



Caribbean Artists Exhibiting Work At Alliance

The Alliance for the Arts will host an opening reception for a new exhibit, Colonial Contours, on Friday, August 5 from 5 to 7 p.m. The exhibit features works by Martha De la Cruz representing the Dominican Republic and Dimithry Victor representing Haiti. Light refreshments will be served. The exhibit will be on display through August 28.

Colonial Contours is a collection of works by two artists under age 30. The works showcase the complicated relationship surrounding two neighboring countries, Dominican Republic and Haiti, sharing one island in the Caribbean. The artists explore the lingering symptoms of colonialism and coloniality/neocolonialism still present in both countries to this day. The exhibit consists of paintings by Victor and installations and video pieces by De la Cruz.

Receptions and gallery tours are open to the public and do not require tickets or reservations. While the gallery admission is free, a \$5 suggested donation keeps the Alliance programming affordable



image provided

and accessible. While visiting the exhibit, be sure to also partake in the Arts & Economic Prosperity survey. All answers are anonymous and help to measure the economic and social impact of arts and culture in the community. For more information on the survey, visit www.americansforthearts.org.

Artist Jersey Dunn will also have artwork on display in the theater gallery. The members' gallery will be featuring artwork from the Alliance's final session of Summer Arts Camp. Artwork will be on

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Meet The Artist At ACT Gallery



Silver Rocket by Rodney Acosta

images provided

Arts for ACT Gallery will host an opening reception and meet-the-artist session during Art Walk on Friday, August 5 from 6 to 9 p.m. Rodney Acosta will be the featured artist with his exhibit Glimpses of the Astral.

Acosta, who has been drawing and painting since he was 14 years old, graduated from San Juan School of Fine

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The House Of The Mause And Cat by Rodney Acosta

Opening Night For New Shows At Davis Center

The Sidney & Berne Davis Art Center will host two art exhibition openings during Art Walk on Friday, August 5 from 6 to 10 p.m.

Imagine, featuring Artsemble Underground, will be on display in the downstairs Grand Atrium. An exhibit titled Moon-Womb-Bloom by Juli Bobman will be featured upstairs in the Capital Gallery. Both exhibits are open for viewing through August 26.

Artsemble Underground was created by Cesar Aguilera and Brian Weaver in an effort to bring art to everyone: art for the people. Weaver and Aguilera have collaborated with different artists and organizations since 2014. Together, they wanted to forge an all-immersive multimedia assembly and experience of art and life, where concepts could be replicated anywhere, and not necessarily inside four walls, which sometimes hinders the creative process and final output.

For this exhibition, Artsemble Underground presents some of the projects in the community, working with organizations like Cape Coral Art Center, Goodwill, I Will Mentorship Foundation, Sunpeaks Center for Art and Sustainability, Johnson & Johnson and



Artwork by Juli Bobman image provided

Sidecar Treats. Some functional art like chairs and tables, traditional art and other private projects will also be on display. Guest artists that have collaborated with Artsemble Underground through the years will be included as well.

Aguilera, originally from Quito, Ecuador, has been a well-known staple in the Southwest Florida art scene. He is the art curator of the Sidney and Berne Davis Art Center's Grand Atrium and Capital



Artsemble Underground founders Brian Weaver and Cesar Aguilera

photo provided

Gallery. Weaver attended the School of Communication Arts in North Carolina, graduating with a degree in graphic design and computer animation. He spearheaded "The Epicenter," an empty warehouse transformed into an artist hub, where artists would work together and draw inspiration from one another.

Bobman's work includes watercolor, charcoal, acrylics and oils, all mediums treated differently. Moon-Womb-Bloom

expresses phases in a woman's life in comparison to the phases of the moon, inspired by the Divine Feminine aspect of God, and fascinated by shapes in nature that repeat themselves across species. As the owner of a life drawing studio, random conversations with models/muses gave birth to the inspiration of this show. What started out as fascination with anatomy bloomed into bigger ideas about nature,

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Historic Downtown Fort Myers, Then And Now:

Fire Department Crew, 1929



by Gerri Reaves, PhD

Writers Marian Bailey Godown and Alberta Colcord Rawchuck note that in the 1920s, the department made up of “all-volunteers except for five” was the only one in the city “of which criticism is not leveled.”

That was high praise for the Fort Myers Fire Department at a time of unprecedented growth and demands on local government services.

Shown here in January 1929 is the department’s crew at Station No. 1, or Central Station, at Anderson Avenue (now MLK Boulevard) and Central Avenue.

The station was the city’s first permanent modern fire station and had opened in 1915. It featured fire-proof construction and reinforced concrete.

The crew in the historic photo are surrounded by four La France trucks, a hook and ladder, and other vehicles.

Seated in the front row are (left to right) Joe Tarrer, Harold Wheaton, Floyd Shellabarger, John Ley, Dick Ware, Shep Bass, Carol Parker, Shorty Blessingem, Happy Lindenmuth and Bob Walker.

Kneeling in the second row are Grady Kirkpatrick, OB Clark, Earl Langley, George Wheaton, Arnold Longmire, Reace Smith, Jim Burdette, Pete Morris, Ted Bylaski, John Cold, AJ Longmire and John Alcorn.

Standing behind the crew is Fire Chief Bill Anderson.

In the background at the corner of Lee Street is the WF Mathers Furniture Store.

Fort Myers was plagued by fires and the threat of fires in the early days, when just one blaze with a disadvantageous wind direction could quickly destroy an entire block.

And the town wasn’t equipped to fight it.

A series of destructive fires at the turn of the 20th century led to the organization of the first volunteer fire department in 1901. That volunteer force raised money to



In 1929, the Fort Myers Fire Department crew posed at the Central Station amid equipment. That 1915 structure was the city’s first modern permanent station.

photo courtesy SWFL Historical Society



The 1950 station still stands, but the fire department moved to a new one nearby in 2016. The city is deciding what to do with this site.

photo by Gerri Reaves

purchase a fire engine – the Andrew Jackson – a Waterous 4-cylinder, 48-horsepower Button handpumper. The department upgraded equipment as demands increased.

In fact, it was shortly before moving into the 1915 station in the photo that the city had purchased its first motorized fire-fighting apparatus, an American La France dubbed “Johnny Johns,” after OL Johns, who had died serving as the chief of the Fort Myers Volunteers.

A significant turning point was the hiring in 1916 of the first paid chief, followed by the hiring, in 1920, of Corley B. Bryant, the first fulltime paid fire chief.

The city’s fire prevention capability continued to be enhanced throughout the 1920s, by a second American La France, a self-starter, in 1922, and by a gasoline-powered, chain-driven one in 1926.

Another major step forward that decade was the installation of a Gamewell fire-alarm system at 20 points throughout the city.

In the late 1940s, plans for a new station on the same site began, and the station pictured here was moved across the street.

The fire department left the site when a new Central Station opened in 2016 on the former public library site on Jackson Street.

The city is in discussions about the future of the historic fire station site.

Walk down to the site of the Central, or Number 1, fire station, for a century. Then visit the following two research centers to learn more about the history of the town’s fire department.

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; *Fort Myers Fire Department: Nine Decades of Service*; the *Fort Myers Press*; *The News-Press*; *The Story of Fort Myers* by Karl H. Grismer; and *Yesterday’s Fort Myers* by Marian Bailey Godown and Alberta Colcord Rawchuck.*

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Edgy Local Premiere Opens At Lab Theater

The Laboratory Theater of Florida will present the Southwest Florida premiere of Jackie Sibblies Drury's Pulitzer Prize winner *Fairview*, opening on Friday, August 5.

Fairview features a sitcom-style family preparing for a birthday party. An unwelcome group of observers co-opts the story, disrupting the action in this sometimes surreal, often humorous Pulitzer Prize-winning show.

Fairview is a thought-provoking play that takes a hard look at societal constructs regarding race. Radical and conceptually bold, this edgy and impactful show is not what it first appears to be.

Artistic Director Annette Trossbach says, "this play is about the white gaze. Specifically, this play is about what it is for this African-American family to be watched by, surveilled by, judged by this dominant white culture... and what that surveillance and observation does to the subject. How do these family members change their behavior once they understand that they are under constant scrutiny and, bigger picture, who gets to define what is and is not acceptable in Black culture?"

Directed by Brett Marston, *Fairview* features Robert Barner (Dayton), Tijuanna Clemons (Beverly), Simone Farrell (Jasmine), Zaria Brown (Keisha), Kaia Rae Bravo (Suze), Todd Miller (Jimbo), Bradley Santos (Mack) and Misha Ritter Polomsky (Betts). Scenic design is by Gabrielle Lansden and Technical Director Jonathan Johnson. Costumes are by Alena Stevenson, with lights/props by Steven Michael Kennedy.

"I directed this play because I felt it was very timely and I believe, as a culture, we continually need to assess our belief systems and/or values," said Marston. "I ultimately believe we need to be a fair and equitable world...and I think it is the responsibility of theater to allow audiences to learn, reflect, observe and possibly influence. It is my hope that *Fairview* serves as a vehicle to challenge the viewers to assess and reflect on any biases they might have and walk away from this theater experience with an increased awareness of themselves and



From left, Keisha (Zaria Brown), Beverly (Tijuanna Clemons) and Dayton (Robert Barner) pose for a family photo

photo provided

how they might contribute to a more equitable world for all."

Playwright Sibblies Drury said in an interview: "And this idea of being watched by someone as a person of color – there is automatically some sort of sense of suspicion, especially if the watcher is a white person. And so we started from a place of trying to create what in the theater felt like a normal black family, and then introducing the idea of someone watching that family – and that watching [changes] their behavior and the course of their lives."

This show closes the theater's summer season and is included in the season pass, which is on sale now. It is generously sponsored by Grampy's Charities. This play is recommended for ages 14 and older.

Performance dates are August 5, 6, 11, 12, 13, 18, 19 and 20 at 8 p.m. and August 7, 14, 20 at 2 p.m. Tickets are \$30 each or \$10 for students with valid student IDs.

The Laboratory Theater of Florida is located at 1634 Woodford Avenue in Fort Myers. For tickets, call the box office at 218-0481 or visit www.laboratorytheaterflorida.com. ✨

Free Admission To County Parks

Lee County Parks & Recreation will offer free pool admission and free parking on Saturday, July 30 and Sunday, July 31, in recognition of National Park and Recreation Month.

Sites include:

Parks – Lakes Park, Manatee Park, Hickey Creek Mitigation Park, Caloosahatchee Regional Park, Six Mile Cypress Slough Preserve and Caloosahatchee Creeks Preserve; Beach sites – Bonita Beach Accesses No. 1 and No. 10, Bonita Beach Park, Bowditch Point Park, Lynn Hall Memorial Park, San Carlos Bay-Bunche Beach Preserve, Bowman's Beach and Turner Beach (north side only of Blind Pass);

Boat ramps – Alva, Punta Rassa, Matlacha, Davis, Lavenders Landing and Imperial River

Pools – Lehigh Community Pool, North Fort Myers Community Pool, Pine Island Community Pool and San Carlos Community Pool.

Other recreational sites within Lee County that are owned or maintained by other government entities are not included in the free swim/free parking weekend. These include: Barefoot Beach, beach access points managed by the Town of Fort Myers Beach and City of Sanibel, including the south side of Blind Pass.

For more information about Lee

County Parks & Recreation locations, amenities and special events, visit www.leeparks.org, call 533-7275 or email leeparks@leegov.com. ✨

Becoming Cosmopolitan Fall Fundraiser

Community Cooperative, along with presenting sponsor FineMark National Bank & Trust, will host Becoming Cosmopolitan: Gone Country at The Ranch Concert Hall & Saloon in Fort Myers on Thursday, October 13 at 6 p.m. The annual fall fundraiser is now in its 16th year.

Guests can put on their cowboy boots for an evening featuring cowboy cuisine, country cocktails at the watering hole, line dancing, boutique shopping and silent and live auctions while raising money to support the mission of ending hunger and homelessness in Lee County.

"With the rising costs of gas, food and rent, people in our community are relying on us now more than ever," said Stefanie Edwards, executive officer of Community Cooperative. "We are extremely excited to be able to host the fundraiser this year after having to take a couple of years off due to the pandemic."

Sponsorships as well as donations for silent and live auctions are needed. For more information, contact Beth at beth@communitycooperative.com or call 332-7687 ext. 101. ✨

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Fort Myers Art:

Insights Into Wicked Witch Of The West



by Tom Hall
In a show characterized by extraordinary sets, colorful custom costumes and the kind of dance sequences that are synonymous with Amy Marie McCleary's signature choreography,

what Broadway Palm audiences may remember most about this production of *The Wizard of Oz* are the show's visuals – including Kate Stenzel's Glinda the Good Witch flying across the stage in her transparent bubble and Melissa Whitworth taking flight as the Wicked Witch of the West on her well-worn broom.

Whitworth is the beneficiary of the show's other stand-out techno-moments – the smoke and flashes that announce her entrances, the fireball she tosses at Scarecrow, and her nifty disappearing act as she melts into the floor of her castle after being doused by the bucket of water that Dorothy throws on Scarecrow when the witch sets him on fire with her broom.

But some may feel that Whitworth's



Melissa Whitworth as Wicked Witch of the West

photo courtesy www.artswfl.com

Wicked Witch is not as scary as her movie counterpart. But that's by intention. In the musical, the Wicked Witch of the West is more of a manifestation of Dorothy's psyche and emerging femininity and less a caricature of malevolent evil.

"The average audiencegoer wants to see a part of (the latter) on stage," Whitworth conceded. "But then the script is very different than how the movie's

written. So there's so much opportunity for change because I say things that (Margaret Hamilton) doesn't say in the movie. So it's going to end up being different. I think definitely on the stage version there's a lot of jokes written for me. There's a lot of puns. I mean there's some in the movie, but not nearly as many as we have in the stage version. So I get to lean into the comedy of her more so than Margaret Hamilton did just because of the script in front of me while still trying to be true to the version of the Wicked Witch that people come to see."

In this vein, the musical emphasizes the psychological symbolism associated with each of the characters who appear in the Land of Oz. For example, Scarecrow, Tin Man and Cowardly Lion reflect the weak male role models in Dorothy's actual life, and as they accompany her on the yellow brick road through corn fields, apple orchards, wild forests and poppy fields, they enable Dorothy to learn life-altering lessons about her own resourcefulness, caring and nerve. But it's through the Wicked

Witch that she finally confronts her own inner demons, as Melissa Whitworth explains.

"The Wicked Witch isn't just an outside obstacle, you know. The Wicked Witch is that voice in your head saying mean things to you and trying to hold you down and keep you back from believing in yourself and being true to your heart and using your brain and having courage," she said.

The Wizard of Oz is on the main stage at Broadway Palm Dinner Theater now through August 13. For more information, visit www.broadwaypalm.com/shows/the-wizard-of-oz.

Famed Rock Opera Coming To Fort Myers Theatre

Rent is coming to Fort Myers Theatre. Based loosely on Puccini's *La Boheme*, Jonathan Larson's *Rent* follows a year in the life of a group of impoverished young artists and musicians (Bohemians) struggling to survive and create in New York's Lower East Side under the shadow of HIV/AIDS.

The story centers around Mark and Roger, two roommates. While a former tragedy has made Roger numb to life, Mark tries to capture it through his attempts to make a film. In the year that follows, the duo deals with love, loss, AIDS and modern day life in one truly powerful story.

Winner of the Tony Award for Best Musical and the Pulitzer Prize for Drama, *Rent* has become a pop cultural phenomenon with songs that rock and a story that resonates with audiences of all ages.

Rent will be on stage at Fort Myers Theatre from August 6 to 21. Tickets are \$35 apiece.

Fort Myers Theatre is located at 16120 San Carlos Boulevard, Unit 5, in Fort Myers. For tickets, visit www.simpletix.com/e/rent-tickets-110569.

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

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From page 1

ACT Gallery

Arts and received a bachelor's degree in visual arts. He continued his education at Rollins College in Florida.

Acosta has been producing and exhibiting his art in one medium or another in Florida and the Caribbean. He has exhibited three times at the annual Biennial Exhibit of Cuartel La Puntilla San Juan, Orlando Museum of Art with the Orlando Visual Arts League, Cafe Tu Tu Tango, Borders Bookstore, DAAS Co-op Art Gallery and Sidney & Berne Davis Art Center.

Acosta has taught individual art classes from time to time and has participated and won at least three art contests. His works are mostly mixed media on canvas or board. He has also produced several sculptures in steel and wood. His technique consists of extreme light contrasts, heavy textures, scratching over

layers of oil, and adding found objects and textiles.

In his *Glimpses of the Astral* exhibit, Acosta aims not at imitating reality as it is, but at exploring the world of the subconscious in the realm of dreams where images don't necessarily make sense; the inexplicable place where objects as characters from distant eras and places play together. His pieces often take you to an abandoned, but beautiful place that was ignored in between relevant events but is now understood.

This exhibit continues through Monday, August 26.

Monies raised at the nonprofit gallery support Abuse Counseling and Treatment, Inc., the domestic violence, sexual assault and human trafficking center serving Lee, Hendry and Glades counties.

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

Theater Lends A Helping Paw To Humane Society

There's no place like home, so Broadway Palm Dinner Theatre is partnering to raise funds for the Gulf Coast Humane Society (GCHS). *The Wizard of Oz* is playing at Broadway Palm through Friday, August 12 and, during the run, the theater is selling paper paw prints for \$1 each. The paws can be decorated and will be displayed throughout the theater. All proceeds from the paw print sales will go directly to GCHS, which was established as the first nonprofit animal welfare organization in Southwest Florida in 1947.

Theater tickets and paper paw prints are now on sale and can be reserved by calling 278-4422, visiting www.broadwaypalm.com or in person at 1380 Colonial Boulevard in Fort Myers.✱



Cowardly Lion (Victor Legarreta) with a GCHS kitten photo provided

Library Programs At Lakes Regional

Next month's roster of activities at Lakes Regional Library offers topics for all ages. The following activities are free to the public:

Adult Programs

English Café – 6 p.m. Mondays, August 1, 8, 15, 22, 29; Free informal, conversation sessions for adult ESOL/ESL students.

Book Discussion: *The Lost Apothecary* by Sarah Penner – 2 p.m. Thursday, August 4; A forgotten history. A secret network of women. A legacy of poison and revenge. Welcome to The Lost Apothecary. With crackling suspense, unforgettable characters and searing insight, *The Lost Apothecary* is a subversive and intoxicating debut novel of secrets, vengeance and the remarkable ways women can save each other despite the barrier of time. Registration is required.

Download Drop-In – 11 a.m. Thursday, August 18; Receive personalized help downloading e-books, movies, music and more from Overdrive and Hoopla, two of Lee County Library System's largest online content providers. Bring your fully charged digital device for this hands-on help session. Note: Bring any passwords you may need for downloading apps. Kindle users will also need an Amazon account and their password for accessing it.

Children's Programs

Very Hungry Caterpillar Party – 10:30 a.m. Thursday, August 11; Enjoy games and activities based on Eric Carle's classic picture book *The Very Hungry Caterpillar*.

All-Abilities Kids Storytime – 10 a.m. Saturday, August 27; For ages 3 to 12 and caregivers. This storytime emphasizes books, music and sensory experiences designed for children with adaptive needs and their families. Using visual schedule boards, stories are told through multiple modalities. This

creates a positive storytime experience in a quieter environment with reduced sensory stimuli. Class size is limited to 10 children, plus their parents or caregivers.

Kids Read Down Fines – 2 to 3 p.m. Saturday, August 20; Children and teens can earn a \$2 credit on overdue fines for every 15 minutes they read in the designated area for a total of \$8 in one session. Bring your library card.

Lego Club – 4 p.m. Monday, August 29; Join in for a short story and Lego building activities. Lego pieces provided for use during this program.

Teen Programs

Kids Read Down Fines – 2 to 3 p.m. Saturday, August 20; Children and teens can earn a \$2 credit on overdue fines for every 15 minutes they read in the designated area for a total of \$8 in one session. Bring your library card.

Teen Leadership – 2 p.m. Saturday, August 27; Be a driving force at your local library. An exciting opportunity for teens interested in leadership and teamwork. Earn service hours while collaborating on teen programming and services with peers. Participants will earn service hours for attending, and snacks will be provided; for ages 12 to 18.

The Lakes Regional Library is located at 15290 Bass Road in Fort Myers. For more information about a program or to register, call the library at 533-4000. Check the Lee County Library System's website at www.leelibrary.net to find out about programs at other locations. Call the host library, or telephone reference at 479-4636, for more information about a specific program.

In accordance with the Americans with Disabilities Act, Lee County will not discriminate against qualified individuals with disabilities in its services, programs or activities. To request an auxiliary aid or service for effective communication or a reasonable modification to participate, contact Joan LaGuardia at 533-2314, Florida Relay Service 711, or jlaguardia@leegov.com. Accommodation will be provided at no cost to the requester. Requests should be made at least five business days in advance.✱

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Aug. 11: Mobilizing Millions of Mollusks of the Eastern Seaboard

by Dr. Rüdiger Bieler, Curator of Invertebrates, The Field Museum; and Dr. José H. Leal, Science Director and Curator, BMNSM

Sep. 14: Saving the Queen of the Sea: Queen Conch Conservation Aquaculture

by Dr. Megan Davis, Research Professor, Aquaculture and Stock Enhancement Program, Florida Atlantic University Harborbranch Oceanographic Institute

Oct. 13: Land Snails in Los Angeles: An Experiment in Urban Citizen Science

by Dr. Jann Elizabeth Vendetti, Associate Curator and Twila Bratcher Chair in Malacology, Natural History Museum of Los Angeles County

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FALL CLASSES

Nov. 2: Fantastic Shells and Where to Find Them

Nov. 8: Mound House Field Trip (Fort Myers Beach)

Nov. 16-17: A Day in the Life of an Aquarist

Nov. 29: Shell Ambassador Certification Course

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Foundation Exceeds Fundraising Goal

The Tommy Bohanon Foundation, a local nonprofit with aspirations to change the lives of at-risk youth in the Southwest Florida community, has surpassed its fundraising goal by raising approximately \$131,000 at the annual Playmaker’s Tailgate Party at the Collaboratory in mid-June.

“We can’t thank everyone enough for coming out and for their generosity. We were hoping to raise \$100,000 and, by exceeding that, we can have an even greater impact on the children in need in our community,” said former NFL player Tommy Bohanon, founder of the Tommy Bohanon Foundation. “We’re grateful to be supported by so many prominent businesses in the community. It’s truly an honor to be surrounded by people that are just as passionate about giving back as our foundation is.”

Proceeds from the foundation’s silent and live auction will go directly to programming, scholarships and grants for local children. Three \$10,000 scholarships were awarded to high school seniors Jackson Shinneman, Patti Patricca and Natalie Stafford to help them achieve success in continued education. Shinneman will be attending Florida Atlantic University and majoring in international business, Patricca will be attending Florida Southern College and



Tommy and Katie Bohanon photo provided

majoring in biology and molecular science and Stafford will be attending Florida Gulf Coast University nursing school.

Sponsors, called “playmakers,” were Nor-Tech Hi-Performance Boats, Lee County Sheriff’s Office, Lee Drywall, Titan Contracting LLC, Extreme Florida Roofing, Arthur Printing, Pott’s Sports Cafe and CONRIC PR & Marketing. Clint Green, owner of Titan Contracting, has been recognized as the Tommy Bohanon Foundation’s Most Valuable Playmaker (MVP) for being its greatest sponsor, contributing to the foundation

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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.fpcforymyers.org, 2438 Second Street, 239-334-2261

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

JESUS THE WORKER CATHOLIC
Friday and Saturday, 7 p.m.; Sunday 8, 10 a.m. and 6 p.m., 881 Nuna Avenue, 481-1143.

since 2020. The sisters of Beta Epsilon Master received the Team Player of the Year award for their dedication to volunteering for the foundation.

Comedian RC Smith was the host, giving a short comedy show before carrying out the activities for the night. The event was catered by Personal Touch Catering, Wonderland Cookie Dough & Ice Cream and Nothing Bundt Cakes, feeding the 175 attendees dinner and dessert, including several local business leaders from various industries who donated to the cause.

For more information about the foundation, visit www.tommybohanonfoundation.org or contact Katie Bohanon at 671-0441 or katie@tommybohanonfoundation.org.

Back To School Community Bash

Pickup The Ball (PTB) will hold this year’s Back to School Bash at Fort Myers Middle Academy on Saturday, July 30 from 10 a.m. to 4:30 p.m. The day of food, fun and community unity will feature free backpacks, giveaways, food, drinks, sports, dancing and musical entertainment by DJ Black. The first 100 kids to arrive will receive a Pickup The Ball drawstring bag with entry.

Presented by Pickup The Ball and United Way, the Back to School Bash supports youth programs in the Lee County School District. It is sponsored

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

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

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

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

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

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

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

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

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

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

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

SAINT NICHOLAS MONASTERY
Sunday 9:30 a.m., www.saintnicholasmonast

by the Lee County Sheriff’s Office, Williamson Bros. Marine Construction and Sanibel Captiva Community Bank.

A collaboration of over 10 community partners provides resources to help make the event free to attend. Community partners include City Takers, Crossover Outreach Group, Crowning Daughters for Success, Fort Myers Fire Department, Fort Myers Police Department, Hope4Tomorrow, Lee County School District, Pace Center for Girls, PAL, Quality Life Center and Ride Nature.

“The Lee County Sheriff’s Office remains committed to Pickup the Ball and bridging the gap between law enforcement and our community’s youth,” said Sheriff Carmine Marceno.

Pickup the Ball mentors young men in low-income, high-risk areas to provide them opportunities that will raise their level of expectations for life, increase their chance of success and improve understanding among all communities.

Fort Myers Middle Academy is located at 3050 Central Avenue in Fort Myers. To learn more about the organization, visit www.pickuptheball.org.

College Graduate

Nicholas Steury of Fort Myers recently received a bachelor of science degree in business administration from Frostburg State University in Frostburg, Maryland.

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.



These native gentian noddycaps sprouted in lava-rock mulch photo by Gerri Reaves

Gentian Noddycaps

by Gerri Reaves

If you notice what looks like asparagus spears sprouting in your yard, it just might be gentian noddycaps (*Triphora gentianoides*).

In the wild, this terrestrial orchid is found in sandy pinelands and sometimes in live-oak hammocks. It's also found in lawns and mulched areas in full sun or shade.

Also called least flowered triphora, it is native to Florida – the only U.S. state – as well as tropical America.

The Institute for Regional Conservation in South Florida lists its status as “impaired.”

General characteristics include unbranched “asparagus stalks” and white flowers that never fully open.

The green stalks are typically three to

10 inches high, sometimes with brown or purple tinges.

Three to 10 alternate ovate leaves of about a half-inch long partially sheath the stem.

Inflorescences of pale green flowers form corymbs, meaning that they appear in one horizontal plane.

The “nodding” flowers bloom in the summer and are about a half-inch long, sometimes tinged reddish brown.

The small secretive flowers actually have an elaborate structure with a three-lobed greenish white lip.

They are thought to be self-fertilizing. Swollen underground storage organs, or tubers, allow this species to endure daunting conditions.

It produces a minute seed capsule.

Sources: *Everglades Wildflowers* by Roger L. Hammer, <http://floranorthamerica.org>, <https://goorchids.northamericanorchidcenter.org>, and <https://regionalconservation.org>.

Plant Smart explores the diverse flora of South Florida.*

New Program For At-Risk Vessels

The Florida Fish and Wildlife Conservation Commission (FWC) has approved the final rule establishing a statewide vessel turn-in program (VTIP) as part of the derelict vessel prevention program. The new rule will create a voluntary program to remove at-risk vessels before they become derelict, which helps Florida's environment and public safety.

The Division of Law Enforcement Boating and Waterways Section is spearheading a multi-year effort to dramatically reduce the backlog of derelict vessels currently on Florida's waters. These vessels cause the destruction of valuable seagrass resources and endanger marine life. They also threaten human life, safety and property as they drift on or beneath the surface of the water or block navigable waterways, posing a navigational hazard to the boating public.

Recent legislation enables the FWC to create a derelict vessel prevention program, and the VTIP is one component of the FWC's approach to derelict vessel prevention.

“Commissioners receive numerous contacts from the public about derelict vessels, and I know the establishment of this new program will really make a difference,” said FWC Chairman Rodney Barreto. “Thanks to the efforts of Sen. Ben Albritton, Rep. Josie Tomkow, Rep. Jay Trumbull and Sen. Kelli Stargel, we've received the resources and the legislative support to make this program a reality.”

A VTIP will prevent vessels from becoming derelict by removing them from the state's waters when they are at risk of becoming derelict, which will result in cost savings for taxpayers and ultimately fewer derelict vessels appearing on Florida waters.

“Derelict vessels are a priority for the FWC. Establishing the vessel turn-in program provides a voluntary pathway

for owners to remove at-risk vessels from the water before becoming derelict, thereby reducing future costs of removal. Removing at-risk vessels from Florida's waterways before they become derelict is not only a win for the environment but also for public safety, taxpayers and the vessel owners,” said Col. Roger Young, director of the FWC Division of Law Enforcement.

View the agenda and documents at www.myfwc.com/commission.*

Gag Grouper Season Modified

The Florida Fish and Wildlife Conservation Commission (FWC) approved a final rule, effective January 1, 2023, modifying the recreational season for gag grouper in state waters of the Gulf of Mexico. The recreational season for gag grouper in gulf state waters will be open September 1 through November 10.

This modification is intended to prevent overfishing, improve stock abundance and help ensure future fishing opportunities. This change is consistent with pending regulations in adjacent federal waters in the Gulf of Mexico.

The state reef fish survey uses in-person interviews and a mail survey to collect information on recreational fishing for reef fish, such as gag grouper, from private boats. The state reef fish angler designation is required for recreational anglers and spearfishers who intend to fish for or harvest certain reef fish species from a private vessel in Florida to make recreational anglers eligible for selection to receive a mail survey component of the state reef fish survey. To learn more, visit www.myfwc.com/srfs.

For current recreational gag grouper regulations, visit www.myfwc.com/marine and click on “Recreational Regulations,” “Reef Fish” and then “Grouper.” The page will be updated with regulation modifications.*

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Kids On Summer Break



by Capt. Matt Mitchell

The majority of my charters this time of year tend to be families taking advantage of summer vacation. There is always something special about taking

out kids for their first ever saltwater adventure. I say adventure because often these trips evolve into much more than just fishing.

The main thing I've found when introducing kids to fishing and boating is keeping them interested and busy. Plan on targeting species that will be high activity. Depending on the age and experience level of the kids, they may want to fish the entire trip or they may want to take a break to check out dolphins, manatees or even go for a quick swim.

The diversity of life we have in our local waters is hard to match anywhere on the planet. The simple things we take for granted like blowfish and pelicans are a whole new experience for many kids. Being able to touch a live fish is something that can be very scary at first. It takes time to warm up to the idea of it, yet by the end of a charter, children often want to touch every fish



The fish doesn't have to be big to create a huge smile they catch.

photo provided

hard to beat for nonstop action and, depending on the skill level, a popping cork with a live bait will catch fish after fish. The variety of species along with consistently bent rods makes this type of fishing hard to beat.

Many of these trips introduce kids to

seeing where there food comes from. Taking home a fresh fish dinner is often a requirement, and when the kids have caught the fish they are much more apt to want to eat something new. I like to get them involved in the measuring of the fish and explain the conservation aspect of why we catch and release the smaller fish.

Seeing what our waters offer through the eyes of a child has to be experienced to be appreciated. So, often, we take for granted the little things we see every day. Showing it to someone for the first time is refreshing. Being able to share what I love with young anglers is one of the many pluses of my job.

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

Raghul Krishnan of Fort Myers recently graduated from Rochester Institute of Technology (RIT) in New York. Krishnan received a bachelor of science degree in computing and information technologies.

Michael Collier from Fort Myers recently graduated from Augustana College in Rock Island, Illinois. Collier received a bachelor's degree in history.

Andrew Kibler of Cape Coral graduated with a bachelor's degree in digital media from Manchester University in Indiana.✪

From page 1

Davis Center

spirituality and mysticism.

Bobman grew up in Fort Myers and graduated from Ringling College of Art and Design. Her studio, Behind the Buddha, is where artists come together to collaborate, brainstorm and expand their skill set with life drawing.

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

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Black-Bellied Whistling Duck



by Bob Petcher

The black-bellied whistling duck (*Dendrocygna autumnalis*) is a sight to see with its reddish-pink bill, long neck, long pink legs and patchwork of colors that includes a grayish

head and neck with a chestnut brown mohawk and chest area, white striping in its wings and black belly. It resembles a smaller goose.

These waterfowl often feed at night and engage in their high-pitched whistling when traveling from feeding fields to roosting sites. While they generally were found in Central and South America to northern Argentina, they moved into the southern U.S. (mostly south Texas) in recent decades to winter in adopted human-altered habitats. Now, they can be found year-round in Florida.

Black-bellied whistling ducks are so named because they are known to have a whistle for their call. In fact, they are referred to as “boisterous” due to their sociable, noisy personalities. They like to feed in agricultural lands in close proximity to water, rice fields and shallow



Patient #22-3680 has been transferred to be with other similar ducks photo by Haillie Mesics

wetlands with exposed mud flats. They were formerly called tree ducks due to their ability to actually perch or nest in trees.

At CROW, a nestling black-bellied whistling duck was admitted after being found turned over, face down on the ground. Upon initial examination, veterinarians found a small scabbed wound but no other abnormalities.

“The patient had likely just sustained some sort of trauma, resulting in it being found down with a wound on its wing,” said Dr. Robin Bast, CROW staff veterinarian. “Further examination

revealed the tiny bones in the wing were actually broken but remained well-aligned.”

There were no findings as to how the patient wound up in its upside down condition.

“We don’t know what the underlying cause of the trauma was... it could have been a fall, or a predator attack, etc.,” Dr. Bast said.

The young patient rebounded quickly in the care of CROW’s medical staff.

“No surgery or bandaging was needed, this patient healed very quickly as it is a growing baby,” said Dr. Bast.

During its recovery, the duckling received supportive care, several feeds a day and tub time enrichment. It will continue to be raised according to protocol.

“This duckling was eating soaked starter duck chow – specifically formulated for growing ducklings – and greens,” said Dr. Bast. “The duckling spent a lot of time in the tub practicing swimming and diving skills, eating in the tub, and then cuddled up in its fake nest in its enclosure – a feather duster (was used) to simulate being huddled up with mom. It needs appropriate vitamin supplementation and nutrition, as well as regular weight checks to ensure it is growing appropriately.”

Due to its young age, the patient needs more care after full recovery and will spend some time with other ducks of the same species during its upbringing.

“We raise ducklings until they’re close to flying on their own, so they can easily evade predators,” said Dr. Bast. “This particular duckling was transferred this weekend to our neighboring Wildlife Center of Venice to be raised with other black-bellied whistling ducks its age and size. They are best raised in small groups.”

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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Environmental Scholarships Awarded

This summer, “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) awarded \$33,700 in conservation education scholarships to 14 students from the surrounding five-county area. During its 16-year history, the DDWS Environmental Scholarship Program has provided a total of \$233,200 to deserving students.

“The society is committed to educating today’s youth to become future conservation stewards,” said DDWS Education Committee Chair Wendy Kindig. “We partner with businesses, families and individuals to provide annual scholarships to award to outstanding students pursuing degrees related to conservation, wildlife biology, environmental engineering, policy and science. A big thank you to our scholarship sponsors for their support.”

Eleven donors sponsored the 14 scholarships this year. In lieu of the traditional physical awards ceremony, DDWS invited scholarship recipients to share a video with donors, highlighting their school and career plans.

The Richard Bailey Scholarship, named in memory of a longtime refuge volunteer and donated by his family, went to Erik Courtney, a recent graduate of Charlotte High School in Punta Gorda, who is headed to Florida Gulf Coast University (FGCU) in Fort Myers to study environmental engineering.

The Mike & Terry Baldwin Scholarship, named for DDWS’ immediate past president and his wife, an emeritus board member, went



Four-time recipient Mallory Poff working on her research project to design a solar-powered mobile cooling unit that meets agricultural standards for use on small farms
photo provided

to Mark Leone, a Canterbury High (Fort Myers) and Estero High alumnus who studies mechanical engineering and biology at Stanford University in California.

Ellen Marz Hiatt, a recent graduate from North Fort Myers High who is headed to University of South Florida (USF) in Tampa to study environmental science and sustainability, received the Dr. Andrew and Laura Dahlem Scholarship. The Dahlems live part-time on Sanibel; their family honors them with a named scholarship.

Dara Craig, a Cypress Lake High alumnus earning her doctorate in ecology and anthropology at University of Oregon, received the Dr. H. Randall Deming Endowed Scholarship for Conservation & Environmental Studies.

Deming’s family established the scholarship in 2016 as a permanently endowed scholarship in his memory.

Cody Weber, a Sickles High (Tampa) alumnus attending Florida SouthWestern State College in Fort Myers in the field of biology, was awarded the “Ding” Darling Conservation Scholarship, made possible by an anonymous donor.

Two Leslie & Hans Fleischner Scholarships went to Courtney Dingerson, an Ida S. Baker High (Cape Coral) graduate who intends to study biology at University of Florida (UF) in Gainesville; and Fort Myers High graduate Alexandra Polk, who attends USF to study environmental science and marine biology. The Fleischners were part-time Sanibel residents whose love of the island environment has inspired them to sponsor the scholarships for several years. Since Hans passed away this year, Leslie still spends part of the year on the island.

Mallory Poff, an alumnus of Barron Collier High (Naples) who majors in environmental engineering at Elon University in North Carolina, received the Mary Elaine Jacobson Memorial Scholarship, made possible by the Sanibel-Captiva Audubon Society.

In honor of the late, longtime DDWS board and education committee member and her husband, and in partnership with DDWS, the Win and Marilyn Kloosterman Memorial Scholarship went to FGCU student Nina Nguyen, an alumnus of North Fort Myers High who is majoring in environmental studies.

Blade Kalikow, a Community High School of Naples alumnus who studies environmental engineering at Northeastern University in Boston, Massachusetts, received the Barry & Francine Litofsky Scholarship, in memory of two former refuge volunteers.

The Tarpon Bay Explorers Scholarship went to North Fort Myers High alumnus Robert Marlin Smith, who studies marine and environmental science at FGCU. Tarpon Bay Explorers, “Ding” Darling’s recreation concession, started the original DDWS scholarship program in 2006.

Three Jane Werner Endowed Environmental Scholarships, established in 2011 as DDWS’ first permanently endowed scholarship fund, went to Grace McCoy, a Palm Ridge High (Naples) alumnus who pursues environmental studies at FGCU; Jax Mendelsohn, a Lemon Bay High (Englewood) graduate heading to UF to major in environmental studies; and Jaylynn Santacross, another Lemon Bay High graduate who will study marine biology at USF. The family of the late Jane Werner, who volunteered at the refuge for 25 years, set up the scholarship fund in her honor.

“These students become part of the greater ‘Ding’ Darling family,” said Kindig. “We welcome them back as scholarship applicants next year and as fellow conservation stewards in years to come.”

DDWS will be awarding scholarships starting at \$1,000 each at the end of the 2021-22 school year. High school seniors and college students living in Lee, Collier, Charlotte, Glades and Hendry counties and pursuing careers in biology, conservation and environmental studies are eligible.

For an application and to read full descriptions of 2022 scholarship winners and donors, visit www.dingdarlingsociety.org/articles/student-scholarships.

For information about establishing a named scholarship of \$1,000 or more for 2022-23, contact Sierra Hoisington at 472-1100 ext. 233.*

Changes To Redfish Harvest In State Waters

The Florida Fish and Wildlife Conservation Commission (FWC) has approved new management regions and regulation changes for redfish in state waters following the final rule hearing.

These regulation changes, which go into effect September 1, will:

- Establish nine redfish management regions;

- Prohibit captain and crew from retaining a bag limit of redfish when on a for-hire trip;

- Reduce the off-the-water transport limit from six to four fish per person;

- Reduce the vessel limit to be four fish in the Panhandle, Big Bend and Northeast management region, and two fish in the Tampa Bay, Sarasota Bay, Charlotte Harbor, Southwest and Southeast management region;

- Allow only catch-and-release fishing for redfish in the Indian River Lagoon region; and

- Set the bag limit to one fish in the Panhandle, Big Bend, Tampa

Bay, Sarasota Bay, Charlotte Harbor, Southwest, Southeast and Northeast regions. This is a reduction to the bag limit in the Northeast region.

“With this new forward-thinking management approach, we’re trying to do what’s best for this fishery. This agency is committed to working proactively to conserve the redfish fishery in Florida for future generations while balancing stakeholder interests,” said FWC Commissioner Steven Hudson.

The changes to redfish management regions and regulations, as part of FWC’s new management approach, will better capture regional differences and improve angler satisfaction. The new management approach includes annual reviews of the redfish fishery, and redfish regulations may be changed each year in response to the reviews.

For more information, including the July 2022 FWC meeting presentation, visit www.myfwc.com/commission and click on “Commission Meetings.” For current recreational redfish regulations, visit www.myfwc.com/marine and click on “Recreational Regulations” and “Redfish.” This page will be updated with the new regulations when they take effect.*

Spiny Lobster Season To Begin

Spiny lobster season opened with the two-day recreational mini-season on July 27 and 28. The regular commercial and recreational lobster season opens on Saturday, August 6 and runs through Friday, March 31.

“Spiny lobster season is an exciting time for anglers of all ages to be on the water,” said Florida Fish and Wildlife Conservation Commission (FWC) Commissioner Robert Spottswood. “It’s also a great time to practice safe boating and take care around Florida’s coral reefs.”

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

Get your license and spiny lobster permit at www.gooutdoorsflorida.com.

To keep up to date on Florida’s

saltwater fishing regulations, download the Fish Rules app at www.fishrulesapp.com or follow Fish Rules at [Instagram.com/FishRulesApp](https://www.instagram.com/FishRulesApp) or [Facebook.com/FishRulesApp](https://www.facebook.com/FishRulesApp).

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

Use care around corals and other marine life. FWC launched the Florida Coral Crew to engage sportsmen and women in the effort to combat Stony Coral Tissue Loss Disease. Sign up to join the crew at www.flcoralcrew.com.

When lobstering in open water, divers should stay within 300 feet of a properly displayed divers-down flag or device and within 100 feet of a properly displayed divers-down flag or device if near an inlet or navigation channel. Boat operators traveling within 300 feet of a divers-down flag or device in open water or within 100 feet of one on an inlet or navigational channel must slow to idle speed. For more information, visit www.myfwc.com/boating/regulations and click on “Divers-down Warning Devices.”*✱

Burmese Pythons Removed From Cypress Preserve

Florida Fish and Wildlife Conservation Commission (FWC) Officer Matthew Rubenstein and South Florida Water Management District python removal contractor Alex McDuffie recently removed a large number of invasive Burmese pythons from the sensitive habitat of Big Cypress National Preserve.

During the search, they found a female Burmese python on a nest containing 23 unhatched eggs and 18 additional python hatchlings. Nearby, they found a separate nest site but no snakes were present. All the snakes and unhatched eggs will be turned over to Big Cypress National Preserve.

McDuffie reported to Rubenstein that upon returning to the same site the following evening, he removed a second breeding female, which measured 17 feet, 6 inches long.

Under the leadership of Gov. Ron DeSantis, the FWC is partnering with the South Florida Water Management District and the Fish & Wildlife Foundation of Florida for the 2022 Florida Python Challenge. The annual 10-day competition will run from August 5 to 14. Members of the public are now able to take the required online training and register to compete to win thousands of dollars in prizes while removing invasive Burmese pythons from the wild. The



FWC Officer Matthew Rubenstein with a female python and her clutch of eggs

photo provided

competition is open to both professional and novice hunters. Active duty military personnel and veterans who register for the competition will be eligible for additional prizes.

Visit <https://flpythonchallenge.org> to register for the competition, take the online training, register for optional in-person training, learn more about Burmese pythons and the unique Everglades ecosystem, and find resources for planning your trip to south Florida

to participate in the Florida Python Challenge.

Participants in the 2021 Florida Python Challenge removed 223 invasive Burmese pythons from the Everglades, more than double the number that was removed in 2020. Over 600 people from 25 states registered to take part in the 10-day competition in 2021.

In addition to python removal efforts on public lands, pythons may be humanely killed on private lands at any time with landowner permission – no permit or hunting license required – and the FWC encourages people to remove and kill pythons from private lands whenever possible.

Burmese pythons are not native to Florida and negatively impact native species. They are found primarily in and around the Everglades ecosystem in south Florida where they prey on birds, mammals and other reptiles. A female Burmese python can lay 50 to 100 eggs at a time. More than 16,000 Burmese pythons have been removed since 2000. For more information on Burmese pythons, visit www.myfwc.com/python.✱

Learn About The Future Of Transportation

Don Scott, AICP, executive director of the Lee County Metropolitan Planning Organization (MPO), will be the guest speaker at the Real Estate

Investment Society (REIS) luncheon in the Magnolia Room at Pelican Preserve's Town Center on Tuesday, August 9 at 11:45 p.m.

Scott will be speaking about shifting traffic patterns and the latest plans for transportation improvements. Following the presentation, he will respond to questions of specific interest to the real estate investment and development industry.

The Lee County MPO is the partnership responsible for coordinating transportation planning in Bonita Springs, Estero, Cape Coral, Fort Myers, Fort Myers Beach, Sanibel and the unincorporated area of Lee County. The goal is to encourage a positive investment climate and foster sustainable development throughout the county and surrounding areas. The MPO board includes elected and appointed officials from the county, the municipalities and Florida Department of Transportation. The MPO studies project budgeting and identifies sources of funding from federal, state and local governments. The organization also funds outreach activities to improve public safety for drivers, bicyclists and pedestrians.

The meeting is sponsored by Universal Engineering Sciences. Admission is \$30 for members and \$45 for guests, which includes lunch. Reservations are required by Thursday, August 4 and may be made online at www.reis-swfl.org.

Pelican Preserve's Town Center is located at 10561 Veneto Drive in Fort Myers. For more information, call Lori Moore at 338-4248.✱

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Book Review

What Happened To The Bennetts



by Di Saggau

What Happened to the Bennetts delivers a flawless plot with twists that make it hard to put it down. Jason Bennett is a court reporter driving his family home when his new

Mercedes is carjacked and the bad guys shoot his teenage daughter Allison who dies while undergoing surgery. Jason, his wife Lucinda and son Ethan hardly have time to mourn her because the FBI quickly shows up telling them the carjackers are members of a notorious crime family and are placing them in witness protection. It all happens before they can tell anyone what has happened.

Being in WITSEC is more than they can handle. They can't even attend Allison's funeral or deal with the false rumors that have been circulating. One rumor involves his wife. Jason feels guilty and blames himself for not protecting his daughter. He decides to take things into his own hands and confront the criminal gang himself.

When he figures out Lucinda's relationship with the law team for the

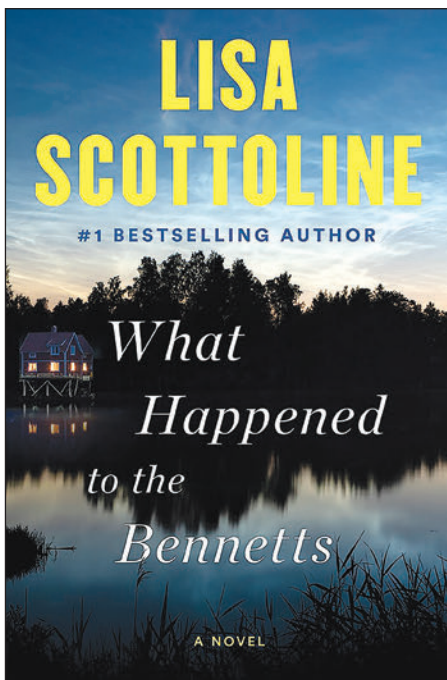


image provided

criminal consortium, Jason starts to think that nothing has been accidental in what happened. He takes it upon himself to investigate further. He isn't prepared for this kind of mission but he proceeds with newfound courage and some new allies.

Social media plays a role, and every time Jason thinks he's close to figuring things out, the author tosses in something new to complicate the situation. Several reviewers say you may not want to put this book down, so it's best to make

time to read it from start to finish in one fell swoop. Author Robert Dugoni says, *What Happened to the Bennetts* is an emotion-packed thriller that stabs at

the core of family, betrayal and justice. Scottoline drives the plot at breakneck speed and keeps readers turning the pages. A must-read."✱✱

School Smart



by Shelley M. Gregg, NCSP

Dear Shelley, Many of you have asked what can I do this summer to help my child prepare for kindergarten. Going to kindergarten is a rite of passage

for children, and it's both thrilling and challenging. And as exciting as this time may be for some, many kindergarteners struggle initially with the long days, challenging curriculum and time spent away from loved ones. Here are some great ideas from Dr. Ann Bettencourt, professor at The Johns Hopkins University, that will help your child become ready to learn.

Establishing strong routines at home is a great way to help children prepare for school. Routines help children learn, make them feel safe and in control of their world, and increase their self-confidence and sense of belonging within the family. Some very important routines to develop are around bedtime, reading and mealtime.

Bedtime routines ensure kids get a good night's sleep and will be ready for the next day. A bedtime routine should include a consistent bedtime and a predictable order of activities like bathing, putting on pajamas, brushing teeth, reading a favorite story or singing a favorite song, and getting a goodnight hug or kiss.

Read with your child. Reading with your child for at least 20 minutes a day will build language and literacy skills. Plus, it will also give you some one-on-one time with your child that will help increase your emotional bond. This reading routine can be part of the bedtime routine or at another time convenient for you and your child. Just find a time that works and stick with it.

Having a family mealtime routine is not only an opportunity to teach your children about healthy eating habits but is also a chance to spend quality time talking with your children, which builds their language and strengthens their relationship with you. You can also build in routines around mealtime that will be useful to your children in school, such as washing your hands before dinner or teaching them how to clear dishes from the table.

Tell your child what to expect at school. Talk to your child about what kindergarten will be like to help them start preparing for this big transition. Children often have lots of questions about kindergarten, particularly if they are starting at a new school. Spend time talking with your child about what kindergarten will be like, who will be the teacher and what will the daily home and

school routines look like. You can also talk about what going to kindergarten was like for you as a way to model how your child can share feelings about kindergarten.

Take your child shopping for their school supplies. It's exciting for them to be involved in picking out their school materials like their backpack and school clothes.

Finally, stay current with all vaccinations. Take your child to the pediatrician for a checkup, and make sure all immunizations needed for kindergarten are up to date. It's so important for them to stay healthy and attend school every day, even in kindergarten.

Shelley Gregg is former faculty at Florida SouthWestern State College, where she taught psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. To contact her, email smgreggs@gmail.com or visit www.schoolconsultationservices.com.✱✱

Alliance Appoints Board Members

Alliance for the Arts has appointed four new members to the board of directors. This brings the total number of board members to 15.

Lisa Duritsch is the president of WoMech & Waterside Mechanical. She previously attended events and classes at the Alliance for the Arts, giving her an insider viewpoint.

Greg Blurton is the vice president of Edison National Bank. He was previously the chief financial officer for the Lee County School District and was a 40 under 40 honoree.

Greg Gebhard is the co-owner of Nice Guys Pizza and sits on the Board of PRIDE Cape Coral since 2019. He is always seeking new ways to bring music and art to Cape Coral.

Marilyn Santiago is a partner and head of marketing at Creative Architectural Resin Products, Inc. as well as the president of Sunshine Integrated Solutions. She is a board member on numerous local community organizations, a champion of Latin culture and was inducted into the 2020 Fort Myers edition of *The KNOW* tribe book.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information, call 939-2787 or visit www.artinlee.org.✱

From page 1

Alliance

display for the first week of the exhibit.

The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information about this exhibit, visit www.artinlee.org/colonialcontours or call 939-2787.✱

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From left, Continental Women's Club scholarship co-chair Susan Morris, recipient Kylie Burkhamer and Continental Women's Club President Di Saggau photo provided

Scholarships Awarded

The Continental Women's Club of Greater Fort Myers recently awarded \$2,500 scholarships to two graduating senior young women from Lee County high schools.

Kylie Burkhamer, a graduate from Ida Baker High School, was one of the recipients. She will attend University of Florida and plans to pursue a career in pediatric nursing.

Details are being finalized for the second scholarship recipient.

Continental Women's Club started

awarding scholarships in 1998 and, to date, has helped 53 high school seniors with scholarships totaling over \$68,000.

Continental Women's Club of Greater Fort Myers was established in 1975. Membership is open to women living in Lee County who are interested in both social and philanthropic endeavors. There are many social activities to meet the varied interests of members and a monthly luncheon. Members work to provide assistance to those in need, raise money to award scholarships to young women, provide food and clothing for those in need, and support local charities.

For more information, contact Liz Paul at 691-7561 or lizpaul28@gmail.com.*

Free Physicals And Backpacks

The board of directors, staff and team of volunteers of Premier Mobile Health Services will hold two community health fairs that will include free school physicals and bookbag giveaways at two different locations and times.

The first fair will be held on Friday, July 29 from 9 a.m. to 1 p.m. at the Café of Life, 26724 Nomad Drive in Bonita Springs. The second fair will be held on Saturday, August 6 from 9 a.m. to 1 p.m. at Mt. Hermon Ministries,

2856 Douglas Avenue in Fort Myers.

Officials are anticipating to serve at least 1,000 families from low-income and underserved communities. Premier Mobile Health Services will provide free back-to-school physicals, free dental/oral health screening and will give away school bookbags for children. In addition, they will offer free medical health screenings for adults including blood pressure screening, blood sugar testing, COVID testing and COVID vaccinations.

Through the health fairs, Premier Mobile Health Services intends to bring back-to-school health services to those families that need it the most.

If you would like to donate school supplies, they can be dropped off at

the Premier Mobile Health Services walk-in clinic located at 10676 Colonial Boulevard, Suite 20, in Fort Myers. For more information, call 288-7949 or visit www.premiermobilehealth.org to make a monetary donation to help them purchase needed school supplies.

The mission of Premier Mobile Health Services is to provide access to quality health care services to the medically vulnerable and to those who are at most risk of developing and experiencing long-term illnesses and hospitalization. As a 501(c)3 tax-exempt organization, it provides service through donations as well as grants.*

School District Earns Award

The School District of Lee County has received a Making a Difference Gold Level Aetna Workplace Wellbeing Award. The district has a commitment to improving employee health and features a comprehensive wellbeing strategy. The award is the culmination of the employees' desire to live healthier, more active lives and make wellbeing a priority.

"I'm proud to be part of a company with a commitment to well-being," said Bonnie McFarland, director of insurance and benefits management. "Over the last few years, we continued to support our employees' health by introducing more self-paced, online options for wellness. Our wellbeing program is simply part of

the way we do business."

The district's workplace wellbeing program provides resources to assist employees in creating and maintaining a healthy lifestyle. Exercise classes, nutrition classes and mental wellbeing classes are offered. Also available is a fitness center, health coaching, virtual wellness resources and onsite flu shots.

"Congratulations to the School District of Lee County employees and everyone that participates in the program in the best way that works for them" said Sandra Lozado, director of client management and wellness in Florida for Aetna. "They are commended for prioritizing their wellbeing and recognized for this great achievement. A special thank you to the employee wellness team for keeping numerous district locations motivated and engaged throughout the year. It takes a village."

The workplace wellbeing award was established in 2017 and recognizes middle market, public and labor employers throughout the U.S. who offer an Aetna medical plan to employees. Recipients are selected based on information on their wellbeing strategy and design, communications and organizational engagement, and program implementation and evaluation.

The Gold level is the highest honor and is awarded to employers who successfully create, provide and support a healthier workplace for employees with effective programming, tools and resources to help everyone on their own wellbeing journey.*

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Will Power

Reality TV



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

What do Christmas, Thanksgiving, birthdays, anniversaries, family reunions and Valentine’s Day all have in common? Some of you are fortunate enough to look forward to and enjoy these lifetime events. For the rest of us, however, who feel a pang of dread or nervousness, what do you suppose is at the root of your emotion? If you ask this question of any psychologist, they’ll probably tell you that holidays, events and family gatherings are all kindle that could ignite combustible situations into full-on emotional fires.

Our own memories recall crushed hopes for some; lifelong slights bubble to the surface in others. There’s a certain expectation that comes with holidays and special events, isn’t there? We envision a Norman Rockwell painting but sometimes end up with Ozzie and Sharon Osbourne-like catastrophes worthy of the strangest and most embarrassing reality television show episodes. The unrealistic expectation is what does us in. We envision an unlikely picture rather than approach holidays and gatherings with a realistic expectation of what is likely to be. We fail to prepare ourselves to remember to take deep breaths and not overreact when the inevitable disappointment arises. Hence the pain. Expectations surrounding family finances and estate plans are no different. I can’t tell you the number of times that, prior to a catastrophic event such as a heart attack, stroke, or even death, Mom and Dad haven’t discussed their finances with their adult children beneficiaries, who often anticipate unrealistic inheritances. Along those same lines, parents don’t want to be a “burden” to their children, but fail to discuss financial situations prior to needing nursing or assisted living care. If only everyone discussed the need prior to the crisis, appropriate legal and financial planning could have saved the family tens of thousands of dollars. In our culture, discussing finances is taboo. Parents aren’t open to the discussion,

usually for any number of reasons including pride, embarrassment, a desire to not be a financial burden, or to avoid entitled relatives from seeking handouts. Not only do families avoid lifetime finance discussions, rarely will Mom and Dad reveal the contents of their estate plan ahead of time. Perhaps, they don’t want to have difficult conversations resulting from their decisions, such as naming a gatekeeper trustee on a spendthrift son’s inheritance or giving him less than his siblings because he enjoyed so much more in the form of lifetime gifts. Other times, clients don’t wish to reveal their true net worth to their children. Yet in other situations, Mom and Dad, with good reason, delay their adult children’s inheritance for a surviving spouse in a second marriage who is not the biological parent of the children. Expectations also surround the roles that Mom and Dad assign. “I thought I was the logical choice to be the trustee to administer Mom’s affairs,” eldest son points out when he learns youngest sister has been named to fill that role. Certainly, Mom and Dad have the absolute right to bequeath their hard-earned assets and money in ways and amounts that they see fit. Whenever a client directs me to draft a plan with what I perceive to be unusual provisions, I’ll ask for his thought process to document the file. Most of the time, the explanation justifies the direction. When the bomb drops, however, especially when it’s only days after Mom died, which is itself an emotional time, I brace for the emotional fallout. What’s the answer? One answer is to develop a lasting relationship with a qualified estate planning attorney who’s been through these types of situations dozens, if not hundreds, of times. Practice does count here. Rather than view your estate plan as a once-a-couple-decade transaction, instead, develop a sense of its fluidity and continuity with your family, ever-changing finances and tax laws. Ask the emotional questions during the planning process. Determine how to best frame your plan amongst your loved ones to minimize unrealistic expectations. A well thought-out estate plan is as much of an art as it is a science. And enjoy that upcoming wedding, holiday or family reunion. Be mindful of your reactions and do your best to relish the presence of your loved ones. It’s rarely all Norman Rockwell, but it won’t be too bad if you have an *America’s Funniest Home Video* moment either. ©2022 Craig R. Hersch – The Sheppard Law Firm. Learn more at www.floridaestateplanning.com.*

Lee Health Hires Pediatric Geneticist

Lee Health has hired Dr. Jeffrey Innis as the health system’s new pediatric genetic specialist. Dr. Innis has more than 35 years of experience with human medical and molecular genetics and is the region’s first pediatric geneticist.



Jeffery Innis

Dr. Innis is board-certified by the American Board of Medical Genetics and Genomics. In his role, Dr. Innis evaluates and manages genetic disease, birth defects and chromosomal disorders in pediatric patients. He also identifies inheritance patterns and reproductive risks for patients and their families. Dr. Innis will be based at Lee Physician Group Pediatrics – Coconut Point and Golisano Children’s Hospital of Southwest Florida. Before joining Lee Health, Dr. Innis simultaneously held multiple roles at the University of Michigan, including division chief of Pediatric Genetics, Metabolism and Genomic Medicine; director of the University of Michigan ABMGG Programs; founder and medical director of the Michigan Medical Genetics Laboratories; medical director of the Genetic Counseling Program for the Department of Human Genetics;

and professor of Human Genetics and Pediatrics and Communicable Diseases. Dr. Innis is originally from Fort Myers and is a graduate of Fort Myers High School. He earned his doctor of medicine and doctor of philosophy in biochemistry degrees from the University of Miami School of Medicine in Miami, Florida.*

Firm Hires Junior Web Developer

Priority Marketing has added Tyler Antoni to the firm’s web development team.



Tyler Antoni

In his role as junior web developer, Antoni will create solutions that enhance performance, usability and scalability of websites while ensuring the codebase is clean and well-documented. He will collaborate with the firm’s marketing and editorial teams on website design and development, search engine optimization (SEO), server and domain management, website security and troubleshooting. Before joining Priority Marketing, Antoni was a software engineer for a company in the casual sports entertainment industry, where he maintained software programs, led troubleshooting initiatives and optimized existing code. He also has experience as a reporting analyst for a company focusing on digital customer experiences,

monitoring key performance indicators to identify inefficiencies and risks. Antoni has completed multiple information technology and web development certifications, including the Vue mastery course in computer science from Zero to Mastery Academy and computer software engineering from The Programmer Coach. Additional certification courses include React Front to Back, Graphic Design Masterclass, Python and Django Masterclass, and C# Advanced Topics.*

Firm Adds Web Developer

Angelica Kelly has joined Sprio & Associates as a website developer and software engineer.



Angelica Kelly

Born in Guaira, Venezuela, Kelly came to Fort Myers and this country for the first time in 2017. Already an expert in website development, data base management and programming languages, she became fluent in English and helped Spanish-speaking clients create web services that ultimately gained them brand recognition and increased revenues. In 2019, she became an E-Commerce web developer as owner of Kelly Web Design, LLC. While learning English, she met her future husband, and they had a child. At Spiro & Associates, her primary

responsibility is website development, working with a variety of clients. Interestingly, she grew up wanting to be a scientist, but quickly realized her love for technology. “I wanted to make websites,” she said. “How to take transitional businesses and teach them to use all their tools – phone, website, tablet, computer.”.*

Family Nurse Practitioner Hire

Daynet Vera has joined Physicians’ Primary Care of Southwest Florida as a family nurse practitioner (FNP).



Daynet Vera

Vera received a bachelor of science degree from International University in Miami, followed by a master of science degree in nursing as a family nurse practitioner from the University of Miami. FNP is an advanced practice registered nurse (APRN) who provides a wide range of family-focused health care services to patients of all ages. Vera is licensed as a registered nurse (RN), APRN and FNP, and has received specialized training in basic life support and pediatric advanced life support. Vera has worked in hospital and health facility settings for the past five years. She will assist physicians at the Cape Coral Family Medicine office at 1255 Viscaya Parkway in Cape Coral.*

Superior Interiors

Tricks To Make Rooms Look And Feel Bigger



by Marcia Feeney

If you've ever lived in a small space, you know that every inch counts. Small rooms can be cozy and comfortable when done right or they can look cluttered and tight. Plan to measure, organize

and really think about each and every item that you bring into the space.

However, a small room doesn't mean that you must love a minimalist style. No matter what style you love, there are a few tricks that can fool your eyes and mind into thinking your space is bigger, brighter and roomier.

Have you ever tried on a horizontal striped shirt and realized that it made you look wider? Well, horizontal stripes in our home have the same effect. Literal stripes tend to have a cleaner and more modern look to them, but if that's not your style, you can still achieve the same effect. Try using a long console with a row of pictures above to create horizontal lines that draw the eye along. Even a horizontal plank wall of trim can provide a similar effect.

There's nothing that makes a small space feel more cramped than having too much stuff. Work out ways to get collections out of view, organized behind doors, table skirts, or on shelves. With things neatly arranged and out of sight, the space that is in view will feel orderly and open.

When furniture and accessories block

the view into a room, it will look cramped. By moving furniture out and away from walkways, you'll open the space and make it feel larger. You can also choose short pieces of furniture like an ottoman, an armless open chair, or a low table, and place large, tall pieces along a wall rather than out in the open space. If you can see the floor, the room will look larger.

Whereas dark, warm colors make space feel cozy and intimate, light, cool colors make space feel open and airy. Choose colors that are in the same family and use tone-on-tone woven upholstery fabrics, textured wall finishes and tonal drapery fabrics. Cool colors (or even delicate warm colors) on most surfaces give a small room a more open look.

Contrasting colors tend to break up a space, making it appear even smaller than it is. Pieces of furniture that match the wall color are less jarring and tend to blend with the space, giving the illusion of a bigger room.

Any room will look larger if it's well-lit, either by natural light or artificial lighting. Remove heavy draperies and open the windows to let the light of the outdoors into the space. Add more lamps or install track or recessed lighting.

Use a large, framed mirror on a wall, or stand an oversized framed mirror against a wall. You'll get the same room-enlarging effect as a mirrored wall, but with more style. The room and light will be reflected, resulting in a more open feeling. Top a coffee table or side table with a piece of beveled mirror or purchase a mirrored chest of drawers for a similar effect.

Include a few large, simple pieces of furniture or accessories in place of several smaller pieces, which makes a small space look cluttered. With open space and large blocks of color, the room will appear to be calmer, more comfortable and give the impression of more square footage.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coindceden.com.✴

A Rare Concierge

submitted by Patty DeVost, LCSW

Mental health has made its way into mainstream conversation. Much of what we hear is a rapid increase in people suffering, and the lack of access to support, especially in Florida. What we don't often hear about is what is being done to improve it.

You may be told, "If you have a problem, see a therapist and participate in long-term care." But what if you can't? What if you don't know what's wrong or where to start? What if there are excessive wait times? What if you can't afford it, or don't have insurance? What if that system isn't what you need?

I've thought about the existing structure and creative solutions for youth and their families. This is where the concept of a "concierge" model came to light as a way to support youth needing mental healthcare. Concierge services have been around since the 1800s in one form or another, and still include broad categories. It's a valued resource; even the medical field now uses the model. So why not the

helping profession?

Patty's Place Concierge Youth Mental Healthcare is coming soon to Southwest Florida, and it will serve as a community resource and triage center. This nonprofit will offer three to five meetings with those who require help navigating the system of care, or who are unable to get in to see someone. Unlike traditional therapy or a crisis clinic, we partner to assess, coach, support and monitor individuals while deciding next steps, if deemed necessary.

Not a traditional call center, hotline or app, this is an in person concierge which helps formulate a plan based on individual needs and provide referrals when necessary.

In my experience working with youth and their families, they need three things when they reach out for help: a friendly face; an safe and comfortable space; and a knowledgeable partner in figuring out what's best. If therapy is the way, connections are made, without barriers.

Patty's Place will build partnerships with providers for reciprocal referrals, and work as a team. We will also help interns and graduates of local programs receive experience and supervision as they enter the mental health field. Patty's Place will provide a much needed bridge for youth

mental health support in Southwest Florida.

For more information, contact Patty DeVost, LCSW, at 518-331-5191 or visit www.collaboratory.org.✴

The Art Of Negotiation

Negotiation is all about building relationships and cultivating a good rapport that leads to win-win solutions for all involved. The Above Board Chamber of Florida will hold a luncheon featuring experts that will share valuable tips on the skills needed to be a top negotiator for your business at the Crowne Plaza Bell Tower on Thursday, August 11 from 11:30 a.m. to 1 p.m.

Carole Burroughs, chief investment officer at SBC Investment Management as well as panelist and sponsor for the luncheon, says negotiation comes into play for a lot of business people, and she is eager to share some pro tips. "When it comes to negotiation, really it is about ways to develop trust in people in order to gain influence," she said.

Keith A. Veres, director of corporate finance at HKB CPAs & Consultants/Financial, who will emcee the Fort Myers luncheon says, "Try to avoid negotiating against yourself. Instead of presenting your best proposal upfront, be thoughtful and diligent to understand what is most important to the other party, and craft your position with an emphasis on that item or issue. This approach will show

the other party that you understand their requirements and may allow them to bend in other ways that are important to you."

Audrey Colbert-Lovell, mortgage loan originator – MVM/Cardinal Financial Company is also a sponsor for the Fort Myers event.

Other than Burroughs, the panelists include Kevin Ruane, Lee County commissioner for District 1; and Abe Thornburg, chief/office head for the State Attorney Office in Hendry County.

Tickets purchased by Thursday, August 4 are \$40 for members and \$45 for non-members. Cost of lunch is included. In appreciation for the catering staff, RSVP by the date above.

Crowne Plaza Bell Tower is located at 13051 Bell Tower Drive in Fort Myers. For more information or to register, visit www.aboveboardchamber.com or call Jeanne Sweeney at 910-7426.✴

Algae Task Force Virtual Meeting

The Blue-Green Algae Task Force will hold a meeting virtually and in-person in Fort Pierce on Thursday, August 4 at 9:30 a.m.

Public comment will be accepted at the end of the meeting and can be submitted via email to bluegreenalgataskforce@florida.gov. This meeting will be broadcast by the Florida Channel.

To register for the virtual session, visit <https://register.gotowebinar.com/register/8696309467480541198>.✴

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Frankly Speaking



by Howard Prager
The National Baseball Hall of Fame induction ceremony occurred last week with seven inductees, thanks to the new Era Committees (contemporary and classic). A number of

facts, stats and quotes come from MLB.com. David Ortiz became the first career designated hitter to be selected on his first ballot. Ortiz is the fourth Dominican-born player to enter the Hall joining Pedro Martinez, Vladimir Guerrero Sr. and Juan Marichal. During his 20-season MLB career, Ortiz hit 541 homers over 20 years and was in the top five of AL MVP balloting five straight seasons. His best season was in 2016, hitting 38 homers, 127 RBIs and he led in doubles, slugging percentage and OPS.
Two Minnesota Twins joined Ortiz: Jim Kaat and Tony Oliva. Kaat won 283 games during his career and is remembered as the best fielding pitcher of his time, racking up 16 Gold Gloves at the position. The only player with more is pitcher Greg Maddux with 18. Kaat won his only World Series late in his career, getting a ring with the 1982 St. Louis Cardinals, and is one of only three other players whose Major League career

spanned parts of four decades – Willie McCovey, Minnie Miñoso (who was also inducted Sunday) and Tim Lincecum – who did the same in the 1950s, ‘60s, ‘70s and ‘80s.
Tony O won three batting titles, led the AL in hits five times and hit .304 over a 15-year career for the Twins. Oliva congratulated Ortiz during his speech, alluding to Papi’s early career start in Minnesota with a bit of wistfulness suggesting that moving on to the Red Sox was the best thing in Papi’s career. Oliva, who was born in Cuba, also paid homage to the late Minnie Miñoso, who was the first black Latino player in the major leagues and opened the doors for generations of Latino players who followed him.

Miñoso became the first black Cuban to play for the White Sox and homered on the first pitch from the Yankees’ Vic Raschi in his first career at-bat on May 1, 1951. Over parts of 20 seasons, ending with two at-bats in 1980 that made him the first and only five-decades player, Miñoso had a slash line of .299/.387/.461 with 195 home runs, 216 stolen bases, 1,089 RBIs and 1,227 runs scored. He was a seven-time All-Star and a three-time Gold Glove winner, while topping .300 in eight seasons. He was as famous for his connection with fans as for his outstanding career, a quality he shared the late Buck O’Neil, who was inducted on Sunday.
Before the ceremony, the Hall warmed up the gathering by replaying a video of O’Neil leading the crowd in saying, “The

greatest thing in all of my life is loving you.” The memorable moment was from the ceremony in 2006, two months before O’Neil’s death, as he spoke on behalf of 17 inductees selected for their contributions to Negro Leagues baseball, a group that many at the time felt should have included O’Neil. O’Neil, as he did throughout his life, chose to celebrate those who made it in rather than bemoan the fact that he had not. “Uncle John would also probably weave into his words to you this afternoon the notion of priming,” said O’Neil’s niece, Dr. Angela Terry. “That is, the positivity with which he viewed a majority of the occurrences in his life.”

Brooklyn Dodgers great Gil Hodges was also selected. A beloved member of “The Boys of Summer” teams in the 1950s, Hodges went on to perhaps his greatest fame as the manager of the “Amazin’ Mets,” the 1969 World Series-winning edition of the New York club that before that campaign had never won more than 73 games in a season. Hodges died of a heart attack at age 47, late in spring training before the start of the 1972 season. Long a popular choice for those pointing out Hall omissions, Hodges hit 370 homers during his career, mostly for the Dodgers during their time in Brooklyn. Hodges made the move with the Dodgers when they shifted to Los Angeles for the 1958 season. “He was a very humble man, but he would be so proud to be here with the best of the best in baseball,” said Hodges’ daughter, Irene, who delivered a moving address on her father’s behalf.

Jackie Robinson wasn’t the first to integrate the major leagues. Before him in the 19th-century was Bud Fowler, considered to be the first black player in professional baseball. During a long career that stretched into the 20th century, Fowler played for more than 50 teams despite being lauded as a top performer wherever he went. Often, he was forced to switch teams because a teammate or an opponent refused to take the field with him. Fowler died in 1913. Speaking on his behalf, Hall of Famer Dave Winfield said, “Some fans loved him, but many of his own teammates and opposing teammates didn’t. They didn’t want to

play with a black man.”
What do we do about the All-Star games? The ratings for this year’s baseball all-star game were one of the lowest. But that still is higher than any other sports’ all-star game – football, basketball and hockey. I must admit the baseball game was boring as one great flame-throwing pitcher after another took to the mound. Liberal use of the shift also took away hits that has driven down baseball’s hitting average this year to .243. Perhaps don’t play a game, just do contests fans enjoy. In baseball it’s the home run derby; in basketball slam dunk contest, etc. How about a baseball All-Star weekend displaying the strengths that the players bring, e.g. batting average, base running, defensive gems, acrobatic catches and double plays, and deadly accurate throws. Would that be more fun to watch?

The good news story of the week comes from the Good News Network about Nora Langdon, a 78-year old world champion powerlifter with 19 world records and personal records of 413 pounds in the squat, 381.4 pounds in the deadlift and a 203.9 pound bench press. Langdon started when she was already 65 and too out of shape to walk up the stairs in the houses she was selling as part of a 35-year career in real estate. Celebrating a birthday party, a friend introduced her to Art Little, a personal trainer at Royal Oak Gym, in Michigan. She came to watch a powerlifting meet, and asked Little if she could do the same eventually. Little was hesitant, but started her off with the basics. Says Langdon, “I feel strength when I powerlift because it means I can beat the world. I want to inspire other women to take care of themselves.” The most decorated powerlifter in her weight class, Langdon competes in powerlifting three times a year: the state championships, the nationals and the worlds. She has set up a GoFundMe to finance her career beyond her very meager sponsorship money. This is the second column I’ve noted older women powerlifters. Incredible.
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.✱



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SPORTS QUIZ

1. What Ball State Cardinals basketball standout was selected 11th overall by the Detroit Pistons in the 1998 NBA Draft, but had his rights traded to the Portland Trail Blazers?
2. Name the boxing referee who served two terms as a Nevada district court judge and had a courtroom TV show in syndication from 1998 to 2001.
3. In 2021, competitive eating legend Joey Chestnut broke his own record at the Nathan’s Hot Dog Eating Contest by consuming how many hot dogs and buns (HDBs) in 10 minutes?
4. What international multisport event, first held in 1930, was conceived as a competition among territories of the British Empire?
5. What golf ball, developed by MacGregor Golf in the 1980s for use on small island courses, weighed half as much and flew half as far as a standard golf ball?
6. Ohio State Buckeyes defensive tackle Dan “Big Daddy” Wilkinson was chosen first overall in the 1994 NFL Draft by what team?
7. What product was originally patented and sold under the name ChemGrass in 1965?

ANSWERS

1. Bonzi Wells. 2. Mills Lane. 3. 76. 4. The Commonwealth Games. 5. The Cayman ball. 6. The Cincinnati Bengals. 7. AstroTurf.

Doctor and Dietician

Simple Tips On Managing Stress



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

Stress is the body's natural defense against change or circumstances that might cause physical, emotional, or psychological strain on your body. Stress automatically initiates the fight-or-flight response; hence it is our autonomic nervous systems that control our responses to stress. The body's nervous system regulates both voluntary and involuntary actions, in addition to memory, communication and thinking. The autonomic nervous system controls everything that happens automatically such as breathing, digestion and heart rate to

keep us alive.

Let us take a little deeper look. The autonomic nervous system is made up of two parts: the parasympathetic and sympathetic systems. The parasympathetic system controls things like digestion and the ability to rest. It works to conserve energy and help us sleep, breaking down food, absorbing it and sending its nutrients to restore the body. The sympathetic system, on the other hand, is responsible for action. This is where we get the fight-or-flight response – quick energy to move away from danger or stressful situations.

So, when dealing with a chronic ailment or long-term difficult situations, the body stays in that fight-or-flight mode (sympathetic dominance) for much longer than the body should. The parasympathetic system cannot function well and thus the person may experience digestive difficulties and/or sleep disturbances, among other things.

Another interesting aspect of why a person stays in sympathetic dominance is related to their neck curve. If instability exists in the cervical spine, vertebrae can move too much and encroach on important vessels such as the internal jugular veins and the vagus nerves (the nervous system superhighway that runs along each side of the neck.)

At our Caring Medical office, we are seeing dramatic increases in the number of patients that come in with feelings

of stress, anxiety, inability to cope, depression, sadness and loss. Why? Since we are experts in the neck, many of these patients have issues related to cervical instability. However, compounding that are the stresses of life. So, we encourage you, first and foremost, if you are having these feelings, consider that it might be related to your neck.

Everyone experiences stress in their lifetime, some more than others. What is stressful for one person, might not be stressful for another. Stress is a part of life, but it must be managed effectively to maximize success, health and happiness. Therefore, the way we respond to our stress plays a huge role in our overall wellness. Here are tips that can help you look at your stress in a new way.

Take a breather – If you find that something is stressing you out, step away from the situation and, if able, go outside for a few minutes. Research shows that spending time outside and in nature can help reduce stress levels by lowering your heart rate (and improving digestion.) We love taking a 10-minute walk around our office complex at lunchtime to “reset” and get ready for the afternoon at work. It really does help.

Separate worries from concerns – We know this may be easier said than done, but try being mindful of what you are getting stressed out about. If a situation is a concern, ask God for help and release

that anxiety to Him. If you cannot do anything about it, then there is no sense in worrying, right? What does that really accomplish? Nothing. Focus your time on things you can change.

Turn it around – While listening to a recent Podcast, we heard this: “turn the let-downs into lessons and the disappointments into determination.” Wow, does that change your mindset. Just because something is challenging does not mean you have to stress yourself out – challenging times are an opportunity for growth.

We cannot stop things from happening in our lives, but we can control how we respond to them. Matthew 6:34 states: “Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” If you are stressing about what may happen tomorrow and it does not even happen, then you worried for no reason. If it does happen, then you have just worried twice. Right?

Worry less and live more.

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

How Olive Oil Improves Pain And Neuropathy



by Suzy Cohen, RPh

Dear Readers:
As I was sautéing the pupusas in olive oil for lunch today, my mind wandered to the medicinal benefits of this incredible oil. The focus of

today's article is on how olive oil could help small fiber neuropathy, or peripheral neuropathy. It's a mild, but still very useful benefit of “oleuropein” that is derived from olives.

Here are some fun facts about olive trees and olive oil. Did you know one olive tree can live for approximately 500 years? Olive oil is actually a “fruit juice” and it's squeezed out of the olive fruit. Did you know that “cold pressed” means the olive oil was never heated and this is desirable? Heating oil will destroy the health benefits. Beauty junkies will be amused that the first eyeshadow came from ground-up charcoal and olive oil.

People in Greece live a long time. Everyone knows the Mediterranean diet is one of the healthiest in the entire world. I wonder if it's because people who reside in Greece tend to consume about five gallons of olive oil per year. They are some of the longest-living human beings on Earth. Compare that with U.S. citizens who on average consume only six cups annually.

But back to neuropathy, since that is the point of my article.

Sadly, we're seeing neuropathic pain and small fiber neuropathy increasing at a faster pace due to the use of certain vaccinations, and the viral infection itself. People are aging, which is another risk factor, and then there's an epidemic of diabetes, so any information about relieving neuropathy pain is important even if it's as simple as olive oil, which reduces pro-inflammatory (pain-causing) cytokines. This collectively means that the fruit juice we call “olive oil” can help reduce neuro-inflammation. It's hard to study neuropathy in animals, but scientists figured out a way. Researchers literally poisoned rabbits with a chemical called alloxan (the same constituent associated with refined white flour) and then the rabbits got high blood sugar (hyperglycemia), which led to neuropathy. That was the point of the alloxan, to induce diabetes so they could study the impact of giving them oleuropein, which is found in olive oil. They did exactly that over 16 weeks and found significant benefits by reducing oxidative stress.

Here are a few cautions: Supplementing with excessive amounts of oleuropein can reduce blood pressure and blood sugar, and if you're taking medications for those conditions, then the effect can be exacerbated. Olives are related to mangoes, cherries, peaches, almonds and pistachios in case you have allergies to any of those.

I bet you want to cook with olive oil now, but do so as long as the temperature is low or medium. It's low smoke point means you can't cook with it on high. I think this is a very important point and one that is frequently overlooked. Supplements of olive leaf extract are widely available too.

For a more detailed version of my article visit www.suzycohen.com

This information is not intended to treat, cure or diagnose your condition.

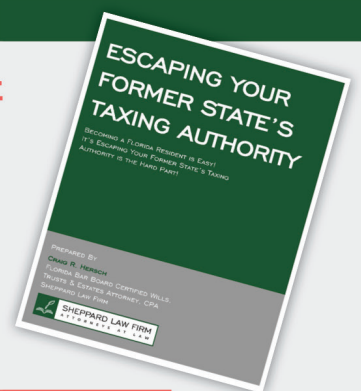
Suzy Cohen is the author of *The 24-Hour Pharmacist* and is a registered pharmacist. To contact her, visit www.SuzyCohen.com.✱

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PUZZLES

Answers on page 23

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!



"Can I offer you something while you wait
for my daughter — a _____ ,
perhaps?"

Smirk
PRIMES

Crafty
STATUE

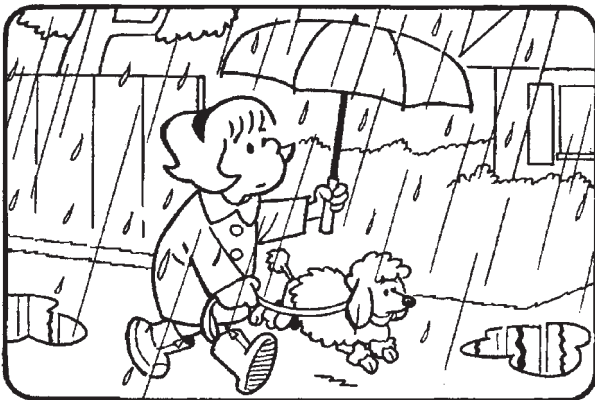
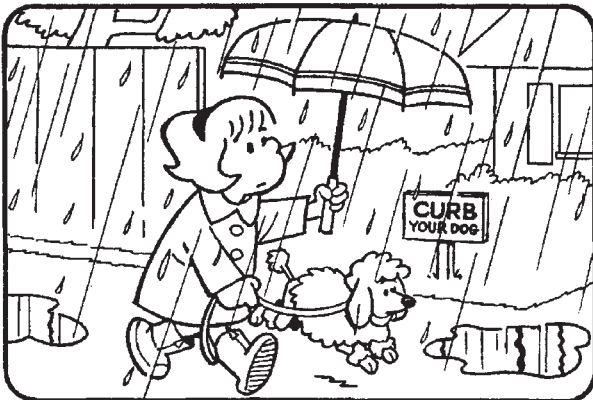
Process
ATONIC

Route
AWPATHY

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Fence is shorter. 2. Raincoat is different. 3. Leash is shorter. 4. Stripe is missing. 5. Sign is missing. 6. Puddle is smaller.

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

ALMOST
INDIVISIBLE

- ACROSS
- 1 Compositions of a classical tradition

9 Financial: Abbr.

13 Toddler girl, to Scots

20 16th-century Spanish explorer

21 Wind quintet instrument

22 Ancient French region

23 Low-value red card

25 Dangerous current

26 20-ounce Starbucks drink

27 Body design, for short

28 Transmission repair chain

30 Adult fellows

31 Witches in "Macbeth"

37 Apple choice

41 Sculling item

42 Suffix with Midwest

43 Rose petal oil

44 1992 Tony nominee for Best Musical

48 Seniors' org.

52 Tricky pitch

53 Big fad

54 Pet allergy source

56 From days of yore

57 Luggage screeners' org.

59 Univ. dorm overseers

62 Listerine competitor

63 Oedipus-themed Aeschylus play

69 A-E linkup

72 Docs' gp.

73 Herr's "one"

74 Hanks of "Big"

75 Raised trains

76 Instrument players gifted in a Christmas song

83 Log house

84 Bullring shout

85 Some RNs work in them

86 Make ecstatic

90 Figure skater Yamaguchi

92 "Jack Sprat could — fat"

96 Aquarium bed material

97 Fabled snow beast

98 Virginia and Georgia were part of them

103 Pried (around)

105 Meal crumb

106 Raw metal

107 Title for Judi Dench

108 Hearst bimonthly with beauty and dating tips

114 Former U.K. record co.

115 Fake

116 Muhammad of the ring

117 Feudal lord

122 Be averse to

124 What the starts of the longest answers in this puzzle are?

129 One making modifications

130 Helper

131 Homer with nobody on

132 Straightens up

133 Red-ink entry

134 Upper layers of fertile earth

DOWN

1 Shakespeare play ending

2 T. — Price

3 Disney sci-fi film of 1982

4 Not worth debating

5 Not qualified

6 Feeling blue

7 Cruel Amin

8 People painting, e.g.

9 Shoes and boots

10 Arabic for "son of"

11 Lay turf on

12 Romero of "Batman"

13 Grows fond of

14 Drew forth

15 Wife, to Juan

16 Back muscle, for short

17 "One Day at —" (sitcom)

18 Supply- — (certain economist)

19 Camille Saint- —

24 Alluring West

29 Eve's partner

32 60 minutes

33 Solar beam

34 Witty Bombeck

35 Don Juan's mother

36 Seance state

37 "In case that's true ..."

38 Place for grist

39 Rah-rah

40 Surrenders

45 Heredity unit

46 University sports org.

47 Actress Laura

49 Casa brick

50 Drive away

51 The "P" of AP

55 Hearth refuse

57 Score speed

58 Escargot

60 Moving

61 Doesn't go on opening?

64 Moving truck

65 Grand

66 Inspired stuff

67 Electees, e.g.

68 "Eww, no more!" in a text message

69 Mark Twain's Thatcher

70 Writer — Boothe Luce

71 Red-ink entry

77 Brand for sore eyes

78 Doc using an otoscope

79 Look intently

80 Menial worker

81 Detective Wolfe

82 Thyroid, e.g.

87 Sports shoe brand

88 Overbrim

89 Otherwise

91 "Someone's already claimed that seat"

93 Proton holder

94 Prefix with byte

95 Tennis, volleyball and badminton

96 Narrow valley

99 Dogs closely following their owners

100 15th of the month, maybe

101 Most snug

102 "... — quit!" (threat ender)

104 Blazing

108 Roomy auto

109 Novelist Zola

110 Lookout view

111 Kathmandu's nation

112 Heady drink

113 "Tickle Me" dolls

118 — facto

119 K thru 12

120 Earth science subj.

121 Guesses on costs: Abbr.

123 Allow to

125 Grande opening?

126 Age-verifying docs.

127 Failing tic-tac-toe row

128 Lofty peak

1	2	3	4	5	6	7	8		9	10	11	12		13	14	15	16	17	18	19	
20									21					22							
23								24						25							
26								27					28	29					30		
					31	32	33				34	35						36			
37	38	39	40		41				42				43								
44				45				46				47					48	49	50	51	
52								53							54	55					
56						57	58					59	60	61		62					
				63		64			65	66	67				68						
69	70	71			72				73				74					75			
76				77	78				79				80				81	82			
83							84						85				86		87	88	89
90					91			92	93	94	95				96						
97					98	99	100						101	102							
				103	104				105				106					107			
108	109	110							111				112				113				
114					115												117	118	119	120	121
122				123					124	125	126					127	128				
129									130												
132									133												

King Crossword

- ACROSS
- 1 Baseball's Ripken

4 Glacial

7 Mrs. Flintstone

12 Baton Rouge sch.

13 Extinct New Zealand bird

14 Figure of speech

15 "— show-time!"

16 Parthenon locale

18 "The A-Team" actor

19 Le — (French news-paper)

20 Pear type

22 Sugary suffix

23 Actress Tyne

27 Director Howard

29 Cut up, as a pizza

31 Metric measure

34 Desert haven

35 Tam topper

37 "Ray Donovan" actor Voight

38 Money maven Orman

39 Vichy water

41 Latin love

45 Shadow

47 Mimic

48 Maryland's

capital

52 Composer Rorem

53 Got wind of claim

54 Kreskin's

55 Big D.C. lobby

56 Authority

57 ACLU issues

58 Small batteries

leader

5 Butterfly pro-tector

6 Tales

7 Use a sponge

8 Altar promise

9 Dogpatch adjective

10 Miss Piggy's pronoun

11 Early hrs.

17 Rhyming tributes

21 Thin pancake

23 Hunting goddess

24 Rm. coolers

25 Island garland

26 QB's gains

28 Spanish gold

30 Privy

31 Vinyl records

32 Debtor's letters

33 Celeb gossip site

36 Office note

37 Legal expert

40 More skilled

42 Food from heaven

43 Verdi work

44 — a beet

45 High hairstyle

46 Nile vipers

48 Spa sounds

49 PBS funder

50 Opposing vote

51 MGM motto start

MAGIC MAZE ● WORN AROUND THE NECK

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

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

- Bandanna
- Boa
- Bolo
- Cowbell
- Cravat
- Dog collar
- Dog tag
- Garland
- Muffler
- Neckerchief
- Necklace
- Necktie
- Oxbow
- Scarf
- Shawl



Blackened Grouper Sandwiches



- Blackened Grouper Sandwiches**
4 (6-ounce) grouper fillets
2 tablespoons blackened seasoning (your favorite)
4 bread rolls, toasted
1 cup romaine, shredded
1 large tomato, sliced
1 lemon, juiced
Oil for cooking
¼ cup Avocado Remoulade Sauce
Preheat a large sauté pan (or

photo courtesy Fresh From Florida

cast-iron skillet) over medium-high heat. Generously season fish with blackened seasoning on both sides. Add oil to pan and sauté fillets 2-3 minutes per side or until cooked through. Squeeze the juice of the lemon over the cooked grouper fillets and remove them from the heat. To assemble sandwich, spread an even amount of the remoulade on each side of the inside of each bun. Add an even amount of lettuce and tomato to the bottom of each bun. Add a blackened grouper fillet to each of the lettuce and tomato dressed buns. Add another dollop of remoulade sauce if desired and top with sandwich with the top of the bun. Serve sandwich warm with extra remoulade on the side.*

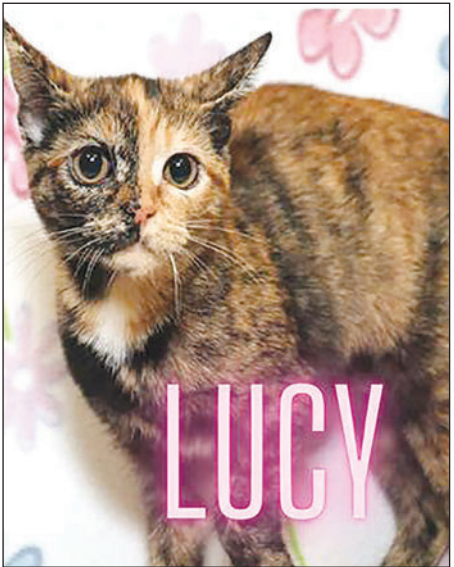
PETS OF THE WEEK



Boomer ID# A930535 photos provided Lee County Domestic Animal Services

Boomer And Lucy

Hello, my name is Boomer. I am a black 10-year-old male pit bull mix. It was a fun Saturday for me as I got to go on a field trip to Coconut Point with volunteer Ed and his family. I am a perfect gentleman and am superb on leash. This 'Super Senior' is friendly to everyone I meet, and I seem to be in great shape for a 10-year-old. Ed says that "you could not ask for a more well behaved dog." My adoption fee is waived. Hi, I'm Lucy. I am a calico 6-year-old female domestic shorthair. This petite beauty ended up with the staff and volunteers at Lee County Domestic



Lucy ID# A671536

Animal Services when I was left behind by my former owners. One look at my sweet face and you would be just as confused as the LCDAS staff is that anyone would leave such a lovely cat. I am still a trusting and affectionate feline despite the cards I have been dealt. I have lots of love to give my new family when they are lucky enough to come for me. My adoption fee is waived. Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit www.leelostpets.com to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.*

My Stars ★★★★★
FOR WEEK OF JULY 25, 2022

- Aries** (March 21 to April 19) You face the possibility of raising your relationship to another level. However, your partner might demand that you make promises you're not sure you're ready for.
- Taurus** (April 20 to May 20) As changes continue, expect things to get a little more hectic at your workplace. An unexpected travel opportunity could open new career prospects.
- Gemini** (May 21 to June 20) Confront the person who caused your hurt feelings and demand a full explanation for their actions. You'll not only recover your self-esteem, but you'll also gain the respect of others.
- Cancer** (June 21 to July 22) That personal problem in the workplace is compounded by someone's biased interference. Stand your ground, and you'll soon find allies gathering around you.
- Leo** (July 23 to August 22) You don't accept disapproval easily. But instead of hiding out in your den to lick your wounded pride, turn the criticism into a valuable lesson for future use.

- Virgo** (August 23 to September 22) That former friend you thought you'd cut out of your life is still affecting other relationships. Counter their lies with the truth. Your friends are ready to listen.
- Libra** (September 23 to October 22) What appears to be an unfair situation might simply be the result of a misunderstanding. If you feel something is out of balance, correct it.
- Scorpio** (October 23 to November 21) A stalled relationship won't budge until you make the first move. Your partner offers a surprising explanation about what got it mired down in the first place.
- Sagittarius** (November 22 to December 21) A coworker shares some startling news, but before you can use it to your advantage, make sure it's true. The weekend favors family matters.
- Capricorn** (December 22 to January 19) Your usual conservative approach to family situations might not work at this time. Keep an open mind about developments, and you might be pleasantly surprised.
- Aquarius** (January 20 to February 18) Plans might have to be put on hold because of a family member's problems. Don't hesitate to get involved. Your help

- could make all the difference.
- Pisces** (February 19 to March 20) Relationships in the home and in the workplace need your careful attention during this period. Be careful not to allow misunderstandings to create problems.
- Born This Week:** You have a keen, insightful intellect and enjoy debating your views with others who disagree with you. You also love to solve puzzles – the more challenging, the better.

MOMENTS IN TIME

- On Aug. 4, 1753, George Washington, a young Virginia planter, becomes a Master Mason, the highest basic rank in Freemasonry. The ceremony was held at the Masonic Lodge No. 4 in Fredericksburg, Virginia. Washington was 21 years old and would soon command his first military operation. Freemasons trace the origins of masonry back to the erecting of King Solomon's Temple in biblical times.
- On Aug. 6, 1911, Lucille Desiree Ball, one of America's most famous redheads and beloved comic actresses, is born near Jamestown, New York. Ball starred with husband Ricky Ricardo

- on television's *I Love Lucy* from 1951 to 1957.
- On Aug. 2, 1939, Wes Craven, the man responsible for terrorizing millions of moviegoers with his *Nightmare on Elm Street* series, is born. Craven began his directing career with 1972's *The Last House on the Left*, a violent teen horror film.
- On Aug. 1, 1943, a Japanese destroyer rams an American PT (patrol torpedo) boat, No. 109, slicing it in two. The destruction is so massive, other American PT boats in the area assume the crew is dead. Two crewmen were, in fact, killed, but 11 survived, including Lt. John F. Kennedy, who would later become president.
- On Aug. 7, 1964, the United States Congress approves the Gulf of Tonkin Resolution, giving President Lyndon B. Johnson nearly unlimited powers to oppose "communist aggression" in Southeast Asia. The Johnson administration began heavy bombing of North Vietnam in early 1965 and sent U.S. combat troops in March 1965.
- On Aug. 3, 1977, *The Spy Who Loved Me*, starring Roger Moore as

continued on page 22

	FRIDAY Sunny High: 95 Low: 84		SATURDAY Mostly Sunny High: 91 Low: 82		SUNDAY Mostly Cloudy High: 90 Low: 80		MONDAY Cloudy High: 93 Low: 84		TUESDAY Partly Cloudy High: 94 Low: 83		WEDNESDAY Mostly Cloudy High: 89 Low: 80		THURSDAY Mostly Cloudy High: 91 Low: 79
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	4:09 am	6:42 am	1:40 pm	9:11 pm
Sat	4:15 am	7:30 am	2:19 pm	9:38 pm
Sun	4:26 am	8:21 am	3:00 pm	10:05 pm
Mon	4:41 am	9:15 am	3:46 pm	10:32 pm
Tue	5:03 am	10:14 am	4:37 pm	11:01 pm
Wed	5:30 am	11:19 am	5:38 pm	11:31 pm
Thu	6:01 am	12:32 pm	6:55 pm	None

Point Ybel Tides

Day	High	Low	High	Low
Fri	3:14 am	6:44 am	12:45 pm	9:13 pm
Sat	3:20 am	7:32 am	1:24 pm	9:40 pm
Sun	3:31 am	8:23 am	2:05 pm	10:07 pm
Mon	3:46 am	9:17 am	2:51 pm	10:34 pm
Tue	4:08 am	10:16 am	3:42 pm	11:03 pm
Wed	4:35 am	11:21 am	4:43 pm	11:33 pm
Thu	5:06 am	12:34 pm	6:00 pm	None

Punta Rassa Tides

Day	High	Low	High	Low
Fri	4:39 am	8:25 am	2:08 pm	9:41 pm
Sat	4:22 am	9:12 am	2:55 pm	10:13 pm
Sun	4:44 am	9:54 am	3:47 pm	10:41 pm
Mon	5:08 am	10:31 am	4:35 pm	11:07 pm
Tue	5:30 am	11:07 am	5:20 pm	11:31 pm
Wed	5:48 am	11:45 am	6:05 pm	11:54 pm
Thu	6:00 am	12:30 pm	6:53 pm	None

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	6:19 am	9:58 am	3:50 pm	None
Sat	6:25 am	12:27 am	4:29 pm	10:46 am
Sun	6:36 am	12:54 am	5:10 pm	11:37 am
Mon	6:51 am	1:21 am	5:56 pm	12:31 pm
Tue	7:13 am	1:48 am	6:47 pm	1:30 pm
Wed	7:40 am	2:17 am	7:48 pm	2:35 pm
Thu	8:11 am	2:47 am	9:05 pm	3:48 pm

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Blood Donors Needed

Lee Health is seeking blood donations to help replenish supply levels. All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida. For more information on how and where to donate, visit www.leehealth.org/our-services/blood-centers.

From page 20

Moments In Time

James Bond, is released in theaters. The film features one of the most memorable Bond vehicles of all time – a sleek, powerful Lotus Esprit sports car that does double duty as a submarine. On Aug. 5, 2002, the rusty iron gun turret of the ironclad warship USS. Monitor is raised from the floor of the Atlantic, where it had rested since it went down in a storm off North Carolina during the Civil War. She sank in December 1862, while being towed from Cape Hatteras.

NOW HERE'S A TIP

“I finally got a new car, and there’s no cassette player in it. I have a pretty

large library of music on tapes, so I was a little bummed. My wife got me a little device that looks like an old Walkman, and it hooks up to the computer. I can convert my cassettes to digital songs, which I can burn onto CDs. It would cost hundreds of dollars to re-buy all that music, and there are some tapes that I couldn’t replace even if I had the money, so this is great.” – CC in Ohio

• “I love old books, and there are always a few I am looking for that are out of print. It seems like when I get inside a used-book store, I forget everything. So I made a card that I keep in my wallet and on it I list all the authors or titles I am after. This way, I have it handy all the time.” – CD in Florida

• Apricots are a relative of the peach, and they can be ripened just like a peach can – in a paper bag on the counter. They should be refrigerated when ripe.

• “I went to a tag sale and purchased a set of really cute flowerpots for barely anything. I like them so much that I am using them inside my house. They are holding utensils in the kitchen, and remotes and other odds and ends in the living room. They are great.” – SI in Texas

• Laundry baskets can be your best

friends when decluttering the house. Go from room to room collecting the clutter in a laundry basket, then bring it to a central location to sort and redistribute items that belong in each room.

STRANGE BUT TRUE

• “Americanha” is a word used by Nigerians to refer to folks who visit the U.S. and then put on American airs when they return.

• The Supreme Court has its own private basketball court.

• You thought it was hard to get into Harvard University? Try getting hired by Walmart! The former institution’s admittance rate of 4.5 percent still beats that of the store chain, which has an employee acceptance rate of just 2.6 percent.

• Lake Superior State University in Michigan offers a unicorn hunting license.

• An art collector once paid \$10,000 for a “non-visible” sculpture created by actor James Franco. What did she get for her moolah? Well, since the artwork was billed as an “endless tank of oxygen,” we’d say ... air, which most of us can find a lot cheaper.

• And speaking of frugality – a man wore 60 shirts and nine pairs of jeans on an 11.5-hour flight from China to

Africa because he didn’t want to pay the extra baggage fee.

- Cows moo with regional accents.
- The town of Dorset, Minnesota, elects a new mayor every two years by drawing names from a hat, and in 2015, that honor went to three-year-old Robert Tufts. His laudable motto: “Being nice and no poop talk.”
- According to a 2014 study published by the Los Angeles Times, one in nine Americans, or 11 percent of the population, thinks HTML is actually a disease.
- Britain’s Secret Intelligence Service once hacked an al-Qaida website and replaced bomb instructions with a cupcake recipe.

THOUGHT FOR THE DAY

“Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts.” – Rachel Carson

TRIVIA TEST

1. **Television:** Which *Star Wars* character did Tina Fey dress as in the sitcom *30 Rock* to avoid jury duty?
2. **Geography:** What is the largest desert in Africa?
3. **History:** Who was the first

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7/15 ★ TFN

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4/20 ★ TFN

HELP WANTED

OFFICE ADMINISTRATOR WANTED

Royal Shell is seeking a Director of First Impressions for our busy real estate office in Sanibel Island. In this role, you will direct incoming calls, assist the Office Manager and agents with administrative duties. Administrative experience in a real estate office and with MLS is preferred. You must be professional in appearance and demeanor, and have excellent computer and communication skills. A Florida Real Estate license and Notary Public are a plus. Pay is based on experience. Email resume to resumes@royalshell.com

7/15 ★ TFN

CAREGIVER

We are seeking a caregiver for an elderly woman with experience, for two 24 hour shifts every other week and PRN (as needed). Must be caring and compassionate, and able to complete personal care tasks like bathing, dressing, eating, grooming and daily med intake. Also assist with physical transit. Contact Lisa 239-395-0153.

1/21 ★ TFN

To advertise in the Island Sun and The River Weekly News Call 395-1213

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Sanibel Sole is seeking an additional sales associate to join our great team! We have expanded in the Tahitian Gardens plaza and offer a wide variety of clothing and footwear. We offer competitive wages, benefits, and perks. No evenings required. Please email a resume to sanibelsole@gmail.com.

4/22 ★ TFN

ISLAND PRESCHOOL TEACHERS

The Children's Education Center of the Islands (CECI) is looking for part-time or substitute preschool teachers for its nature themed education program. Potential for full-time growth possible. Flexible hours. Competitive salary. Tolls paid. Please call Nita at 239-472-4538.

10/22 ★ TFN

PSA

AL-ATEEN HELP LINE

Are you concerned with a friend or family member's drinking? Call the 24-hour help line of South Florida Al-Anon at 941-564-5098 or visit www.southfloridaal-anon.org.

4/24 ★ TFN

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1/26 ★ TFN

Shore Fishing:



Don't Harm The Fish

by Capt. Matt Mitchell

Landing a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish. Hold the fish in the water while you unhook it if you're going to release it. The less you can touch a fish before release the better for the fish. If you want a picture with the fish, support it as you lift it out of the water – and do it quickly. Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off. Florida residents as well as out of state visitors need a fishing license to fish from shore.

- American to win a Nobel Prize?
4. **Anatomy:** Where in the body is blood produced?
 5. **Movies:** Which movie features a theme song titled *Dueling Banjos*?
 6. **U.S. States:** Which state was the first to make same-sex marriage legal?
 7. **Science:** Where did the first manned spacecraft land on the moon?
 8. **Literature:** Which 20th-century Southern novel features a character named Frankie Addams?
 9. **Music:** What is the first movie that featured the singer Elvis?
 10. **Ad Slogans:** Which company's slogan once was "At the corner of happy and healthy"?

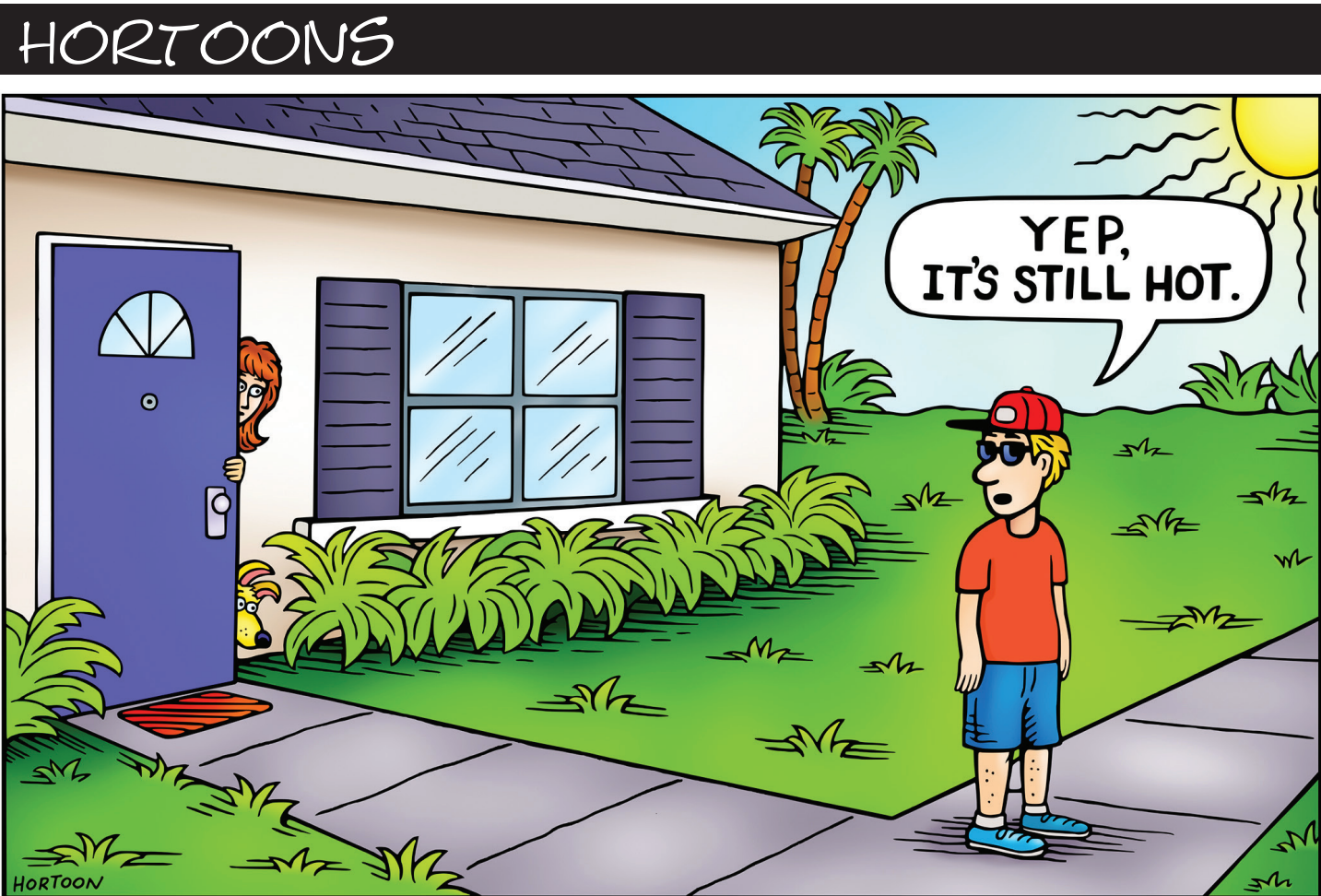
TRIVIA ANSWERS

1. Princess Leia 2. The Sahara 3. President Theodore Roosevelt, Peace Prize 4. Bone marrow 5. *Deliverance* 6. Massachusetts 7. Sea of Tranquility 8. *The Member of the Wedding* 9. *Love Me Tender*, 1956 10. Walgreens

SCRAMBLERS ANSWER

1. Simper 2. Astute
3. Action; 4. Pathway

Today's Word
HAIRCUT



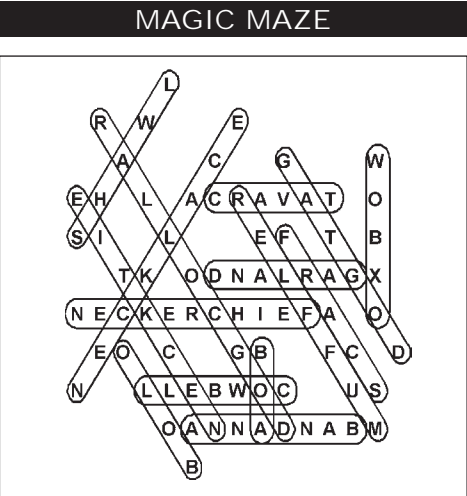
PUZZLE ANSWERS

SUPER CROSSWORD

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KING CROSSWORD

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SUDOKU

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Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Cases	Fort Myers Beach	1972	4,112	\$4,995,000	\$4,800,000	9
Valencia Bonita	Bonita Springs	2017	3,091	\$1,599,900	\$1,726,000	13
Fort Myers	Fort Myers	1972	4,320	\$1,745,000	\$1,720,000	3
Valencia Bonita	Bonita Springs	2017	2,615	\$1,375,900	\$1,501,777	13
Valencia Bonita	Bonita Springs	2017	2,883	\$1,299,900	\$1,430,000	15
Cape Coral	Cape Coral	2006	3,453	\$1,375,000	\$1,325,000	9
Palmetto Point	Fort Myers	1976	2,407	\$1,380,000	\$1,250,000	35
Little Hickory Shores	Bonita Springs	2001	1,699	\$1,385,000	\$1,235,000	28
Cape Coral	Cape Coral	2004	2,150	\$990,000	\$965,000	9
Cape Coral	Cape Coral	1997	1,962	\$997,700	\$962,500	12



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