by table lamps, pendant lights, or under-cabinet lights. A good rule of thumb for task lighting is to multiply the room's square footage by 2.5 instead of 1.5 to find the proper wattage.

Accent lighting provides focus and shape to general lighting. It also can be used to gently brighten a dark and dreary space like a hallway. Wall sconces and spotlights can be a source of accent lighting. Place sconces six to eight feet apart and 60 inches above the floor.

Let's add some interest with lighting that is the jewelry that gives a room style and attitude. It can add interest and drama, it can highlight, it can also contribute to the ambiance of a space.

Envision a large white and gold leaf petal chandelier brightening a space, along with gold end tables and gold leaf sconces flanking a beautiful wine cabinet. The addition of glass table lamp adds functional lighting and beauty to the room and can cleverly pull everything together.

Perhaps the crown jewel in a room is the currently trend of an extra-large chrome and white "sputnik" style chandelier. This type of fixture can

deliver a very clean, white, contemporary feeling so even the LED lighting can be adjusted to daylight bulbs instead of soft white based on the desired lighting effect. A beautiful chandelier such as this can demonstrate how lighting can also be art within a space.

Don't be afraid to be bold. Making a statement in a room can be key, especially if it's one of the first things you see as you enter the space. For instance, an impactful chandelier can add beauty and unexpected drama to a ho-hum dining room area.

The single best tip to ensure a successful lighting plan to lighten your space is to work with an interior design professional. That way, all the decisions you make the first time will be the right decisions for your home and your room.

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

Company Sets Goal To Eliminate Carbon Emissions

NextEra Energy, the parent company of Florida Power & Light Company (FPL), has announced Real Zero, the most ambitious carbon emissions reduction goal ever set by an energy producer. It is committed to eliminate carbon emissions from the company's operations by no later than 2045.

A significant portion of NextEra Energy's plan to eliminate carbon emissions is designed to take place at FPL, which is the nation's largest electric utility serving over 12 million Floridians.

"This isn't a plan to plant trees or purchase offsets, but rather would be a complete elimination of our incremental carbon emissions in Florida to the benefit of our customers, a clean environment and the state's growing economy," said Eric Silagy, chairman and chief executive officer at FPL. "Successful implementation of our plan would be a literal game changer for our customers, for Florida and for any other utilities who want to walk with us as we work toward achieving Real Zero."

Over the last 20 years, FPL has improved its carbon emissions rate by 40 percent, resulting in an emissions profile that today is already significantly cleaner than the national average. Over that time, FPL has reduced its use of foreign oil by 99 percent and shuttered all of its coal plants in Florida while saving its customers more than \$12 billion in avoided fuel costs.

By 2045, FPL plans to produce only carbon emissions-free energy from a diverse mix of solar, battery storage, existing nuclear, green hydrogen and other renewable sources.

NextEra Energy will aim to help decarbonize the power and non-power sectors of the U.S. economy. A recent economic study by a leading consultancy estimates the company's Real Zero goal could create up to 150,000 jobs between now and 2045 and up to \$15 billion annually in new economic growth in Florida.

FPL intends to achieve Real Zero across while keeping customer bills among

the lowest in the country, just as they have been for more than a decade.

To learn more about Real Zero and how NextEra Energy intends to lead the decarbonization of the U.S. economy, visit www.nexteraenergy.com/realzero.

Manufacturers Offering Tours For Students

The Southwest Regional Manufacturing Association (SRMA) is working with career and technical education directors throughout various counties in the region to organize student field trips at participating manufacturing companies. Manufacturing and its economic impacts are seen and felt every day of the year. October is Manufacturing Month, with the first Friday designated as Manufacturing Day.

"The goal of these student tours is to generate excitement of having a career in manufacturing at the middle and high school levels," said SRMA Executive Director Rob Harris. "In most cases, these students have no idea about the incredible products being created in our area. Manufacturing is no longer grease, grime and smokestacks. Advanced technologies have created desirable workplaces for today's youth. They just need to know they exist and explore them."

The manufacturing industry is alive and well in Southwest Florida, and the SRMA works to bring manufacturers together to

promote industry and individual growth through networking opportunities, making connections, sharing resources and community involvement. If you are a manufacturer or educational leader in Southwest Florida and would like to participate in student tours, visit www.srma.net and complete the registration form.

SRMA will host a monthly social networking event at Hopsized Brewing Company on Thursday, July 21 from 5:30 to 7:30 p.m. For more information, or to see a full calendar of events, visit www.srma.net.

Bank Collecting School Supplies

Sanibel Captiva Community Bank is accepting school supply donations at all eight of its Lee County branches in partnership with the Foundation for Lee County Public Schools and Children's Advocacy Center.

Through August 1, school supplies and backpacks will be collected to support Lee County educators and children facing hardships as they prepare to go back to school. Items may be donated at the following bank branches:

Fort Myers – 15975 McGregor Boulevard; 7040 Winkler Road; 7500 College Parkway; 9311 College Parkway; 1533 Hendry Street; and 1691 Gateway Boulevard.

Sanibel – 2406 Periwinkle Way; and 1037 Periwinkle Way.

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Frankly Speaking



by Howard Prager

Lots of good news and firsts in today's column. Wimbledon Women's Finals was the first time in 60 years that two women faced each other who had never played a grand slam finals.

Elena Rybakina was a 100 to 1 long shot to win, the second lowest-rated player to win since ratings were introduced in 1975. Born in Moscow, she has represented Kazakhstan since 2018 when Kazakhstan offered to invest in her dream of becoming a world class tennis player. She could not have played at Wimbledon this year had she not done that. No players from Russia or Belarus were allowed to play because of the ongoing war in Ukraine. Rybakina beat No. 2-ranked Ons Jabeur, the first African and first Arabic woman to play in a grand slam final. The loss brought Jabeur's 12-match (grass) winning streak to an end.

As Inside Hook put it, "On a Fourth

of July weekend that saw the Cardinals become the first team in the history of Major League Baseball to hit four straight HRs in the first inning and pitchers on the Astros combine for a record-tying 20 strikeouts against the Angels, the Twins also did something significant in MLB history." Seventh inning of the White Sox-Twins series with two Sox on base. "Outfielder Byron Buxton tracked down a deep fly ball off the bat of A.J. Pollock at the right-center field wall and gunned it back into the infield to third baseman Gio Urshela. Chicago baserunners Adam Engel and Yoán Moncada were apparently convinced Buxton was going to be unable to catch the ball and were forced to attempt to head back to their respective bases. It didn't work as Urshela was able to tag out Moncada and step on second to erase Engel. Urshela then threw the ball, unnecessarily, to Alex Kirilloff standing on first base. According to the SABR database, which has tracked every triple play in MLB dating back to 1876, the 8-5 triple killing was the first one on record in American or National League history."

"I don't know how much more stuff can be a first in MLB history, so at least it was something left for us in the middle age to kind of grab, I guess," Buxton said afterward. "It's cool. Ain't too much

thought into it other than the triple play got us out of the inning and it kind of got us a little momentum going."

Our good news story of the week features Andrew Holmes. Who? A 56-year-old maintenance worker in Chicago. Several years ago, Holmes was delivering flowers to senior homes on Mother's Day and Father's Day and noticed an increase in seniors who didn't have families to see them in senior care. One particular female was 102 years old. She would just sit there, and he asked the staff about her family for Mother's Day. Staff said no one comes to see her. He decided to research and find if there were more seniors who are 100 or more. It seemed like no one cared about them, which to him wasn't right. Holmes met with the staff and started Club 100, an exclusive club for seniors age 100 or more. As he researched and located more centenarians, he located the oldest man he could find, 112-year-old CP Crawford. He worked with him for three years. Crawford lived in Lansing, Illinois, and Holmes thought he should celebrate with other centenarians at Guaranteed Rate Field and see his favorite team the Chicago White Sox. The Sox hosted the party complete with caps, food and a special section and picture on the scoreboard. People

from around the ballpark made their way to meet him and former Hall of Famer Harold Baines was their guest host.

Just last week with more activities reopened after the pandemic, Holmes planned another outing, to the Sox-Twins game. He arranged for six women to come to the game, and got a limo for each of them to travel in style. The oldest was "only" 106 and had never been to a ball game. Holmes supplemented what the Sox did with the caps and food by buying them jerseys with their names and ages on the back, along with extra food. The highlights were featured on NBC-5 Chicago.

If you know Chicago, you know there are south side (Sox) fans and north side (Cubs) fans. For Holmes' next outing, he's trying to work with the Cubs to take those fans to Wrigley Field. He has started a foundation to help fund this dream and take Club 100 around the country. Never underestimate anyone's ability to make a difference for others. Thanks to the Sox for helping and to Andrew Holmes.

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 to press@islandsunnews.com.✴

Lee Health Adds Robots For Orthopedics

Since the creation of Lee Health's robotics program last year, the healthcare system has more than tripled its number of daVinci robots, has added a specialty neurosurgery robot and now is adding two robots for orthopedic procedures.

The Zimmer Biomet's ROSA Hip and Knee System – located at both Cape Coral Hospital and Lee Memorial Hospital – is a robotically assisted surgical system designed to help perform total knee and hip replacement surgery. It includes features to assist with bone resections and to assess the state of soft tissues in order to facilitate implant positioning intraoperatively.

The ROSA robot system enables surgeons to use computer and software technology to control and move surgical instruments, allowing for greater precision and flexibility during procedures. The procedure is performed entirely by a surgeon who controls the system.

Because the procedure is minimally invasive, patients generally experience less pain after surgery, have a quicker recovery and shorter length of stay in the hospital. They also need less medication.

"The results I have seen in my patients have been nothing short of amazing," said Dr. John Thompson, orthopedic surgeon. "We're using this technology for total knee and hip replacements. We're putting in top-of-the-line implants, but with more accuracy and less invasive surgery with the robot. My patients are telling me that their recovery has been much easier and faster than they expected."

The addition of the two ROSA orthopedic robots compliments Lee

Health's robust robotics program, which is comprised of the ExcelsiusGPS, a first of its kind robotic surgery in Southwest Florida for minimally invasive spine and brain procedures, and seven da Vinci Xi Surgical Systems, which are designed to help surgeons perform minimally invasive surgeries, such as colorectal surgeries and unique surgeries in the areas of gynecology, urology, ear nose and throat and general surgery.

"Robotic-assisted surgery is a huge benefit to our patients and, by continuing to bolster our program at Lee Health, fewer patients have had to leave the region to get this type of surgery," said Dr. Fia Yi, Lee Health's medical director of the system robotics program. "We are proud to bring this cutting-edge technology to the region, so our patients can get the care they need close to home."

The addition of these value-enhancing services is made possible through donations from the community to the Lee Health Foundation, which works to bring novel and enhanced medical options to Southwest Florida. To learn more about Lee Health's robotics program, visit www.leehealth.org.✴

well as a buffet lunch.

All proceeds from this year's tournament will benefit the Lee County Red Sox Scholarship program. Each year, the Red Sox Foundation awards a \$5,000 college scholarship to one deserving student from each of the public high schools in Lee County and one student from a Lee County charter and ALS school for a total of 15 scholarships worth \$75,000.

To date, the Swings for the Sox has raised more than \$497,000 for local charities and specifically \$437,175 for the scholarship program.

This year's title sponsor is ReRoute, a socially-driven manufacturing, sales and distribution company that aims to change the game on what and where some of the things you buy are made. ReRoute joins Galloway Ford returning this year as the Golf Ball sponsor.

Tournament sponsorships are available from \$150 to \$10,000. Foursome player packages begin at \$1,000. All golfers will receive a unique New Balance gift bag and lunch at the course. There will also be a silent auction and high-end raffle prizes for golfers to bid on.

Raffle and silent auction items that can be used to aid in raising money for the Red Sox Foundation's scholarship fund and additional funds for those in need throughout Southwest Florida are also being accepted.

The Red Sox Foundation is a 501(c)(3) nonprofit organization and the official team charity of the Boston Red Sox. The foundation's primary focus locally is in serving the health, education, recreation and social service needs of children and families across Southwest Florida.

The Tiburón Golf Club's Black Course is located at 2620 Tiburón Drive in Naples. For more information, call 226-4783 or email swingsforthesox@redsox.com.✴

SPORTS QUIZ

1. Name the South African golfer who beat Tiger Woods by three strokes to win the 2008 Masters Tournament.
2. What 1988 comedy film had cameos by Curt Gowdy, Jim Palmer, Tim McCarver, Mel Allen, Dick Enberg, Dick Vitale and Dr. Joyce Brothers in a baseball broadcast booth?
3. Before Marcus Ericsson won the 2022 Indianapolis 500, who was the only Swedish driver to win the race?
4. Name the National Soccer Hall of Famer who started 159 games as goalkeeper for the U.S. Women's National Team from 1994 to 2008.
5. France's Tony Estanguet, Slovakia's Michal Martikan and the Czech Republic's Stepanka Hilgertova are all Olympic gold medalists in what water sport?
6. Starting pitcher Dennis Ray Boyd, who played in Major League Baseball from 1982 to 1991, was better known by what nickname?
7. Before she married NBA star Dwyane Wade in 2014, actress Gabrielle Union was married to what former NFL running back?

ANSWERS

1. Trevor Immelman. 2. "The Naked Gun: From the Files of Police Squad!" 3. Kenny Brack, in 1999. 4. Britana Scurry. 5. Canoeing. 6. Oil Can. 7. Chris Howard.

Doctor and Dietician

Create A Healthy Workstation



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

Let us be real, Americans have posture problems. Just look around you. Whether sitting at your desk all day, slouching on the couch after a long day of work, or looking down at a smartphone, poor posture is affecting people of all ages. We often count the number of people we see staring down at cellphones while walking the beach, eating at a restaurant, or even while driving. We know, sad – it is a facedown world. But this does not have to be you.

Posture not only affects us

physically, but also affects our mental wellbeing. Studies show slouchers are more likely to exhibit less confidence, lower self-esteem and suffer from depression. Slouching and facedown posture may also lead to brain fog and lack of clarity due to the disruption of blood flow to your brain. We document this in our Caring Medical office with ultrasound measurements of blood flow in and out of the brain while putting patients in different positions.

Four ways to create healthier ergonomic workstations:

Adjust your computer monitor height – Because desk jobs require so much time in a sitting position staring at a screen, where you place your monitor in relation to your eyes and neck has a significant impact on your health. When positioning your monitor, you want to make sure that there is at least 12 inches of distance between your eyes and your screen, and the top line of your screen is above your eye level. You need to be looking slightly UP. This is not the usual ergonomic recommendation made by traditional medicine, but from what we have seen in our office, we know that most people need to look up to counter the looking down. Keep your shoulders down too – do not scrunch.

Look for keyboard comfort – Your keyboard position is another essential aspect of alleviating strain on your neck due to your arm's position throughout your

workday. You want to resist the temptation of hunching over and putting pressure on your arms and shoulders, which eventually results in neck pain. These problems can be avoided by arranging your keyboard and/or mouse in positions that keep your wrists extended while your upper arms are relaxed. Some people appreciate using wrist pads to help keep the wrists upright as if you were in proper piano form.

Healthy Sitting – Many people are now working from home, however, that does not mean you cannot create a healthy workstation setting. Let us be honest, is your workstation on a coffee table or on the couch? We know it sounds silly, but you are spending eight hours every day in a sitting position, thus you should make sure you are sitting correctly. Wherever you are sitting, your position should support your arms, legs, back and buttocks to avoid putting any unnecessary stress on your body resulting in neck or back pain. Your feet should touch the floor, abdominals should be tucked and shoulders back. Some like to use a McKenzie roll on the back of their chairs to help keep in the proper sitting position.

Sit-Stand Solution – You have heard us say before, “sitting is the new smoking.” Studies show that prolonged sitting day in and day out is very unhealthy. It leads to pain, weakness, poor posture, weak abdominal muscles, and the list goes on.

We recommend you take regular breaks to walk or stretch your body. At Caring Medical, most of us utilize height-adjustable standing desks giving us the option to sit or stand throughout the day. We cannot emphasize the importance of this enough. If you are no longer working, but find yourself sitting at home, we recommend setting a timer to remind yourself to get up and walk around every hour. Work on doing squats over a chair to ensure you have the quad strength to push yourself up out of a chair without using your hands on the arms of your chair. This will improve longevity overall. Do not discount the importance of this.

We encourage you to take this content seriously. If we keep doing the same thing and expect different results, that is the definition of insanity. Healthy posture, movement and head position are key to maintaining good health. Unfortunately, what we see in the office are the effects of the reverse – and it is not just pain, but some profoundly serious ortho-neurologic problems. You can do it. Change is good.

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.✱

dearPharmacist

Surprising Reasons Gastrin Should Be Measured



by Suzy Cohen, RPh

Dear Readers: People talk of stomach problems and tummy aches, belching and pain. But some people have fatigue, or psychiatric issues. Often the

blood testing workup for these conditions does not include one important hormone called “gastrin,” which I think should be measured. Gastrin is a hormone produced in your stomach and duodenum and helps to digest food. When gastrin is elevated, it means that stomach acid production has declined. If your stomach acid is low, then gastrin levels naturally rise. Gastrin comes to the rescue and says, “stomach cells, you need to make us more stomach acid.” Gastrin is important because it helps you to produce HCL, as in hydrochloric acid, which is how you digest your meals.

Consumers have been taught to dislike stomach acid, but you shouldn't. You need proper levels of stomach acid. And gastrin is a hormone that responds to the amount of stomach acid present in your stomach on any given day. If there's not enough acid, gastrin will rise to stimulate acid production. By the way, the term hypochlorhydria is used for people with low stomach acid levels.

Measuring gastrin levels with a blood

test is something that lends tremendous insight. High gastrin is often associated with hypochlorhydria (low stomach acid) and may cause any of the following: belching; flatulence immediately after eating; bad breath; heartburn; fatigue; or frequent infections.

The reason these symptoms occur is because a condition of hypochlorhydria means that you are no longer able to extract and absorb essential nutrients like iron, magnesium, copper, zinc, B12, folate and protein. Regardless of the body's weight, the cells are starving for nutrition due to the lack of these nutrients, which I'm saying could be due to the lack of acid. Supplements of betaine are often used. Work with a practitioner if you'd like to correct your acid levels with betaine. Don't just take betaine because it will hurt you if you have normal or high stomach acid.

And now, for the three surprising reasons gastrin levels should be evaluated with a blood test:

1. You have chronic gastrointestinal (GI) complaints such as flatulence right after eating, diarrhea, heartburn, reflux and early satiety, which means you feel full quickly.

2. You have chronic fatigue, which could mean you have anemia, or hypothyroidism.

3. You have anxiety or psychiatric concerns. A negative mood has been associated with higher gastrin levels. It may be tied to increased adrenergic activity, but regardless of the cause, mood is definitely impacted by shifts in gastrin and this comes as a surprise to most practitioners.

Gastrin is a good hormone. It supports stomach health and assists with small intestine and pancreatic function. It helps you metabolize all the food on your plate and extract critical life-sustaining minerals. But like any good thing, you want normal

levels of gastrin. To read the longer, more comprehensive version of this article, visit 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.✱

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Florida Highway Patrol 278-7100
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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
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Lee County Chamber of Commerce 931-0931
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Visitor & Convention Bureau 338-3500

- ARTS**
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BIG ARTS 395-0900
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Edison Festival of Light 334-2999
Florida Repertory Theatre at the Arcade 332-4488
Florida West Arts 948-4427
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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
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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
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
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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
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United Way 211 Helpline (24 hour) 211 or 433-3900

- AREA ATTRACTIONS**
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Langford Kingston Home 239-334-2550
Ostego Bay Foundation Marine Science Center 765-8101
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Southwest Florida Museum of History 321-7430
True Tours 945-0405

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PUZZLES

Answers on page 23



"I'll drop the price ten dollars if you buy
him before _____."

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!

Edge
FINGER

Chide
CLODS

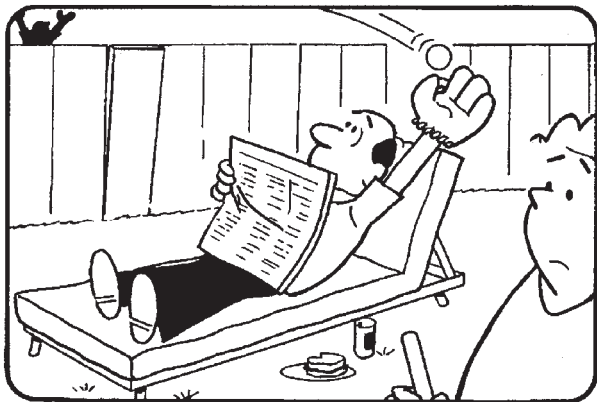
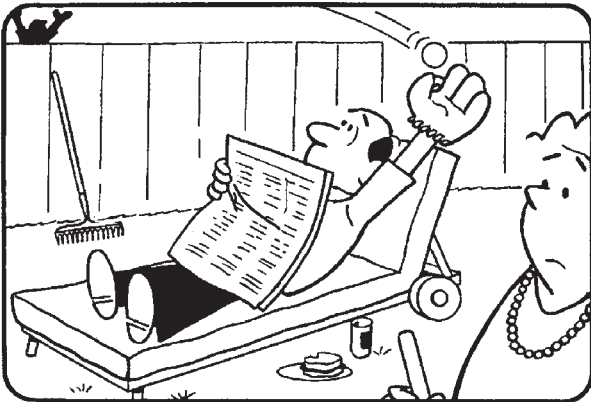
gall
RANGE

hear
TINSEL

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Rake is missing. 2. Board is missing. 3. Newspaper is smaller. 4. Sleeve is shorter. 5. Wheel is missing. 6. Beads are missing.

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

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

SIX-T EIGHT

- ACROSS
- 1 Big name in small planes
- 7 Passage leading to an aural drum
- 15 Sign into law
- 20 Despicable
- 21 Cessation
- 22 Six-Day War leader Dayan
- 23 Starting something over, figuratively
- 26 Bottom line
- 27 "You — My Sunshine"
- 28 U.S. intel org.
- 29 See 106-Across
- 30 Question the Devil asks in a Kipling poem
- 39 Patrick of "A Clockwork Orange"
- 41 Leave high and dry
- 42 — pot (sinus-cleaning device)
- 43 Wolfs down
- 46 — wheel (fair ride)
- 48 Final resting places
- 52 Cause heads to turn
- 56 Yule tune
- 57 Wheel center
- 58 Turn rancid
- 60 Norma — (film heroine)
- 61 Nickname for Connecticut
- 71 River to the Rhone
- 72 Senseless
- 73 Drop by
- 74 Recent times
- 81 Wheaton of "Stand by Me"
- 82 Singer Bareilles
- 83 G.P. or vet
- 84 War god
- 86 Giving a rigorous tryout
- 97 Play a ukulele, e.g.
- 99 Boastful talk
- 100 Cigar-holding container
- 101 Huge, informally
- 104 Chucked
- 106 With neo-soul singer with four Grammys
- 107 What's accurate about a situation
- 113 City NNE of Lake Tahoe
- 114 — Z
- 115 Courtroom promise
- 116 On top of, to poets
- 119 It closed all 130+ of its U.S. campuses in 2016
- 128 Wall work
- 129 1973-99 Lima-based carrier
- 130 "The Wizard of Menlo Park"
- 131 Conjuring aid
- 132 Encroach on another's land
- 133 Novelist du Maurier
- 12 "Stillmatic" rapper
- 13 Narc, e.g.
- 14 Gives access
- 15 Outback bird
- 16 Symbol for written music
- 17 "Ad — per aspera" (Kansas' motto)
- 18 Mass singers
- 19 Principle
- 24 Mutt's sound
- 25 Despicable
- 31 Bit of crying
- 32 Ward of TV
- 33 Wilson's predecessor
- 34 Weight allowance, once
- 35 Yesteryear
- 36 Brought into the world
- 37 Troop group
- 38 "The Addams Family" cousin
- 39 Actress Kirshner
- 40 Home pest
- 44 Cavern effect
- 45 Daze
- 47 Spanish ayes
- 49 Swamp
- 50 "Get lost!"
- 51 Precip-ice?
- 53 "Six-pack"
- 54 Texter's hugs
- 55 Cloister sister
- 59 "Please reply," in brief
- 61 Jeans go-with, often
- 62 Dog following its owner closely
- 63 Suffix with south
- 64 Co. VIPs
- 65 Uncle, in Argentina
- 66 Pol. middle-of-the-roader
- 67 — chi
- 68 Little — (kids)
- 69 Vietnamese New Year
- 70 Actress Carrere
- 71 "— a Very Good Year"
- 75 Spy's device
- 76 Capote, to his friends
- 77 Courtroom promise
- 78 Big whoop
- 79 Chris of "Sex and the City"
- 80 "Ac-Cent- — Ate the Positive"
- 85 Bottom line
- 87 Dog with Dorothy
- 88 "What business is — yours?"
- 89 Magazine mogul Condé
- 90 Lillian of film
- 91 Grove growth
- 92 Give forth
- 93 Pitchfork part
- 94 Cincinnati Reds player in the Baseball Hall of Fame
- 95 "... or — gather"
- 96 Song syllable
- 98 Sea, to Yves
- 102 Avocado dip, informally
- 103 To boot
- 105 Barely passing grade
- 107 Prunes
- 108 In a snit
- 109 — nous
- 110 Sharpener of skills
- 111 Many mag pages
- 112 Schlepped
- 117 School on the Thames
- 118 Thinker Descartes
- 120 Kay-em link
- 121 Wrath
- 122 Bus. firms
- 123 Extra for an iDevice
- 124 Grassy area
- 125 Taxing org.
- 126 Ore- —
- 127 Advice tidbit

1	2	3	4	5	6		7	8	9	10	11	12	13	14		15	16	17	18	19	
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81																					
84																					
87																					
90																					
93																					
96																					

King Crossword

- ACROSS
- 1 River blocker
- 4 Locate
- 8 Cherry type
- 12 Hearty quaff
- 13 Notion
- 14 Manual reader
- 15 Asian holiday
- 16 Brando role
- 18 Glorify
- 20 Make lace
- 21 Formerly, once
- 24 Ballpark winner
- 28 Child star's parent, maybe
- 32 Zilch
- 33 Hosp. sec-tions
- 34 Continental cash
- 36 Caustic solu-tion
- 37 Bulb measure
- 39 Pop's pop
- 41 Covert agents
- 43 Summers in Paris
- 44 Vichy water
- 46 Patriot Allen
- 50 Cub Scout leader
- 55 Rock's Brian
- 56 Curved mold-ing
- 57 Roof over-hang
- 58 Scratch the surface
- 59 Suitable
- 60 Roe provider
- 11 Dog's warn-ing
- 17 Foot rub response
- 19 Race seg-ment
- 22 Overconfident
- 23 Baseball's Joe
- 25 Aspic form
- 26 "May It Be" singer
- 27 Oboe insert
- 28 Gives a darn?
- 29 Snare
- 30 Wine region
- 31 Castle defense
- 35 Showed scorn
- 38 Overflowed
- 40 "Spring ahead" hrs.
- 42 — Paulo, Brazil
- 45 Western tribe
- 47 Rope fiber
- 48 Scrambled wd.
- 49 Asta's mis-tress
- 50 Pooch
- 51 Swelled head
- 52 Opposite of paleo-
- 53 Taunting laugh
- 54 Actress Mendes
- DOWN
- 1 Social appointment
- 2 "Roots" author Haley
- 3 Transcending (Pref.)
- 4 Greek orchard
- 5 Wedding words
- 6 Homer's neighbor
- 7 Loony
- 8 Frosty's nose
- 9 Somewhat (Suff.)
- 10 Born abroad?
- 11 Many mag pages
- 112 Schlepped
- 117 School on the Thames
- 118 Thinker Descartes
- 120 Kay-em link
- 121 Wrath
- 122 Bus. firms
- 123 Extra for an iDevice
- 124 Grassy area
- 125 Taxing org.
- 126 Ore- —
- 127 Advice tidbit

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

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: **Water Heaters that use the Sun**

- Boiler
Cauldron
Chiller
Freezer
- Hot tub
Ice bath
Ice maker
Kettle
- Percolator
Radiator
Range top
Steam iron
- Stove
Water cooler
Water heater



Steak and Peppers



Steak and Peppers
2 ribeye steaks (or your favorite cut)
1 large bell pepper, sliced thin
10-12 mushrooms, sliced thin
1 medium yellow onion, sliced thin
2-3 sprigs fresh thyme
2-3 sprigs fresh rosemary
2 tablespoons Worcestershire sauce
2 tablespoons unsalted butter
1 tablespoon olive oil

photo courtesy Fresh From Florida

Sea salt and fresh ground pepper, to taste
Preheat large sauté pan or cast-iron skillet to medium-high. Season steaks generously with salt and pepper. Add butter and fresh herbs then place steaks directly over herbs. Sear for 2-3 minutes per side, depending on desired doneness. Remove steaks from pan and allow to rest. In same pan add olive oil, sliced vegetables, and Worcestershire sauce. Sauté for 5 minutes or until tender. Adjust seasoning as needed and remove from pan. Slice steak against the grain and serve with warm vegetables. Serve with chimichurri sauce.*

My Stars ★★★★★
FOR WEEK OF JULY 11, 2022

Aries (March 21 to April 19)
You dislike waiting for promises to be fulfilled and for commitments to be kept, but resist your headstrong tendency to push things along. Your patience will be rewarded.
Taurus (April 20 to May 20) Expect continuing opposition to your plans from die-hard detractors. However, your determination to see things through will carry the day. A Pisces has romantic ideas.
Gemini (May 21 to June 20) You might be too close to a troublesome workplace situation to deal with it successfully. Step away in order to get a better perspective. A solution soon becomes obvious.
Cancer (June 21 to July 22) You might suspect that someone you trust has misled you on an important matter, but a more balanced view of things reveals a misunderstanding to be the culprit.
Leo (July 23 to August 22) The Big Cat’s animal magnetism has rarely been stronger. You can either just bask in all that admiration or use it to your

advantage, especially in the workplace.
Virgo (August 23 to September 22) Someone who previously balked at cooperating with you on a project suddenly has a change of heart. Accept both help and advice with grace.
Libra (September 23 to October 22) Some hazy issues still need to be cleared up before you can move on with your new plans. A friend from the past reaches out to re-establish old ties.
Scorpio (October 23 to November 21) Continued positive fall-out follows that risky workplace decision you made some time ago. Your payoff will soon prove to be more substantial than you expected.
Sagittarius (November 22 to December 21) A personal relationship continues to be affected by a recent unexpected turn of events. Things need to work themselves out without finger-pointing.
Capricorn (December 22 to January 19) It’s a wonderful week for all you capricious Goats to kick up your heels with friends or family members in some well-earned fun and frivolity.
Aquarius (January 20 to February 18) Caution is advised before making a financial commitment to someone

PETS OF THE WEEK



Mandy ID# A924020 photos provided Lee County Domestic Animal Services

Mandy And Blondie
Hello, my name is Mandy. I am a 5-year-old female domestic shorthair. I am a sweet senior cat that watches everyone come into the shelter and ‘ooh and ahh’ over the cute kittens while I wait for someone to notice me and hopefully fall in love. I am very well-mannered and would love to snuggle up next to you. I will play with toys and reach playfully through my door to get a bit of attention. My adoption fee is \$25.
Hi, I’m Blondie. I am a 3-year-old female pit bull. At my age and only about 27 pounds at intake, I’m an “itty bitty pocket pittie.” I need to gain some weight. My physical state shows that I



Blondie ID# A928983
wasn’t previously well cared for, but I will curl my whole body around your leg or neck and cuddle close for comfort. I just need someone to love me and treat me with the kindness and care I deserve. Come meet me this week at Animal Services. My adoption fee is \$25.
The \$600-valued package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee.
Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit www.leelostpets.com to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.*

you don’t really know. There are better ways to build friendships than with risky fiscal dealings.
Pisces (February 19 to March 20) Travel plans continue to be favored. A change of scenery brings new opportunities, both personally and professionally. Be open to the possibilities.
Born This Week: You have a strong sense of loyalty that shows itself best in your relationships with family and friends.

MOMENTS IN TIME

• On July 24, 1567, during her imprisonment at Lochleven Castle in Scotland, Mary Queen of Scots is forced to abdicate in favor of her 1-year-old son, later crowned King James VI of Scotland. In 1542, while just six days old, Mary had ascended to the Scottish throne upon the death of her father, King James V.
• On July 21, 1899, Ernest Miller Hemingway, author of such novels as *For Whom the Bell Tolls* and *The Old Man and the Sea*, is born in Oak Park, Illinois. The influential American literary icon became known

for his straightforward prose and use of understatement.
• On July 23, 1918, Della Sorenson kills the first of her seven victims in Nebraska. Over the next seven years, friends, relatives and acquaintances of Sorenson died under mysterious circumstances. In 1925, Sorenson was arrested when she made an unsuccessful attempt at killing two children with poisoned cookies.
• On July 18, 1925, Volume One of Adolf Hitler’s philosophical autobiography *Mein Kampf* is published. It was a blueprint of his agenda for a Third Reich and a clear exposition of the nightmare that would envelope Europe from 1939 to 1945.
• On July 19, 1956, Secretary of State John Foster Dulles announces that the United States is withdrawing its offer of financial aid to Egypt to help with the construction of the Aswan Dam on the Nile River. The Soviets rushed to Egypt’s aid, and the Aswan Dam was officially opened in 1964.
• On July 20, 1969, American astronaut Neil Armstrong, 240,000 miles from Earth, speaks these words to more than a billion people listening at



FRIDAY
Mostly Cloudy
High: 89 Low: 81



SATURDAY
Partly Cloudy
High: 90 Low: 82



SUNDAY
Mostly Sunny
High: 88 Low: 79



MONDAY
Mostly Sunny
High: 89 Low: 81



TUESDAY
Partly Cloudy
High: 88 Low: 79



WEDNESDAY
Mostly Cloudy
High: 87 Low: 80



THURSDAY
Mostly Cloudy
High: 88 Low: 79

Redfish Pass Tides

Day	High	Low	High	Low
Fri	2:20 pm	10:09 pm	None	None
Sat	5:40 am	8:08 am	3:17 pm	10:49 pm
Sun	5:58 am	9:29 am	4:15 pm	11:25 pm
Mon	6:20 am	10:53 am	5:19 pm	11:59 pm
Tue	6:47 am	12:20 pm	6:34 pm	None
Wed	7:17 am	12:30 am	8:09 pm	1:47 pm
Thu	7:52 am	1:00 am	10:04 pm	3:09 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	1:25 pm	10:11 pm	None	None
Sat	4:45 am	8:10 am	2:22 pm	10:51 pm
Sun	5:03 am	9:31 am	3:20 pm	11:27 pm
Mon	5:25 am	10:55 am	4:24 pm	None
Tue	5:52 am	12:01 am	5:39 pm	12:22 pm
Wed	6:22 am	12:32 am	7:14 pm	1:49 pm
Thu	6:57 am	1:02 am	9:09 pm	3:11 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	4:36 am	8:59 am	2:57 pm	10:21 pm
Sat	5:05 am	10:00 am	4:11 pm	11:00 pm
Sun	5:35 am	10:53 am	5:09 pm	11:37 pm
Mon	6:06 am	11:45 am	6:00 pm	None
Tue	6:38 am	12:13 am	6:49 pm	12:41 pm
Wed	7:11 am	12:50 am	7:38 pm	1:41 pm
Thu	7:43 am	1:30 am	8:26 pm	2:36 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	4:30 pm	12:41 am	None	None
Sat	7:50 am	1:25 am	5:27 pm	11:24 am
Sun	8:08 am	2:05 am	6:25 pm	12:45 pm
Mon	8:30 am	2:41 am	7:29 pm	2:09 pm
Tue	8:57 am	3:15 am	8:44 pm	3:36 pm
Wed	9:27 am	3:46 am	10:19 pm	5:03 pm
Thu	10:02 am	4:16 am	None	6:25 pm

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Tips On Portable Generator Safety

If you power your home with a portable generator during electrical outages, it is imperative to consider the serious health and safety risks to you, your neighbors and unsuspecting line crews working in the area, if not operated properly.

Determine how much electricity you need for your home and buy the right size generator.

Read the operating instructions carefully before operating the generator.

Do not connect a generator directly to your home's electrical system. Plug appliances directly into the generator.

Never use a generator indoors or in an attached garage. Keep in an open, well-ventilated area outside and away from open windows.

Buy a battery-operated carbon-monoxide alarm to alert you from danger.

Do not touch a generator if you are wet or standing in water.

Visit www.lcec.net for more tips for staying safe around electricity and to download the LCEC Hurricane Guide.✪

From page 20

Moments In Time

home: "That is one small step for man, one giant leap for mankind." Stepping

off the lunar landing module *Eagle*, Armstrong became the first human to walk on the surface of the moon.

• On July 22, 2005, *March of the Penguins*, a French-made documentary about emperor penguins in Antarctica, opens in theaters across the U.S. The film went on to win numerous awards, including an Oscar, and became one of the highest-grossing documentaries in movie history.

NOW HERE'S A TIP

- If you like taking baths, you can invest in a second rubber bathmat to drape over the side of the tub. The edge will be nonslip, so you can hold on for support, and your hands will not slide.
- Before frosting a cake, brush both layers with apricot nectar. This will secure any crumbs and provide a smooth surface. – LH in Illinois
- For drains slowed by grease, sprinkle a half-cup each of salt and baking soda down the drain, and follow it with an entire kettle or pot of boiling water.
- If the smell in your cedar chest has faded, bring it back easily with extra-fine sandpaper. A very light sanding is all it takes in most cases.
- For delicious baked potatoes, boil a pot of salted water, add whole potatoes with skin, remove from heat and let stand for 15 minutes. Finish in oven for a sturdier skin. Start checking for

doneness after 15 minutes in the oven. Baking time can be cut in half – JL in Florida

• Remove that musty smell from stored clothes by adding either vinegar or ammonia to the wash water. Be sure to check for smell removal before drying, as the dryer can bake the smell into clothes, making it more difficult to remove.

STRANGE BUT TRUE

- In 1992, the president of Sri Lanka changed the spelling of the first English syllable of his country's name from iSrii to iShrii in the belief that it would improve the nation's fortunes. Unfortunately, he failed to reap any possible benefit, as he was assassinated the following year (and the spelling was reverted).
- Possums don't actually play dead. They merely pass out from fear of their predators.
- The name icoconuti comes from 16th-century Portuguese sailors. It is believed that the three holes on the fruit resembled a face, so it was honored with the word icoco,i meaning igrini or igrinning face.i The inuti part was added later.
- Ketchup leaves the bottle at a rate of 25 miles per year.
- When a UK autoshop mechanic saw the Google Street View car heading in his direction, he thought it would be fun to stage a murder scene. Police paid his

shop a visit a year later after the image finally appeared on Street View.

- The Argentine Football Association published a cultural manual ahead of the 2018 World Cup that included a section on how to seduce Russian women.
- As a child, Mark Twain nearly drowned nine times before he learned to swim.

• Looking to speed up your decision-making capacity? Try an action video game. Players tend to develop a heightened sensitivity to their surroundings, which in turn aids them with multitasking and activities such as driving, navigating around town and even keeping track of friends in a crowd.

- In Tokyo, you can buy a toupee for your dog.
- Charmin once hosted a contest for toilet paper wedding dresses. The winner received a cash prize of \$2,000.

THOUGHT FOR THE DAY

"Tell me and I forget. Teach me and I remember. Involve me and I learn."
– Benjamin Franklin

TRIVIA TEST

1. **Animal Kingdom:** What is a female fox called?
2. **General Knowledge:** How many stars were in the first American flag?
3. **History:** About how many slaves in the United States were free by the end of the Civil War?

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6/5 ✪ TFN

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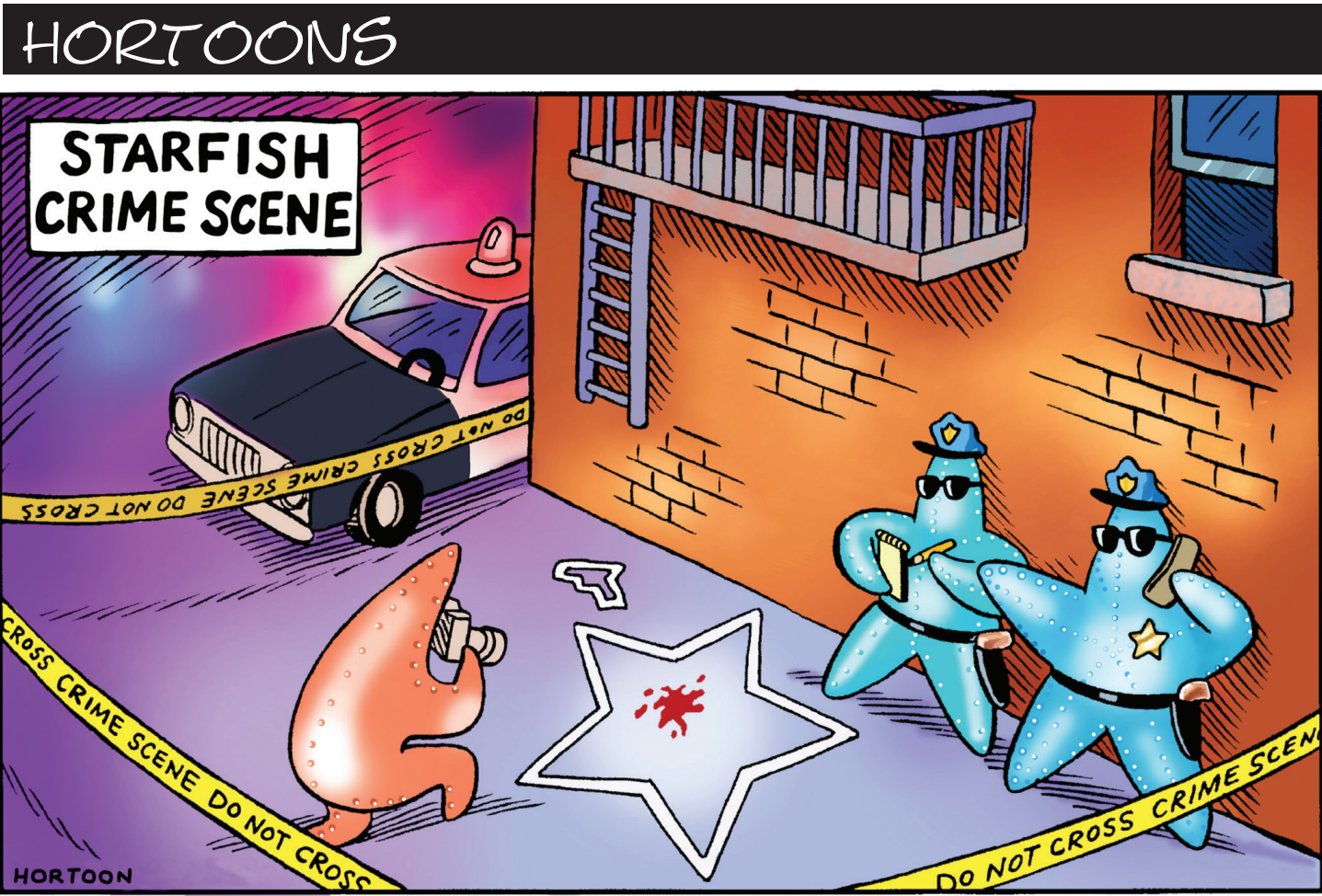
- 4. **Television:** What was the name of the planet that Mork called home on *Mork & Mindy*?
- 5. **U.S. Presidents:** Which president was born on July 4?
- 6. **U.S. States:** How many major islands make up the state of Hawaii?
- 7. **Movies:** Which is the first non-English movie to win Best Picture at the Oscars?
- 8. **Geography:** Which is the largest continent in size?
- 9. **Literature:** Which 19th-century novel's subtitle is *The Modern Prometheus*?
- 10. **Food & Drink:** What is nori?

TRIVIA ANSWERS
1. Vixen 2. 13, one for each colony 3. 4 million and many small islets 4. Asia 5. Calvin Coolidge 6. 2020 7. *Parasite* 8. Asia 9. *Frankenstein* 10. Dried, edible seaweed

SCRAMBLERS ANSWER

1. Fringe 2. Scold
3. Anger; 4. Listen

Today's Word
DINNER



PUZZLE ANSWERS

SUPER CROSSWORD

C	E	S	S	N	A	E	A	R	C	A	N	A	L	E	N	A	C	T				
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KING CROSSWORD

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MAGIC MAZE

SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
South Seas Plantation Resort	Captiva	2014	3,775	\$3,600,000	\$3,500,000	20
Sanibel Isles	Sanibel	1984	2,198	\$2,195,000	\$2,195,000	5
Oak Knoll	Fort Myers	2018	2,742	\$1,995,000	\$1,885,000	31
Oak Bend	Fort Myers	2007	4,485	\$1,591,000	\$1,591,000	40
Corkscrew Shores	Estero	2018	2,488	\$1,375,000	\$1,300,000	25
Wildblue	Fort Myers	2021	2,852	\$1,400,000	\$1,300,000	10
Grand Ole Man	Fort Myers Beach	1977	1,900	\$1,550,000	\$1,300,000	49
Esplanade Lake Club	Fort Myers	2021	3,126	\$1,484,999	\$1,235,000	105
Cape Coral	Cape Coral	2004	2,421	\$1,275,000	\$1,220,000	14
Cape Coral	Cape Coral	1988	2,437	\$1,150,000	\$1,125,000	76



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