



## A Step Back In Time At Broadway Palm

by Di Saggau

**G**rease is one of the most popular musicals ever written, and Broadway Palm Dinner Theatre's production is absolutely outstanding. Directed and choreographed by Amy Marie McCleary, the show is full of catchy smash-hit songs and lively choreography that amazes. Songs include *Summer Nights*, *Greased Lightnin'*, *You're The One That I Want*, *Look at Me*, *I'm Sandra Dee*, and many more.

Set in 1959 in the fictional Rydell High School in Chicago, the story is about a group of students trying to figure out the complexities of growing into adulthood. Danny Zuko (Francisco Thurston), a member of the Burger Palace Boys, and new girl Sandy Dumbrowski (Sarah Lindsey) try to rekindle their brief



**Sarah Lindsey as Sandy Dumbrowski and Francisco Thurston as Danny Zuko in the spotlight, surrounded by supporting cast members** photo provided

summer break fling. Thurston brings an edgy jockish air to his role of Danny along with a few John Travolta moves.

Lindsey plays Sandy with shyness until her transformation in the second act, which definitely reminds us of Olivia

Newton-John. Both have powerful voices that fit their roles.

All the characters we remember are there, Kenickie (Kyle Southern), Rizzo (Alexis Semevolos-Velazquez), Frenchy (Charis Michelle Gullage), Cha Cha DiGregorio (Nicole Esposito), Vince Fontaine (Robert Tait) and all the others. The supporting cast wows us in many numbers. This includes *Mooning* with Nathan Wright as Roger, a big man with an even bigger voice. Loren Stone as Doody, is another stand out with *Those Magic Changes*. The entire cast deserves a shout-out for their performances and especially for the dance numbers where they seem to move in sync.

As always, Loren Strickland and his group provide the music we've grown to expect and appreciate. I strongly suggest you make plans to see this feel good, rock 'n' roll musical. *Grease* plays through Saturday, August 14 at Broadway Palm Dinner Theatre. Tickets can be reserved by calling 278-4422, online at [www.broadwaypalm.com](http://www.broadwaypalm.com) or at the box office, 1380 Colonial Boulevard in Fort Myers. ✨



**Children from the Harlem Heights neighborhood receive school supplies from The Heights Foundation at the 2020 school supply outreach** photo provided

## School Supply Donations Sought

**T**he Heights Foundation/The Heights Center seeks individuals, businesses, churches and organizations to provide school supplies and to volunteer for The Heights Center's annual outreach program, to be held at The Heights Center on Saturday, July 24 from 9 a.m. to noon. The program provides backpacks and school supplies for 500 low income children living in the Harlem Heights neighborhood.

"Our goal is to ensure that every child

in Harlem Heights has the necessary supplies to succeed in school," said Kathryn Kelly, president and CEO of The Heights Foundation. "The poverty rate for children in Harlem Heights is more than twice the county average. Many parents cannot provide all the things their students will need. We want to send our students back to school ready to learn."

The center has a wish list that includes new and durable backpacks (size 17 or higher), one-inch three-ring binders, calculators (basic and scientific), earbuds or headphones, pocket dictionaries, highlighters, lined filler paper, USB flash

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## Love That Dress Fundraiser Returns



**Attendees peruse dresses at a previous event** photo provided

**P**ace Center for Girls, Lee County is bringing back its popular fundraising event, Love That Dress!, with a new twist. This year, the event will offer three days of shopping, Thursday through Saturday, August 19 to 21 at Embassy Suites by Hilton in Estero.

Described as the ultimate feel-good shopping spree of the year, Love That Dress! features shopping and silent auctions with all proceeds benefiting Pace programs and services. This year, Love That Dress! will feature a collection of 9,000 high-quality, brand new boutique

and gently used dresses, shoes, handbags and accessories sold at deeply discounted prices. Inventory will be continuously restocked throughout the shopping event.

"We are excited to introduce this popular event in a new three-day format, where fashionistas and bargain hunters can shop while honoring the female spirit," said Jennifer Nelson, co-chair of the 2021 Love That Dress! event. "This year, with an unprecedented outpouring of community support, we're excited to reveal our largest and most glamorous

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Historic Downtown Fort Myers, Then And Now:

# Famed Store's Final Downtown Location



by Gerri Reaves, PhD

**M**. Flossie Hill Co. stands out in local history as one of downtown's longest-lived and most fondly remembered business.

This 1973 photo was taken at its last, but not final, location in its 73-year history.

In 1965, the women's store had moved to the Heitman Building on the northwest corner of First and Jackson. It filled the vacancy left by Sears, Roebuck Co., which had been located on the corner since 1937. That national chain had relocated to the brand new Edison Mall, as did downtown's JC Penney's, to be much touted "anchor stores."

It seems fitting that Hill Co. ended its role in downtown history in the oldest brick structure, built by Harvie E. Heitman in 1897-98 – and on the same block as Hill had founded her store in 1905.

Not only were both Hill and Heitman legendary Fort Myers business owners, but Heitman had even been Hill's landlord in the early days.

When he had to clear the north side of First Street to build the Heitman Arcade (today called Theatre Arcade) in the mid-19 teens, he reserved a space in the new building for Hill's store at her request. The store remained there until moving to the corner pictured in the 1973 photo.

The historic photo shows just how much the building's original features had been altered by 1973.

The Heitman Building was built with 145 thousand red bricks, but who would have guessed by looking at the photo? The original façade had been painted olive green with gold trimmings, certainly not the look in these last decades.

One detail Heitman could have appreciated, however: the large plate-glass windows



In 1973, M. Flossie Hill Co. was located in the Heitman Building at First and Jackson. Hill had founded her business in 1905 on the same block. Note the one-way sign on the corner.

photo courtesy SWFL Historical Society



The Heitman Building is beginning a new chapter in downtown history as Goodwill's "Blue" photo by Gerri Reaves

for display and natural light. His modern store had been the first in town to capitalize on such features. Also, ornamental iron balconies and wide awnings are two more features that recall the original.

Flossie Hill qualified as a true Fort Myers pioneer, having arrived in town as a child with her widowed mother, Mary F. Hill and sister, Annie.

The sisters helped their mother run a boardinghouse-hotel, beginning in the 1880s, an experience that instilled in Flossie a strong work ethic and an entrepreneurial spirit. But she knew that she did not want to run a hotel and consequently gained some retail experience with a local merchant.

Deciding to open her own store, she lined up investors and went on a buying trip to New York City.

In 1905, she opened her renowned women's store in a wood-frame building just a few storefronts away from the corner location in the photo.

She's remembered as one of Fort Myers' most successful and respected businesswomen and community workers.

Just a few of her many contributions to the community were service on the library and hospital boards, holding open houses for British soldiers training in the region during World War II and volunteering at the First Presbyterian Church.

She died in 1956 and left the store to seven or eight of her "children" who had been employees more than 10 years (or 20, sources differ).

In 1978, M. Flossie Hill Co. joined the exodus to the mall, but the store didn't last for long. In fall 1979, the company announced it was closing.

Today, the Heitman Building has been restored to its 1920s Mediterranean Revivalist style and contrasts starkly with the 1973 look, when covering windows seems to have been an energy-saving strategy.

And gone are those asphalt streets that gave the scene a washed-out look.

Another big change since 1973? Note the one-way sign on the utility pole. First Street has returned to two-way traffic.

Walk to First and Jackson and muse on the storied history of M. Flossie Hill and the historic Heitman Building.

Then visit the following research centers to learn more about the town's legendary business owners.

The Southwest Florida Historical Society is an all-volunteer, nonprofit organization

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## Students Win Awards At Elite Theater Nationals

Students from Creative Theater Workshop in Fort Myers and Melody Lane Performing Arts Center in Cape Coral recently won national awards at the 2021 Junior Theater Festival Texas (JTF Texas) in Sugar Land, Texas. JTF Texas was a monumental weekend of theatrical fellowship, and rewarding and empowering student-driven musical theater programs.

Melody Lane Performing Arts Center won a Freddie G. Outstanding Production award, and River Reed received a Freddie G. All-Festival Individual Performance award.

Creative Theater Workshop won a Freddie G. Excellence in Ensemble Work award.

During its adjudication, Creative Theater Workshop students presented selections from *High School Musical Jr.*, and Melody Lane Performing Arts Center students presented selections from Roald Dahl's *Matilda Jr.* for composer, playwright and actor Douglas Lyons, Broadway actor Krystina Alabado and iTheatrics Vice President Steven G. Kennedy.

"I can't wait to see where all these kids are five years from now," said Lyons. "I saw a lot of stardust on that stage."

"Creative Theater Workshop is a growing group of young performers with a ton of heart," said Alabado.

"This sweet cast was the perfect ensemble," said Kennedy. "They certainly embodied the spirit of educational musical theater."

Creative Theater Workshop students JJ Freitas and Abigail Lagergren and Melody Lane Performing Arts Center students Yovanna Ignjatich and River Reed were distinguished as Junior Theater Festival All-Stars, honoring particularly dynamic student performers.

This inaugural JTF Texas brought together 2,228 musical theater enthusiasts to participate in the event; 50 of these groups were in person, and an additional seven groups participated online. The Junior Theater



River Reed of Melody Lane Performing Arts Center jumps for joy photo provided

Group and iTheatrics produce the festivals. Sponsors of JTF Texas were Music Theatre International (MTI) and iHeartRadio Broadway.

Festival organizers worked with the officials representing the city of Sugar Land and also its own COVID-19 health and safety consultant to create a memorable and safe JTF Texas. Everyone followed strict social distancing protocols and remained masked while at the festival.

Michael James Scott (Disney's *Aladdin* on Broadway) performed the festival's headlining concert.

Called a "rousing celebration of theatre" by *The New York Times*, the Junior Theater Festivals celebrate and empower the international movement of young people and educators creating student-driven musical theater around the globe.

In 2020, nearly 15,000 people worldwide attended a Junior Theater Festival or Junior Theater Celebration. Earlier this year, in place of its flagship Junior Theater Festival Atlanta and Junior Theater West, iTheatrics produced the 2021 JTF Online Extravaganza! In addition to its Junior Theater Festivals in the U.S., iTheatrics produces, hosts and supports additional Junior Theater Festivals and one-day Junior Theater Celebrations in the U.S., U.K., Australia and New Zealand.\*

Dr. John Meyer, president of Hodges University. "Both of our organizations are engaged with the community, and we provide pathways for people to better their lives. And, we're neighbors, after all!"

Achieva Credit Union, whose branch locations extend along Florida's west coast from Pasco County south to Collier County, has a strong history of supporting the education community.

"We are proud to help members of our communities gain access to further education that can in turn help provide fresh perspectives and opportunities in life," said Achieva's Chief Marketing Officer David Oak. "Our founding members were teachers and theirs is a mission we continue to believe strongly in."\*\*

## Scholarship Giveaway

Hodges University and Achieva Credit Union are partnering for a scholarship giveaway. Two scholarships each of \$5,000, \$2,500, and \$1,000 will be awarded to a total of six individuals.

To enter, visit [www.1029bobfm.com](http://www.1029bobfm.com) or [www.gatorcountry1019.com](http://www.gatorcountry1019.com) and fill out the free form. Entries must be received by July 11 and the winners will be announced July 31 between 9 a.m. and 1 p.m. on the Fort Myers campus of Hodges University.

"It made sense for us to work with Achieva to give away scholarships," said

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Fort Myers Art:

# Southern-Fried Farce On Stage Through July 25



by Tom Hall

On stage through Sunday, July 25 in the Off Broadway Palm Theatre is *Farce of Nature* by Jessie Jones, Nicholas Hope and Jamie Wooten – the same trio who produced

two other Off Broadway Palm fan faves: *The Savannah Sipping Society* and *The Dixie Swim Club*.

*Farce of Nature* is a Southern-fried farce that highlights a day in the life of the Wilburn family of Mayhew, Arkansas. The Wilburns run a struggling fishing lodge in the Ozarks by the name of the Reel 'Em Inn, which becomes the backdrop for a motley collection of flawed characters stirring up a hilarious comedic stew. They include: an extremely jittery guest by the name of Carmine DeLuca, who arrives as a guest because of a glitch in the Witness Protection Program; the lodge's grizzled proprietor, D. Gene Wilburn; his frustrated wife, Wanelle, who's fed up with their lackluster romantic life and has taken drastic



From left, Dylan Goike as Ty, Rachael Lord as Jenna, Michael Weaver as D. Gene and Jenny Smith as Wanelle  
photo courtesy www.artswfl.com

steps to improve it through hypnotic suggestion; D. Gene's feisty sister, Maxie, whose efforts to keep Carmine alive are threatened by her proclivity to lose both her gun and the bullets; another Chicago gangster and his sexy wife, Lola, who has driven hundreds of miles to be with her boytoy, Ty, who is D. Gene and Wanelle's son; and Ty's seemingly innocent girlfriend, Jenna, whose patience has reached the breaking point after months of waiting for Ty to come home.

In the deliciously funny romp that

ensues, they all hide, lie, disguise themselves, cross-dress and slam doors (the hallmark of all farces, n'est pas?), while trying to figure out the source of an increasingly awful stench. By then, it's too late, and the lodge is surrounded

by vicious critters and hungry varmints that have been lured by the odor from the surrounding hills. In the delightfully chaotic climax of this one outrageous day, love blossoms, truths are revealed and the lives of all – family, guests and gangsters alike – change in incredible and surprising ways. This side-splittingly funny comedy is sure to win audiences over – hook, line and stinker.

The Off Broadway Palm continues to maintain health and safety measures such as operating at a reduced capacity and increased cleaning and sanitizing practices. Guests who are not fully vaccinated are asked to wear a face mask while not eating or drinking for the protection of the cast, crew, staff and other patrons.

The Off Broadway Palm is located just off the main lobby inside Broadway Palm Dinner Theatre at 1380 Colonial Boulevard in Fort Myers. For tickets, call the box office at 278-4422 or visit [www.broadwaypalm.com](http://www.broadwaypalm.com).

*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.\**

## Symphony To Perform At Battle Of The Arts

A string quartet from the Southwest Florida Symphony is set to perform a free concert while 26 artists compete across the strip during Battle of the Arts in their Artistic and Operations Center at Bell Tower on Saturday, July 10 from 6 to 8 p.m.

The art-themed event, hosted by immersive art gallery Artsemble Underground and Bell Tower, is held the second Saturday of every month through 2021. Artists will have just three hours to create a new work of art, each competing in two categories: the All-Star Award and the People's Choice. At 8 p.m., when the artists have concluded their works of art, a panel of three celebrity judges will review their work and choose a winner for the All-Star Award.

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

The symphony string quartet performance will feature popular music, and a Musical Sound Lab that will allow visitors the opportunity to play some string and percussion instruments. This month will feature musicians Nora Lastre and Ariel Elliot on the violin, Hilary Gamble on the viola and Scott Crowley on the cello.

All proceeds from any ballots purchased

by shoppers voting for the artists this month will benefit the I Will Mentorship Foundation. Morgan "Moose" Wright and American Ninja Warrior veteran finalist. A Lee County Golden Apple teacher and Army veteran of Afghanistan will be the emcees during the event. Celebrity judges are Spencer Duke Elles and Terry Tincer.

Bell Tower is located at 13499 South Cleveland Ave in Fort Myers. For more information, visit [www.ow.ly/sqRh30rJKd5](http://www.ow.ly/sqRh30rJKd5).\*

## College Graduate

Stefania Lugli of Fort Myers, who graduated in December 2020 from Emerson College, was honored during a recent ceremony at Fenway Park in Boston, Massachusetts.

Lugli received a bachelor of science degree in journalism.\*

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## Historic Downtown

open Wednesday and Saturday between 9 a.m. and noon. It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 for more information.

The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park. Call 332-8778 for post-pandemic hours or visit [www.leecountyblackhistorysociety.org](http://www.leecountyblackhistorysociety.org).

Visit the IMAG History & Science Center at 2000 Cranford Avenue or at [www.theimag.org](http://www.theimag.org).

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



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## Campaign Changes Lives In Southwest Florida

At only 8 years old, Rylee Cappuccilli exemplifies strength and perseverance as she continues to face the challenges of a spinal cord injury she's had since birth.

The always smiling third grader is one of many children in Southwest Florida to receive life-saving care at Golisano Children's Hospital, the region's only children's hospital. In 2012, she learned to breathe on her own without 24-hour ventilator support and, in 2017, she overcame a surgery to remove a tracheotomy. Her mom calls it a miracle.

"It was the happiest day of our lives," said Andrea Cappuccilli. "We got our baby back. We shed so many happy tears. Rylee brings such a special kind of joy to the nurses and doctors at the hospital. They have brought us so much peace during our most worrisome times."

As a Children's Miracle Network (CMN) Hospitals partner, Golisano Children's Hospital receives support from its affiliated fundraising campaigns, like the upcoming Walmart and Sam's Club campaign, to help children just like Rylee.

"We are extremely fortunate to have a community that really comes together to support the patients we serve at Golisano Children's Hospital," said Chris Simoneau, Lee Health's chief foundation and development officer. "Their generosity allows us to provide specialized, high-quality care to the children in our region. Through the Walmart and Sam's Club campaign, you can help be a part of this."

On June 28, Walmart and Sam's Club associates kicked off their fundraising campaign, now in its 34th year, benefiting Golisano Children's Hospital and giving customers and



Rylee Cappuccilli photo provided

members many options to donate at the register or online. The fundraising campaign runs through July 25.

Since 1987, this campaign has raised more than \$1 billion for CMN Hospitals across North America. Last year was the first year the campaign benefited Golisano Children's Hospital as a new CMN partner and more than \$200,000 was raised locally in Southwest Florida.

"Sam Walton once told our founders that his associates would amaze us; they certainly have and continue to do so," said Teri Nestel, president and chief executive officer of CMN Hospitals. "The passion these associates have to positively impact kids' health in their communities is almost unmatched, and we are grateful for their support."

There are many ways to donate to Golisano Children's Hospital through the Walmart and Sam's Club campaign. Customers and members in Southwest Florida can donate any dollar amount at the register, or simply round up their purchase to the next dollar and donate the change in store or while shopping online. You can also donate at [www.sunshineandmiracles.org](http://www.sunshineandmiracles.org).

## New Event At Mound House

The Mound House will host Build & Brew on Friday, July 16 at 6 p.m. The new event involves sampling craft beer and learning how to construct an ancient craft.

For the first 60 to 90 minutes, participants age 21 or older will be able to sample various offerings from the craft beer vendor before choosing one for their full serving. Afterwards, they will build, learn to throw, and get to keep their own spear.

Cost is \$40 per person, while Mound House members pay \$30. Build & Brew will be held outdoors unless weather conditions necessitate the move inside.

The Mound House encourages all nonvaccinated guests to wear masks, with a limit of 20 people. Advance registration is required by Wednesday, July 14.

said Alison Giesen, director of the

Mound House and cultural resources for the Town of Fort Myers Beach. "Build & Brew is an entertaining format that allows us to teach others about some unique aspect of our site's history, learning how to build and throw their own spear, similar to ones the ancient Calusa used for hunting.

The Mound House is located at 451 Connecticut Street on Fort Myers Beach. Overflow parking is available at 216 Connecticut. For more information or to register, call 765-0865 or visit [www.moundhouse.org](http://www.moundhouse.org).

## Dean's List

Six Fort Myers natives were named to the dean's list for the spring 2021 semester at Tallahassee Community College.

Alexius Butler, Kevin Harris, Brady Koenig, Ethan Trombetti, Nicholas Hodges and Ross Nicholson earned a 3.50 grade point average or higher to receive the recognition.

### In the Main Theatre

GREASE

NOW - AUGUST 14

Grease is the word! Travel back to Rydell High and the hot-rodding Burger Palace Boys and their gum-snapping, hip-shaking Pink Ladies. Head "greaser" Danny Zuko and new girl Sandy Dumbrowski try to relive their summer romance as the rest of the gang sings and dances their way through *Greased Lightnin'*, *Summer Nights*, *Born to Hand Jive*, *We Go Together*, *Look at Me*, *I'm Sandra Dee*, *You're The One That I Want*, *Beauty School Dropout* and more!

### In the Off Broadway Palm

FARCE OF NATURE

NOW - JULY 25

From the writers of The Savannah Sipping Society and The Dixie Swim Club, you won't want to miss this laugh-out-loud, Southern-fried farce!

### CHILDREN'S THEATRE

TRUE The Story of the 3 Little Pigs

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# Drive-Thru Backpack Event To Help Students

The Multicultural Centre of Southwest Florida will hold its popular Big Backpack Event at the Fort Myers Skatium on Sunday, July 25 from 11 a.m. to 2 p.m. The drive-thru curbside event will serve the first 2,000 students ages 5 to 12 with new backpacks, school supplies and food.

In an effort to maintain health and safety, parents and students will be asked to remain in their vehicles as they approach the Skatium. They will be greeted by the sights and sounds of live music and street performers to celebrate back-to-school. Children must accompany parents or guardians in the vehicle in order for them to receive backpacks. Each vehicle will be directed by volunteers to slowly drive forward and pop their trunk, where volunteers will place new backpacks, essential school supplies and grocery bags of food.

No event activities will be held inside the Skatium and no parking will be permitted. Families who arrive by bus or on foot will be able to receive backpacks for their children in a designated area outside the main entrance of the Skatium.

"The Big Backpack Event curbside distribution went so smoothly for families, volunteers and event organizers last year that we decided to replicate it this year,"



Yadi Perez volunteers to pack recycled grocery bags with food to distribute to families at the 2020 BIG Backpack Event

photos provided

said event public relations and marketing chair Connie Ramos-Williams, president of CONRIC PR & Marketing.

Nearly 40,000 backpacks have been distributed to families over the event's 21-year history. The event draws thousands of people in attendance each year, with the largest crowd reaching 15,000 during the height of the recession back in 2008. An estimated 80-plus percent of Lee County children currently qualify for free or reduced meal programs at their schools.



Volunteers get ready to load new backpacks filled with school supplies and grocery bags into the trunks of vehicles at last year's event

Thanks to the generosity of individual and corporate event sponsors, the Big Backpack Event will provide much needed economic relief, supplying children with new backpacks filled with pencils, pens, paper, crayons, folders and other essential back-to-school items.

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

"I am fortunate to have a dedicated and loyal event committee who works

tirelessly to organize and host this event each year," said Leonardo Garcia, executive director of the Multicultural Centre of Southwest Florida. "These children are our motivation. No one wants to see any child go back to school without a new backpack and school supplies."

The Fort Myers Skatium is located at 2250 Broadway in Fort Myers. For more information about the event, sponsorship or volunteer opportunities, visit [www.multicultural-centre.org](http://www.multicultural-centre.org) or email [info@multicultural-centre.org](mailto:info@multicultural-centre.org).

## Churches/Temples

### ALL FAITHS UNITARIAN CONGREGATION

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

### ALL SAINTS BYZANTINE RITE CATHOLIC

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

### ANNUNCIATION GREEK ORTHODOX

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

### BETH YESHUA MESSIANIC SYNAGOGUE

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

### BIBLESHARE

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

### CHABAD LUBAVITCH ORTHODOX

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

### CHAPEL OF CYPRESS COVE

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

### CHAVURAT SHALOM

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

### CHURCH OF THE CROSS

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

### COVENANT PRESBYTERIAN

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

### CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

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

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

### REDEEMER CHURCH

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

### CYPRESS LAKE PRESBYTERIAN

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

### CYPRESS LAKE UNITED METHODIST

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

### FAITH UNITED METHODIST

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

### FIRST CHURCH OF CHRIST, SCIENTIST

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

### FIRST CHURCH OF THE NAZARENE

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

### FORT MYERS CHRISTIAN CHURCH

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

### FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

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

### FIRST PRESBYTERIAN CHURCH OF FORT MYERS

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

### IONA-HOPE EPISCOPAL CONGREGATION

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

### JESUS THE WORKER CATHOLIC

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

481-1143.

### LAMB OF GOD

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

### NEW HOPE PRESBYTERIAN

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

### PEACE COMMUNITY

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

### PEACE LUTHERAN

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

### REDEEMER LUTHERAN

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

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

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### ST. FRANCIS XAVIER CATHOLIC

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

### SAINT JOHN THE APOSTLE METROPOLITAN

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

### SAINT MICHAEL LUTHERAN

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

### SAINT NICHOLAS MONASTERY

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

### ST. VINCENT DE PAUL CATHOLIC

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

### SOUTHWEST BAPTIST

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

### TEMPLE BETH EL SYNAGOGUE

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

### TEMPLE JUDEA (CONSERVATIVE)

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

### THE FAITH CENTER

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

### THOMAS A. EDISON CONGREGATIONAL

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

### UNITARIAN UNIVERSALIST

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

### UNITY OF FORT MYERS

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

### WESTMINSTER PRESBYTERIAN CHURCH

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

### WORD OF LIFE

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

### ZION LUTHERAN

Sunday 8, 9:30 and 10:45 a.m., [www.zionfm.org](http://www.zionfm.org), 7401 Winkler Road, 481-4040.

Email changes to [press@islandsunnews.com](mailto:press@islandsunnews.com) or call 395-1213.✱



Roostertree is a larval host and nectar plant for the monarch butterfly but is not native to Florida photo by Gerri Reaves

**Plant Smart**  
**Roostertree**

by Gerri Reaves

**R**oostertree (*Calotropis procera*) is a non-native ornamental shrub or tree of the dogbane family.

Another common name for this native of Asia and tropical Africa, giant milkweed, indicates its value to monarchs, which require milkweed species to survive.

Monarchs use the plant in the larval stage and later as a nectar source.

It's important to note, however, that planting native milkweeds for native butterfly species is always preferable to relying on non-native ones.

Roostertree typically grows eight to 15 feet tall with an equal width.

The thick evergreen leaves are opposite, gray-green and up to 10 inches long with white veins. New foliage tends to be downy.

Broken leaves and stems exude a milky sap that can be irritating to the skin and mucous membranes.

Waxy-looking clusters of striking purple or white flowers appear in the leaf axils of the upper leaves. Flower centers resembling small crowns inspire another common name, crown flower.

The fruit is a large pod that contains silky fibers that have been used as pillow stuffing. The tufted seeds are dispersed on

the wind after the pod splits at maturity.

The bark is cork, and the fibrous wood is used in making rope, fishing line and thread.

This plant adjusts to a range of soil conditions and prefers full sun. It is drought and somewhat salt tolerant.

It has a variety of medicinal uses.

Sources: *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehan, <https://blogs.ifas.ufl.edu>, <https://fairchild.gardenexplorer.org>, [www.gardeningknowhow.com](http://www.gardeningknowhow.com) and [www.missouribotanicalgarden.org](http://www.missouribotanicalgarden.org).

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

**Restoring Power After A Storm**

**L**ee County Electric Cooperative (LCEC) customers are part of the cooperative that distributes electricity to nearly 280,000 Southwest Floridians. The complex network that puts electricity where it needs to be is just like the parts of a car engine that work together to get you from point A to point B. The following explains how LCEC goes about restoring power following a major storm.

The first step in the restoration plan is damage assessment, which includes physical inspections of facilities and plants.

Once damage assessments have been made, LCEC begins repairs.

Secondly, main circuits and critical facilities such as hospitals, police and fire stations are repaired. The third step is to restore services to the greatest number of customers as soon as possible. Lastly, LCEC begins restoring power to small

pockets, or individuals still without power.

LCEC reminds all customers to be patient if and when power outages occur. Customers can rest assured knowing that LCEC will work around the clock to restore power as soon as it is safe for linemen to hit the pavement.\*

**Children Explore Island Thanks To Outreach Project**

**S**anibel-Captiva Conservation Foundation (SCCF) and Captiva Cruises hosted 17 children, ages 6 through 12, from the Children's Advocacy Center of Southwest Florida recently. The center aims to improve the lives of at-risk children and their families through prevention services.

The No Child Left on Shore Environmental Education Outreach Project is a collaborative endeavor of SCCF and Captiva Cruises to provide the younger generation of Southwest Florida with an informative and fun way to gain experiential knowledge of the region's marine ecology.

This enriching initiative enables local youth to form a deeper connection to their coastal surroundings and to spark their curiosity. Many of the recent participants had never been on a boat before this field trip.

Departing McCarthy's Marina aboard Captiva Cruises' motor catamaran *The Playtime*, the children were thrilled to observe dolphins close to the boat while cruising the waters of Pine Island Sound on the way to Cayo Costa State Park.

The Children's Advocacy Center Summer Program participants had the opportunity to get their feet wet, explore the shoreline and discover the diversity of marine life with Captiva Cruises/SCCF Educator Richard Finkel.

Due to a stormy afternoon, their time on the water and exploring the beach habitat was cut short, but they were



The children had an opportunity to study local marine life photo provided

excitedly talking about wanting to come back as they recounted the highlights of their field trip.

SCCF Board of Trustee member John Raho, who serves as CFO at the Children's Advocacy Center, was thrilled to see the two organizations merge missions through the trip.

"It's such a wonderful way to enrich how our summer program participants experience Southwest Florida. Getting out on the water and up to Cayo Costa helps them appreciate our natural world and the value of healthy ecosystems," said Raho.

For more information about the No Child Left On Shore project or to sponsor a local youth group field trip, contact Richard Finkel at [richardfinkel@captivacruises.com](mailto:richardfinkel@captivacruises.com) or 472-5300.\*

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# Summer Family Fun



by Capt. Matt Mitchell

Most of our charters during the summer months are family trips. We often break up the time on the water between fishing to make it part eco tour and/or beach time. Showing off what our area has to offer is always a favorite for me. Most of the fishing we do on these trips is high-activity flats fishing.

The easy way to locate feeding fish has been to find birds and fry bait schools on the flats. For family fun fishing or just keeping the rods bent, nothing works better than a popping cork rig. This set-up with a live shrimp will bring nonstop action and keep everyone smiling. It helps give inexperienced young anglers a visual indicator of when they have a bite.

For popping corks, I like a concave-style float that makes lots of noise when you twitch the rod tip. This style float comes rigged on a heavy mono or even no kink titanium wire with beads that rattle. Each end of the rig has a swivel for easy attachment. The popping sound of these corks make a clicking noise resembling fleeing baitfish or shrimp and attracts the fish.

When rigging the popping cork,



After flats fishing, we still have been catching a few good snook

photo provided

anglers should use 18 to 24 inches of leader before tying on a hook or jig head. I use a quarter ounce jig head with a 2/0 hook. This allows the bait to sink quickly after you pop the cork.

A regular hook will do the trick. Simply add a split shot to keep the bait down.

You can fish this rig with a variety

of baits including live shrimp, small pinfish, grunts and even shiners. Gulp shrimp along with a variety of other soft plastics will get the job done when this bite is on too. DOA along with a few other companies make this rig with a plastic shrimp thats ready to go right out of the package.

Get the family out on the water for

easy family fishing fun.

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

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CROW Case Of The Week:

# White Ibis



by Bob Petcher

The white ibis (*Eudocimus albus*) is a wading bird that can be found in wetlands as well as parks or on lawns.

At CROW, an adult white ibis arrived at the clinic after being found

at The Dunes Golf & Tennis Club on Sanibel. The patient was so weak that it couldn't lift its head, and its back end had become so stained with feces that sores developed. Veterinarians suspected the patient to be suffering from toxicosis such as brevetoxins (red tide), cyanotoxins (blue green algae) or botulism.

"We do not know for sure what caused the initial presenting neurological signs, as is often the case. Testing for a wide range of toxins can be both difficult and expensive, so we often treat symptomatically and with supportive care," said Dr. Sasha Troiano, CROW veterinary intern. "In this case, the patient responded well to treatment."

Veterinarians immediately placed an IV catheter to provide the bird with fluids and performed a lipid emulsion treatment to counter any toxins in its body. The IV catheter was in place for two days.

"If the toxin is lipophilic – attracted to



Patient #21-3440 recovered nicely from its neurological illness

photo by Missy Fox

fat – then the intravenous lipid emulsion will bind any circulating toxin before it can be taken up into tissues and continue to cause clinical signs," said Dr. Troiano. "Even if the toxin is not lipophilic, the lipid emulsion is not detrimental to the patient, therefore, we sometimes use it even if we are unsure whether the patient is suffering from brevetoxicosis or a different toxin."

The patient's sores were then cleaned and bandaged. After a few days in the hospital, the white ibis began to support itself and sit on its own.

"When the wound was first noticed,

there were maggots present in the wound bed. For this reason, the wound was extensively flushed with sterile saline, and then a topical flush was applied to kill the maggots. The patient was also given an injection to help kill the maggots," said Dr. Troiano. "The wound bed was then covered in honey initially, then a silver gel, both of which serve to keep the wound moist and as an antimicrobial layer. Bandages were changed daily for four days before the wound was healing well enough to leave the bandages off."

Dr. Troiano was asked how long it takes to recover from such an injury.

"It depends entirely on the underlying cause of presentation, and response to treatment," she replied. "Sometimes, patients do not respond to treatment, sometimes we can turn patients around in a few days, other times it takes weeks. It is very hard to generalize because we see such a wide variety of species presenting for a variety of reasons, including trauma, infection, systemic disease and toxin, all of which can often have similar clinical signs on presentation."

After nine days of care, the white ibis had fully recovered and was released on June 29.

"We are very happy with how well this patient did," said Dr. Troiano. "The neurological signs resolved quickly within the first couple of days. We do not know if that was due to the lipid, the antibiotics, or just the supportive care of fluid therapy and feeding. The wound was fairly extensive, and very close to the vent, which also was a concern initially, but that too healed very well. Despite grave concerns initially, this patient responded extremely well to treatment, and we are happy to have been able to release it back to the wild."

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

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Florida Gulf Coast University

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# Biologists Publish Research On Python Tracking

A team of wildlife biologists at the Conservancy of Southwest Florida, in partnership with the United States Geological Survey, has published peer-reviewed research on the longest and largest tracking study to date on the invasive Burmese python.

Titled *Spatial ecology of invasive Burmese pythons in southwestern Florida*, the research article is published in the June issue of *Ecosphere*. The objective of the Conservancy's five-year study was to better understand the spatial ecology of the python to assist in the design of effective control programs. Determining and quantifying home range estimates and habitat associations can streamline targeted removal efforts for wide-ranging, cryptic animals such as the Burmese python.

"This is a heavy-lifting assignment and we've been hot on the trail of these invasive apex predators for the past eight years," said Ian Bartoszek, the Conservancy's environmental science project manager and lead author on the publication. "The Burmese python is not interested in us, but they are decimating our native wildlife. The more we learn about their habitat use and movement patterns, the better we can inform and guide solutions for controlling the python population. We need to stay cool, calm



Conservancy of Southwest Florida Wildlife Biologist Ian Easterling and Conservation Associate Mady Eori with captured Burmese pythons, which were located utilizing a radio-tagged male scout snake during the breeding season photo provided

and follow the science on this issue."

Research findings suggest that searching for adult pythons during the November through April breeding season in elevated habitat with appropriate cover may increase detection probability and removal rates for reproductive pythons. According to the research paper, this investigation is the first to quantify the scope and scale of invasive python movements and habitat use in southwestern Florida.

"Understanding Burmese pythons' ideal non-native habitat is critical information when it comes to detecting this hard-to-find invasive species," said USGS research ecologist Kristen Hart. "Our collaborative work extends what we know about their home range and habitat selection, and this type of information can be used by natural resource managers to work towards designing python control strategies."

In addition to the recently published article, the Conservancy has reached a milestone in terms of the amount of python removed. Since launching its Burmese Python Research and Removal Program in 2013, the Conservancy has captured and removed over 20,000 pounds (9,072 kg) of pythons through active searching and scout snake tracking efforts.

The Conservancy's nationally recognized python research program uses radio transmitters implanted in male "scout" snakes to understand python movements, breeding behaviors and

other characteristics. During the breeding season, adult male pythons equipped with transmitters can lead biologists to breeding aggregations that consist of multiple males and a single large female. This technique allows researchers to then find breeding females and remove them from the wild, a targeted approach to reducing the population of pythons by removing females and their developing eggs. Several record-breaking large snakes have been removed through this technique. The largest female python captured through the Conservancy's program weighed 185 pounds (83.9 kg) and was the heaviest python captured to date in Florida. The largest male python captured on the study weighed 140 pounds (63.5 kg) and is the largest male python documented in the wild.

"At the Conservancy, we follow the science and allow it to guide our mission," said Rob Moher, president and CEO of the Conservancy. "Our python research is a great example of scientific collaboration with partners at the local, state and federal level to address threats to our native wildlife and uncover strategies to control the population. In addition to our research, the Conservancy is expanding our educational outreach with the opening of the new John & Carol Walter Discovery Wing at the Dalton Discovery Center later this fall. The new wing will feature an Invasive Species Gallery and digital Climate Change Gallery as we seek to better educate our members and guests on the impact of invasive species on our ecosystem and quality of life."

Funding for the Conservancy's python research and removal program is provided through the Naples Zoo Conservation Fund, the Fish and Wildlife Foundation of Florida, U.S. Geological Survey and private philanthropy. The Conservancy collaborates with Rookery Bay National Estuarine Research Reserve, Collier Seminole State Park and Big Cypress National Preserve for radio-telemetry research and removal efforts.

For more information, visit [www.conservancy.org](http://www.conservancy.org).

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From page 1

## Donations

drives, scissors, folders, crayons, pencils, glue sticks, markers and composition books.

"We are looking for organizations whose members can band together to meet the need," said Melissa Barlow, The Heights Center's outreach coordinator. "The 500 backpacks are the largest investment, costing more than \$7,000, and supplies for each student cost \$50. A business may sponsor the backpacks, a church or philanthropic organization could provide crayons, markers or notebooks. Monetary donations may also be made online at our website or mailed."

The drop-off deadline is Wednesday, July 21. The Heights Foundation school supply drop off locations include The Heights Center, 15570 Hagie Drive, Fort Myers, (9 a.m. to 5 p.m. Monday through Friday); Jennifer's Boutique,

13251 McGregor Boulevard, Fort Myers; Peace Lutheran Church, 15840 McGregor Boulevard, Fort Myers; Westminster Presbyterian Church, 9065 Ligon Court, Fort Myers; and Zion Lutheran Church, 7401 Winkler Road, Fort Myers.

Organizations and businesses hosting collection drives include Crown Colony Golf & Country Club community, Jennifer's Boutique, One Digital, Peace Lutheran Church, Royal Shell Real Estate, The Scotlynn Group, St. Hilary's Episcopal Church, Temple Judea, Westminster Presbyterian Church and Zion Lutheran Church.

Individuals, businesses, churches or organizations interested in donating or volunteering can contact Melissa Barlow at 482-7706 or [melissa@heightsfoundation.org](mailto:melissa@heightsfoundation.org). All donations are tax-deductible. Monetary donations can be made at [www.heightsfoundation.org](http://www.heightsfoundation.org)/ donate or mailed to The Heights Center, 15570 Hagie Drive, Fort Myers, FL 33908.

# Calendar Art Contest Winners

The cover of the 2022 Keep Lee County Beautiful Leave the Scene Clean Calendar will feature the artwork of Estero High School student Nicole Sierra-Iszler. Eleven other students from the School District of Lee County won first place for their grade level and will have their artwork displayed inside the annual calendar. A private school student won first place at the grade 3 level.

The 2022 calendar will be produced over the summer and ready for distribution in the fall. The calendars will be sold through the schools with all money raised being retained by participating schools. Any school or student environmental club may use this calendar as a fundraiser.

All first place and honorable mention winners will be recognized at an award ceremony to be held sometime in the fall. This will enable Keep Lee County Beautiful to have the calendars available at the award ceremony.

The submitted work was judged on artistic execution and originality as well as environmental theme. The judging was done by a panel of volunteers.

Winners and honorable mentions are as follows:

Cover Winner – Nicole Sierra-Iszler, Estero High School, Grade 9

Grade 1 First Place Winner – Brody Odom, North Fort Myers Academy for the Arts

Grade 2 First Place Winner – Parker Purslow, Gateway Elementary

Honorable Mentions – Scarlett Holdaway, North Fort Myers Academy for the Arts; Julia Perez, Gateway Elementary

Grade 3 First Place Winner – Haven Gates, St. Francis Xavier

Grade 3 Honorable Mention – Genesis McCarthy, Pine Island Elementary

Grade 4 First Place Winner – Jaxon Mohr, North Fort Myers Academy for the Arts

Honorable Mentions – Raquel Mejia, Tanglewood Elementary; Hans Mesamours, Gateway Elementary; Landon Parker, Gateway Elementary

Grade 5 First Place Winner – Kelley Kenner, Tanglewood Elementary

Honorable Mentions – Emily Rosales, Gateway Elementary; Brodey Solomon, River Hall Elementary; Hannah Walsh, Gateway Elementary

Grade 6 First Place Winner – Elizabeth Martinez, Veterans Park Academy for the Arts

Honorable Mentions – Brooklynn Blusiewicz, Oasis Middle School; Alexis Davis, Paul Laurence Dunbar Middle; Sophyr Fenelon, Veteran Park Academy for the Arts

Grade 7 First Place Winner – Jaden Chason, North Fort Myers Academy for the Arts

Honorable Mentions – Daphanie Welsher, North Fort Myers Academy for the Arts; Lorena Huang, Bonita Springs Middle Center for the Arts

Grade 8 First Place Winner – Sophia Pérez, Gulf Middle School

Honorable Mentions – Jocelyn Roach, North Fort Myers Academy for the Arts;

Melinda Castro, Lexington Middle School  
Grade 9 First Place Winner – Amy Le-Hoang, Cypress Lake High School  
Honorable Mentions – Gabriela Kat Martinez, Estero High School; Jamison Albertorio-Acevedo, Cypress Lake High School; Zachary Yoshida, Cypress Lake High School

Grade 10 First Place Winner – Alayna Calkins, Cypress Lake High School  
Honorable Mentions – Haley

Allensworth, Cypress Lake High School; Ray Martorella, Cypress Lake High School; Erin Bruns, Estero High School

Grade 11 First Place Winner – Erica Fort, Estero High School

Honorable Mentions – McKenzie Donahue, Cypress Lake High School; Kaitlyn Logue, Cypress Lake High School; Heidi Hernandez, Cypress Lake High School

Grade 12 First Place Winner – Wolfe Enmon, North Fort Myers High School

Honorable Mentions – Bianca Falcon, North Fort Myers High School; Olivia Bevillard, Cypress Lake High School; Emmarose Roazen, North Fort Myers High School.\*

## Dean's List

Trevor Telisky of Cape Coral has been named to the dean's list for the spring 2021 semester at Siena College in Loudonville, New York.

To be named to the Dean's List, a student's grade point average for the semester must be between 3.5 and 3.89.\*



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# National Spirit Of '45 Day Coming



World War II veteran "Pancho," who will be 102 years old in November, with one of the youngest World War II veterans, Fame Academia, who is 91 years old photo provided

Lee County's National Spirit of '45 Day in Fort Myers will be held on Sunday, August 8 from 4:15 to 7:15 p.m. at Sanibel Harbour Marriott Resort, located at 17260 Harbour Pointe Drive in Fort Myers.

Dinner will be served from 4:15 to 5:45 p.m. The World War II veterans tribute and ceremony will be held from 5:45 to 7:15 p.m. Guest speakers will include several World War II veterans and entertainment will be provided by Guns N'

Hoses Pipes N' Drums.

There is no admission charge for World War II veterans and spouses of the World War II generation. For all others, cost is \$30 per person. Reservations must be made by Sunday, August 1 and paid for by Wednesday, August 4 (non-refundable). To make a reservation, contact Eryka Aptaker, Lee County Spirit of '45 chairman, at 917-607-4385. For more information, visit [www.spiritof45.org](http://www.spiritof45.org).\*

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Book Review

# Dark Sky

by Di Saggau



**D**ark Sky is CJ Box's 21st Joe Pickett novel. It involves a Zuckerberg-clone, Steve Price. He is a 32-year-old Silicon Valley billionaire and CEO of Aloft, Inc.

and the principal behind ConFab, a social media site. Price is planning to build the largest server farm in North America, and the governor of Wyoming wants it in his state. He is anxious for a "real" wilderness experience, so he tells the governor that he wants to go elk hunting in Wyoming. Hoping the experience will convince Price to choose Wyoming for his new headquarters, the governor orders Game Warden Joe Pickett, to make it happen.

All seems easy enough until Earl Thomas and his no good sons arrive on the scene seeking vengeance on Price for the death of Earl's daughter. She committed suicide after being bullied on Price's social media platform. Her suicide may have been Earl's fault, but he's not about to acknowledge that. Instead he and his sons decide to hunt Price and Pickett as they head into the

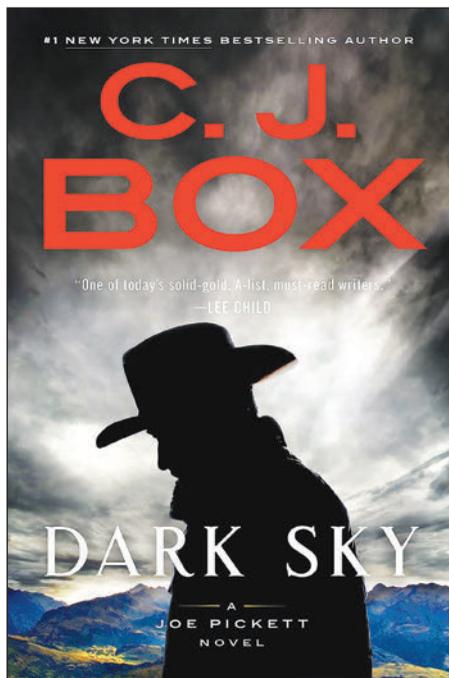


image provided

mountains to hunt elk.

Meanwhile, Joe's pal Nate Romanowski, ex-special forces turned falconer, has troubles of his own. A subplot involves Romanowski and his protégé, Joe's daughter Sheridan. It's interesting and also serves as a teaser for Box's 22nd Pickett novel. Valuable birds of prey are being stolen by a very bad person. As Nate is dragged into Joe's current situation, we will have to wait to find out more about the stolen

falcons in the next novel.

There's enough going on in *Dark Sky* to keep us turning the pages. It's a suspenseful, action-packed tale set in the vividly described wilderness around Battle Mountain. As Pickett tries to protect Price, it gives the author a chance to comment about the dangers

of our digital lives. Ultimately, the story is about Pickett fighting the bad guys with some help from Romanowski. The bad guys are armed with murder on their minds, and Pickett is the only one standing between Price and certain death. The book is fast-paced, filled with action and hard to put down.\*

# School Smart



by Shelley M. Greggs, NCSP

**D**ear Shelley, My daughter is going away to college in August and, of course, I have some concerns about her safety and emotionally

well-being. What should I talk with her about to see if she's doing OK?

*Beverly H, Fort Myers*

## Beverly,

This is a great question, and I'm so glad you're asking it. So much of what determines whether students are successful at college has nothing to do with academics but instead involves the skills of coping, self-care, self-advocating, independent living and self-control.

Here are some key questions from Donna Volpitta, EdD, the founder of the Center for Resilient Leadership, to help you assess your child's ability to navigate the social and emotional aspects of college and some suggestions to help work on these skills.

What does your child do when something doesn't go her way? Pout, problem solve, run to you? It's essential for your child to develop coping strategies in order to be ready to go away to college. Typically, parents want to solve things for their kids, but it's better for them to struggle to find solutions themselves. Use everyday challenges such as missing a deadline or forgetting her homework as opportunities to help your child develop coping strategies.

Self-advocacy is a critical skill for children to learn. Does your child know who to go to if she needs help? Does she know how to ask for help? Think about whether she's prepared for some of the issues that might arise in college, such as working through a problem with a roommate or meeting with a professor to discuss accommodations. If you don't think your child can ask for help, it's time to teach her how to do so. Role-play is one of the ways you can help your high schooler learn how to speak up for her needs, both academic and non-academic.

The day-to-day demands of taking care of oneself can be overwhelming if a child has never had to provide her own self-care before. At college, there won't be anyone making sure she gets enough sleep or eats a balanced meal. She'll also need to do her own laundry, take care of her finances and get herself to the infirmary if she's sick. So, it's very important that you allow her to start

the self-care process while she is still at home this summer and you can guide her.

Give your child opportunities to show that she's emotionally ready to take care of herself before she leaves for school. Let her practice getting herself up and ready for school or work, doing her own laundry, making her own breakfast and lunch, and other tasks without constant reminders from mom and dad.

Teens are faced with some very difficult decisions in high school and college. Has your child demonstrated self-control when it comes to drinking, drugs and sex? Is she prepared to make good decisions when faced with tough choices? Teens with a strong sense of self-control are more capable of making good decisions. If your child is still struggling with these issues, it's very important to help your high schooler work on self-control before she gets to college. You can help your teen gain self-control by laying out clear expectations and talking about moods and feelings, so that she has a clearer idea of her own thoughts and feelings about difficult topics.

Unfortunately, there is no single test to determine whether someone is emotionally ready to leave home for college. If you think your child isn't ready for college yet, you can work with her on these skills while she's still at home with you. The good news is that resiliency, self-advocacy, self-care and self-control are all skills that can be taught. Give her opportunities to handle challenges and to ensure that she's ready.

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

# Two Nonstop Flights To Resume

**A**laska Airlines will resume its nonstop service between Southwest Florida International Airport (RSW) in Fort Myers and Los Angeles International Airport (LAX) and Seattle-Tacoma International Airport (SEA) on November 19. Alaska has also increased the frequency of both flights and will operate daily to LAX and SEA.

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

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

# Help Children In Foster Care This Summer



submitted by Jessica Stanfield

**A**cross Florida, thousands of children enter the state's child welfare system each year. The hope is it's just a temporary placement and children will

eventually be reunited at home with their biological parents. Unfortunately, a permanent solution is often needed.

In either case, these children are going through a difficult period and need our help. They may have been separated from their mom, dad and siblings, as well as friends and neighbors. They may be worried about the next steps in their lives, like where they'll live or whether their brothers and sisters are OK.

Below are three ways you can help children in foster care and youth in the child welfare system this summer:

**Become a Volunteer Child Advocate** –The Guardian ad Litem program provides court-certified, volunteer child advocates who serve as the voice for children as they navigate the judicial, education and child welfare systems. Essentially, these advocates make unbiased recommendations based on what's best for a child.

Volunteer child advocates include individuals who are quite familiar with the legal system, including attorneys, paralegals, retired judges and clerks. Others include retirees, educators, business owners and stay-at-home parents. All volunteers share one skill – they are compassionate. Guardian ad Litem provides a comprehensive training program, so anyone with heart for the job and a passion for advocating in the best interest of children can apply.

New volunteer child advocates must undergo a background check and commit to visiting a child once per month and monitoring his or her case. Guardian ad Litem provides biographical information on children currently in need of support, allowing volunteer child advocates to select one or more children based on age, location and other factors. No prior counseling,

parenting or legal experience is necessary.

Prospective volunteer child advocates can submit an inquiry online at [www.guardianadlitem.org/become-gal/gal-volunteer-application](http://www.guardianadlitem.org/become-gal/gal-volunteer-application).

**Become a Political Ally** – Florida lawmakers regularly address the state's child welfare system and often introduce new legislation that would impact children across the state.

Not everyone has connections in Tallahassee or time to lobby lawmakers, but writing a letter to your local state representative or senator is critical in helping formulate policy. In fact, lawmakers welcome input from constituents and taxpayers. Contact information is posted at [www.myfloridahouse.gov](http://www.myfloridahouse.gov) and [www.flsenate.gov](http://www.flsenate.gov).

**Become an Organizational Supporter** – The Guardian ad Litem Foundation, 20th Judicial Circuit, supports the Guardian ad Litem program across Southwest Florida. The foundation helps recruit, train and support volunteer child advocates, and also raises money to help meet a child's basic and developmental needs. The foundation's children's needs program provides funding for normalcy items and experiences like birthday parties, tutoring, summer camp programs, movie tickets, beds and registration fees for clubs and sports.

Donations are accepted online through a secure portal at [www.voicesforkids.org/ways-to-give](http://www.voicesforkids.org/ways-to-give). In addition to one-time monetary donations, the foundation also helps supporters with planned giving, wills and life insurance policies.

Youth in the child welfare system are vulnerable, and they need our help as individuals and as a community to thrive during challenging times. Your support can change the stories of countless children in Southwest Florida.

Guardian ad Litem, 20th Judicial Circuit, is offering virtual orientation sessions for prospective volunteer child advocates. Informational sessions cover basic requirements and responsibilities for volunteers.

Sessions are being held Wednesday, July 14 from noon to 1 p.m. and Wednesday, August 11 from noon to 1 p.m. To register, call 533-1420 or visit [www.guardianadlitem.org/become-gal/gal-volunteer-application](http://www.guardianadlitem.org/become-gal/gal-volunteer-application).

*Jessica Stanfield is the executive director of the Guardian ad Litem Foundation, 20th Judicial Circuit. For more information, visit [www.voicesforkids.org](http://www.voicesforkids.org) or call 533-1435.\**

# Graduates And Honoree At University

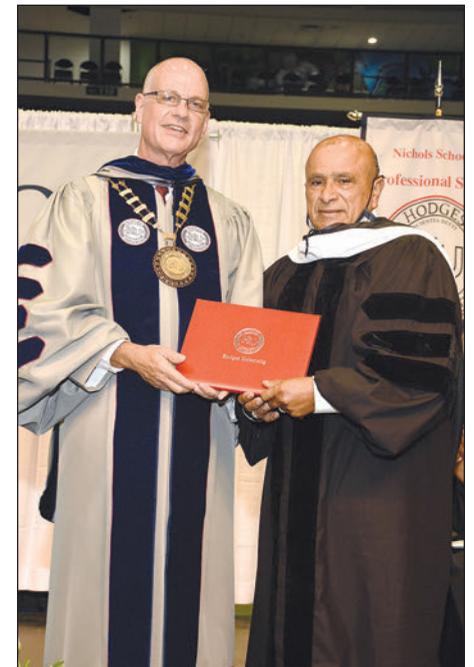
**H**odges University held its 31st and 32nd Commencement Ceremony at Hertz Arena, honoring the Classes of 2020 and 2021. There were 729 graduates with 265 graduating with honors. Additionally, there were 105 veteran graduates. In all, students represented 39 countries.

"It was a meaningful ceremony with all four of our speakers talking about leadership, public service and overcoming obstacles," said Dr. John Meyer, president of Hodges University.

During the ceremony, Reverend Israel Suarez was awarded an honorary doctorate of humane letters.

"Dr. Suarez is an example of the overall message during the ceremony," said Dr. Meyer. "He has demonstrated exceptional dedication to serving others and making our community a better place."

Dr. Suarez founded National Association Charities in Fort Myers 42 years ago. It's an organization that



**Dr. John Meyer and Dr. Israel Suarez** photo provided

focuses on at-risk youth and helps them improve self-esteem and academics, while also learning life skills while avoiding drugs and crime.\*



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## Will A Religious Clause Regarding Trust Disputes Hold Up In Court?



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

Courts of law normally handle disputes between citizens. Our American court system has evolved over the years to have its own method of procedures, evidence and tribunals. But what happens when a trust mandates that disputes are to be handled not by a secular state court but instead by a religious court? Is that legal? Moreover, what happens when complex tax laws become an issue? Can the IRS declare the imposition of a religious court as something contrary to rights under state law, causing adverse tax consequences?

These issues were recently decided in the *Mikel v. Commissioner*.

Israel and Erna Mikel made large gifts to an irrevocable trust totaling \$3.62 million. The Mikels took advantage of something known as a “Crummey” withdrawal right, meaning that when a contribution is made to the trust, to the extent that a beneficiary has a limited window to withdraw his or her interest, then all or some part of the contribution to the trust is considered gift tax free.

The Mikels had an unusually large number of family members as beneficiaries – 60, in fact. Under the then current gift tax laws, \$1.4 million could be contributed annually gift tax free to the trust using these Crummey powers. The trust was therefore able to accumulate many millions of dollars gift tax free.

Under the terms of the trust, which were consistent with the federal tax law, each of the 60 beneficiaries had a limited period of time to withdraw their share of any contribution to the trust, subject to a cap based on the federal gift tax exclusion amount (then \$12,000 per donee) at the time of the gift. The trust required the trustee to give notice to each beneficiary when any contribution was received by the trust, and the trustee gave these notices in a timely manner.

Instead of ending there, however, according to the terms of the trust, any dispute

that arose between the beneficiaries was to be arbitrated by a “Bet Din” before commencing a lawsuit. A Bet Din is a panel consisting of three men of Orthodox Jewish faith. Under the terms of the trust, the panel was directed to enforce the rights that the parties had under New York law, but the Halachah (Rabbinic Jewish law) was the primary gateway to the beneficiaries’ rights.

These provisions read, in part, “It is the Grantor’s express intent that certain provisions of this Trust instrument be interpreted in accordance with Orthodox Jewish Law, or a “Halachah” including (that) by an Orthodox Jewish Bet Din convened by (Rabbinic Organization)... The Bet Din shall determine and resolve any issue arising as to the interpretation... or the application of Halacha... Grantor expressly directs and authorizes the Trustee to consult with the Bet Din concerning the resolution of such matters...”

The IRS took issue with whether the withdrawal rights were valid under the gift tax rules, arguing that the mandatory use of a Jewish court constrained a beneficiary’s ability to compel the trustee to make a distribution. It is important to know that under the federal tax law, the right of a beneficiary to withdraw his or her share of a contribution to the trust under the limited time window must be absolute and not subject to any contingency. The IRS argued that this Bet Din requirement imposed a gatekeeper that could impinge the beneficiaries’ rights of withdrawal.

Not only that, but the Mikel trust also contained an in terrorem clause (no challenge) that would result in a contesting beneficiary forfeiting his or her beneficial interests in the trust. The IRS argued that this provision undermined a beneficiary’s ability to challenge the trustee’s direction as to distributions. If the IRS won their arguments, then none of the contributions to the trust would have been free of gift tax.

As a side note – in terrorem clauses are unenforceable under Florida law. But this was a New York based trust.

The tax court rejected the IRS arguments, holding in favor of the taxpayers, accepting the Bet Din as not inhibiting the beneficiaries’ rights. The court held that the Bet Din was there to interpret state law, and provided a means to resolve disputes outside of the court system. Just because the resolution mechanism was not secular did not invalidate it.

I found this case interesting, and look forward to reading the outcomes of similar cases as they arise.

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## Florida Python Challenge Award

The Florida Fish and Wildlife Conservation Commission (FWC), South Florida Water Management District and the Fish & Wildlife Foundation of Florida recently announced a new \$10,000 Ultimate Grand Prize exclusive to the 2021 Florida Python Challenge, thanks to sponsor Virtual Business Services. The award will be presented to the participant who removes the most pythons as part of the competition.

The 2021 Florida Python Challenge kicks off at 8 a.m. on Friday, July 9 and ends Sunday, July 18 at 5 p.m.

“This is a monumental contribution to the cause of removing Burmese pythons from the Everglades ecosystem. We are grateful to Virtual Business Services for their generous donation and hope this sparks more interest in this important effort. Working under the leadership of Gov. Ron DeSantis, we will continue to work with our partners to protect our natural resources from the threat of invasive species,” said FWC Chairman Rodney Barreto.

“I want to thank the public and all of our corporate sponsors for making this challenge possible. The South Florida Water Management District, the FWC and our partners in this great endeavor are teaming up to take the fight to the pythons, and we won’t stop until these invasive snakes are eliminated and the Everglades are protected,” said SFWMD Governing Board Member “Alligator Ron” Bergeron.

“Virtual Business Services is proud to partner with the Florida Python

challenge. With the fragile ecosystem in our great state of Florida, we are excited to help eradicate the python issue to preserve our native species,” said Virtual Business Services Chief Executive Officer Frank VanDeBoe.

“We are thankful for Frank’s commitment to combatting invasive Burmese pythons in the iconic and fragile Everglades. We can’t wait to see how many pythons the challenge is able to remove. We wish all the hunters the best of luck,” said President and CEO of the Fish & Wildlife Foundation of Florida Andrew Walker.

Participants who do not win the Ultimate Grand Prize can still win thousands of dollars for the most pythons in the “Professional” or “Novice” categories. There are also awards for the longest snakes in both categories. Active-duty military personnel and veterans who register for the competition will be eligible for additional prizes.

The goal of the Florida Python Challenge is to increase awareness about invasive species and the threats they pose to Florida’s ecology. The annual competition encourages people to get directly involved in Everglades conservation through invasive species removal.

Registration for the challenge is now open, and people can sign up to participate until the last day of the event. There is a \$25 registration fee and participants must complete free online training.

Visit [www.flpythonchallenge.org](http://www.flpythonchallenge.org) to register for the competition, take the online 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.

The Fish & Wildlife Foundation of Florida is a nonprofit organization dedicated to supporting the FWC and other public and private partners to conserve Florida’s native animals and plants, and the lands and waters they need to survive. Since its founding in 1994, the Foundation has raised and donated \$50 million to conservation and outdoor recreation and education. For more information, visit [www.wildlifeffl.org](http://www.wildlifeffl.org).

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. Since 2000, more than 13,000 Burmese pythons have been removed from the state of Florida. For more information on Burmese pythons, visit [www.myfwc.com/python](http://www.myfwc.com/python).✳

From page 1

## Love That Dress

selection of gently loved and brand new fashion pieces.”

The shopping extravaganza will kick off on Thursday, August 19 with the Love That Dress! VIP event from 6 to 9 p.m. VIP shoppers will have a suite and be the first to shop with exclusive access to private dressing areas, express checkout, and complimentary beverages, hors d’oeuvres and desserts.

General admission runs Friday, August 20 through Saturday, August 21 and guests can schedule a one-hour time slot for up to 15 guests. Shoppers

can register online to shop a wide selection of dresses, shoes, handbags and accessories. General admission time slots are available from 9 a.m. to 7 p.m.

“We are so thankful to the Southwest Florida community for generously supporting the 13th annual Love That Dress! event and the Pace Center for Girls of Lee County mission,” said Amy McQuagge, co-chair of the event. “This event helps raise critical funds that directly support strength-based, gender-specific programs that guide Pace girls in finding their voice, achieving their potential and becoming strong, productive and contributing members of society.”

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

General admission tickets are \$30 per person. Sponsorship opportunities are available, including the presenting sponsor at \$10,000, designer sponsor at \$5,000 and VIP suite sponsors at \$1,500.

Embassy Suites by Hilton is located at 10450 Corkscrew Commons Drive in Estero. For more information, visit [www.lovethatdressleecounty.com](http://www.lovethatdressleecounty.com) or call 425-2366.

Volunteers are also needed to sort and tag inventory as well as to support the main event in August. To learn more about volunteer opportunities, contact Jessica Cosden at [jessica.cosden@pacecenter.org](mailto:jessica.cosden@pacecenter.org).✳

## Superior Interiors

## Our Favorite Desk Organization Tools



by Marcia Feeney

Whether you're still settled into your home desk or you've finally made your way back to the office, now is the perfect opportunity to clean and get organized. This

is especially true for those who haven't been to their office desk in some time – it's time to trash the outdated calendar, get rid of irrelevant notes and make your workspace feel put together again.

Reconsider your current setup. If you're looking to enhance your home office, look at your current desk and decide how much it's really helping you get through your workday. You may have settled with something simple and sleek because it's stylish and inexpensive, but what about the storage space? Do you have papers piled sky-high because you have nowhere else to put them? A desk with built-in storage can be an ideal improvement for getting all your items together.

If you're dealing with the desk at your workplace again and it's not in the company budget to buy new furniture, consider the storage solutions and potential organizational features you can simply add to it instead. Filing cabinets that secure directly under the desk can be the perfect addition to your workspace and open your eyes to a world of possibilities in storage. The main idea is to free up some surface space on your desk; reducing physical clutter can clear your mind and make it easier to concentrate on your work tasks.

Don't be afraid to add other functional furniture. Depending on the amount of space you need to work efficiently within your office, you don't only have to rely on your desk for storage space. A bookshelf makes an ideal piece of functional furniture that not only stores books and other important documents but can also add style along the way. You can use the surface space to your advantage while also decorating with accessories that can help the office look and feel more personal and put together.

Wall shelving can also come into play in this instance. Freeing up space on your desktop while also adding a decorative element to your workspace can benefit you in many ways. Remember, you're spending a lot of time here, so you should add features that can help you feel most comfortable without distracting you from your work.

Always remember the traditional organizational tools. Ridding your desk of clutter is important, but there are certain classic tools that can play a major role in how organized your workspace remains. Pen holders, file holders, desk trays and cord organizers can come in handy no matter where you're working. Just remember that less is more and keep things simple and don't clutter your desk with organizational tools just because you think they might help you occasionally. Stick to the options that you'll utilize in the months to come.

Getting your workspace back in order can be a daunting job, especially if organization is one of your least favorite tasks. Don't let the idea of returning to your office or rearranging your home workspace overwhelm you. Instead, consider consulting a design professional to lend their expertise to get the job done. Identifying the best organizational concepts that work best for you will ensure that your new setup can be maintained well into the future.

*Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at [marcia@coindeciden.com](mailto:marcia@coindeciden.com). ✨*

## International Recognition

Iron Ridge Insurance Services executive Cyndi Doragh has earned international recognition as an honoree of the 2020 Best of KNOW that celebrates top female leaders in the U.S. and Canada. Doragh and 34 other recipients from across the nation will be recognized at the annual KNOW Women Summit, held October 21 to 23 in Cave Creek, Arizona.



Cyndi Doragh

"I am very honored, humbled and excited by this unexpected recognition," said Doragh. "It's truly a privilege to be chosen to represent Southwest Florida with three other dynamic ladies from our area."

The Best of KNOW Book, presented by Morgan Auto Group, is an annual hardcover international KNOW Book that recognizes a small group of women from each local city's KNOW Book. The women selected for this feature have not only achieved high levels of professional success, but also serve as inspiring leaders and mentors, and are actively creating a legacy by passing on their vision to women of the future.

Doragh is well known across Southwest Florida for her civic involvement, including her 28 years as a Rotarian, including a year representing district 6960 (Southwest Florida) as Rotary International district governor. She is a past president of the Fort Myers Redevelopment Agency and proudly served as chair for the Lee County Economic Development Horizon Council. At Iron Ridge Insurance Services, Doragh provides knowledgeable, innovative and ethical insurance coverage to commercial clients with a focus on attorneys, legal practices and community associations.

"Attaining the Best of KNOW honor is a lifetime achievement for a select group of dynamic female leaders and entrepreneurs from across the U.S. and Canada," said Sarah Benken, CEO/publisher of KNOW Women. "These honorees have shown remarkable business growth, leadership in their communities and mentorship of other women and girls. I could not be prouder to celebrate these phenomenal women leaders."

The Best of KNOW honor is one of many for Doragh. She was also the 2016 recipient of the Greater Fort Myers Chamber of Commerce/Women in Business APEX Award, and was Florida's first recipient of the international ATHENA Award for women in business.

"Our agency was excited when we heard Cyndi was honored with this award, but not surprised," added Norman Lutz, CEO at Iron Ridge. "Cyndi demonstrates her commitment to her clients and to the entire community every single day." ✨

## Entrepreneur Seminar For Women

Dress for Success SW Florida will host its Entrepreneurial Spirit Program (E\$P) virtually on Saturday, July 17 from 9 a.m. to noon. Businesswomen in the region will share their time and wisdom with budding female entrepreneurs in this interactive online program.

"E\$P is one of our most well-attended programs for women and, since the start of the pandemic, the demand for entrepreneurial learning has been high," said Nickole Hendra, executive director of Dress for Success SW Florida. "We are thankful to have these dynamic ladies in business lead our program and give so graciously of their time and talent."

Women looking to start their own businesses can learn from the E\$P panelists, who will cover pertinent topics that will set them up for entrepreneurial success.

The speakers and topics are as follows: Business accounting presented by

Angela Cooley, partner at Markham Norton Mosteller Wright & Company, PA;

Understanding the importance of legal formalities, entity formation, copyright, trademarks and personal liability presented by Christina Harris Schwinn, partner at Pavese Law Firm;

Small business loans and financing presented by Barbara Melvin, vice president community relations officer at First Florida Integrity Bank; and

Branding and marketing presented by Connie Ramos-Williams, president and chief marketing officer of CONRIC PR & Marketing.

The event is sponsored by Pavese Law Firm and CONRIC PR & Marketing. Online registration is required with a suggested donation of \$25 benefitting Dress for Success of SW Florida.

A Zoom link will be sent upon registration and an E\$P certificate will be emailed after course completion.

To register for the seminar or for more information, visit [www.swflorida.dressforsuccess.org](http://www.swflorida.dressforsuccess.org). ✨

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# Frankly Speaking

by Howard Prager



I played sousaphone in the marching band. Can I get Pain Away as my college sponsor? I can even put their name on the bell of my horn for some great visibility at football and basketball

games. Wait, what if the band already has a medical sponsor for aches and pains? And then, what about my fellow piccolo player... how can they get a sponsor when they don't have a large bell to show off a sign? It's all so confusing.

Welcome to the world of college athletes for pay (and I don't think that extends to marching bands). Some athletes have already struck deals for messages and their images, others are trying to figure out what they can do. John Keilman of the *Chicago Tribune* spoke to Dustin Maguire, a former college athlete who is a lawyer whose specialty is college endorsements. When asked if he thought football and basketball players would benefit the most, he replied: "All sports. Already an article is out saying 10 of the top 20 projected highest earners were not football or men's basketball players." When asked if he has any idea how much money athletes can expect, the answer is a clear

no, that's yet to be determined. As far as separate deals for shoes and clothing, Maguire shared that restrictions do apply for conflicting contracts and said, "Lots of interpretation is needed." He believes that "in five years and hopefully sooner, athletes will have group licensing opportunities for video games, jerseys, trading cards and other activities."

Clearly this will be a developing story we will follow for quite a while.

Can Lightning strike twice? It looks like it. Montreal won an elimination Game 4 in overtime Monday night, keeping their hopes barely alive in the Stanley Cup. Should they miraculously sweep the rest of the games, that would be the greatest comeback in sport history. Should Tampa Bay close it out, they would deservedly continue to be seen as the sport champion city with back-to-back Stanley Cups, a Super Bowl LV championship in 2020 and an American League pennant and runner-up in the 2020 World Series.

On the court, it's been which superstar is going to be missed less, Yiannis or Tre? Looks like Yiannis, as the Bucks won Game 6 in Atlanta without him and now have a date with the Sun. Yiannis is still doubtful for Game 1. It is Phoenix, who has never won an NBA Finals, versus Milwaukee, which last won in 1971.

The Twins were in Chicago so I thought I'd have a look for myself at the team our Mighty Mussels are aiming to join. The welcome sign is on, they need you. Despite all the injuries on the White Sox, they outplayed the Twins in all three

games and are 15 games over .500. Big. The press from Minneapolis are looking at the rest of the season as a great way to see how prospects play. Look for the Twins to make a big move before the trading deadline. Interesting side note: Josh Donaldson had a little something to say about Sox pitcher Lucas Giolito's spin rate without some added substance. And Giolito was unhappy with that, and Sox fans rode Donaldson the whole series. Centerfielder Nick Gordon looks like a keeper. He made a remarkable catch by taking a home run away when he jumped high on the outfield wall. His wrist unfortunately landed on the wall coming down and the ball fell out, over the wall for a three-run homer. Berrios pitched the best of the Twins starters and made it close in Game 3, but they couldn't hang in there and lost 8-5. Yet Monday night at Target Field, the Twins repaid the favor taking the first game from the White Sox 8-5.

The good news story of the day is from AP News. Gwen Goldman applied to be a bat girl for the New York Yankees 60 years ago when she was 10. Goldman had been rejected by then-Yankees general manager Roy Hamey, who wrote her in a letter on June 23, 1961: "While we agree with you that girls are certainly as capable as boys, and no doubt would be an attractive addition on the playing field, I am sure you can understand that it is a game dominated by men. [A] young lady such as yourself would feel out of place in a dugout." Current Yankees general manager Brian Cashman said he had been forwarded an email written by Goldman's daughter, Abby. In a letter dated June 23, 2021, Cashman wrote, "... it is not too late to reward and recognize the ambition you showed in writing that letter to us as a 10-year-old girl. Some dreams take longer than they should to be realized, but a goal attained should not dim with the passage of time. I have a daughter myself, and it is my sincere hope that every little girl will be given the opportunity to follow her aspirations into the future." Wearing a full Yankees uniform, Goldman threw out a ceremonial first pitch to New York player Tyler Wade, then stood alongside manager Aaron Boone for the national anthem.

"I don't know where to start, of which was the best, what did I enjoy the most?" Goldman said during a news conference in the fourth inning. "The whole piece, from walking in the front door of the

stadium at Gate 2, to coming up to a locker with my name on it that said 'Gwen Goldman' and suiting up, then walking out onto the field. It took my breath away. It was a thrill of a lifetime - times a million. And I actually got to be out in the dugout too. I threw out a ball. I met the players. Yeah, it goes on and on. They had set up a day for me; that is something that I never would have expected."

New York extended the invitation as part of the Yankees' annual HOPE week, which stands for Helping Others Persevere & Excel. Sounds like something we should all be a part of. It's never too late to live your childhood dream.

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

## Keeping Private Information Out Of Court Records

Lee County Clerk Linda Doggett is asking the public to avoid putting their confidential information in civil court records. Starting July 1, the Florida Supreme Court is making filers responsible for ensuring their information is kept confidential in circuit civil, county civil and small claims court documents.

Attorneys and those representing themselves in court will need to file Notices of Confidential Information when filing documents with social security numbers, bank account numbers and other non-public information. This rule change will not affect family cases, such as divorces, child support and domestic violence cases.

While the clerk's staff can answer procedural questions, the office is prohibited from offering legal advice. If customers who are not represented by an attorney have legal questions, they can visit [www.leeclerk.org/appointment](http://www.leeclerk.org/appointment) to schedule a free appointment with legal aid at the Lee County Justice Center in Fort Myers.

For more information, visit [www.leeclerk.org](http://www.leeclerk.org) or call 533-5000.✪

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## SPORTS QUIZ

1. Baseball Hall of Fame pitcher Walter Johnson holds the Major League Baseball all-time record for shutouts with how many?
2. What British golfer won the Open Championship in 1934, '37 and '48? (Hint: The European Tour's Rookie of the Year award is named after him.)
3. In 1989, the New York Knicks hired what 33-year-old to be their head coach?
4. What college football bowl game was first played at Yankee Stadium in 2010?
5. What Pro Football Hall of Fame kicker holds the NFL record for regular-season games played with 382 from 1982-2007?
6. Name the rookie NHL goaltender who started every regular-season game for the Detroit Red Wings in 1964-65?
7. Businesswoman Gail Miller was owner of what NBA franchise from 2009-20?

## ANSWERS

1. 110. 2. Sir Henry Cotton. 3. Stu Jackson. 4. The New Era Pinstripe Bowl. 5. Morten Andersen. 6. Roger Crozier. 7. The Utah Jazz.

## Doctor and Dietician

## Heart Palpitations May Not Be What You Think



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

**H**ead palpitations are a sense of a pounding, fluttering, or rapidly beating heart. Most traditional medicine providers explain the cause as related to stress, exercise, medications, or underlying medical conditions. Patients report a feeling of their heart fluttering rapidly or skipping beats, beating very fast, a flip-flop feeling, or even a pounding feeling in the neck, throat, or chest, and they occur at rest or during activity. In some cases, these may be related to more serious problems and may lead to chest pain, shortness of breath, fainting and dizziness.

Some home remedies to consider include the following: quit smoking if you smoke; drink plenty of fluids and maintain good hydration status; get plenty of high-quality sleep at night; exercise regularly; eat at regular intervals to avoid dramatic swings in blood sugar levels; practice relaxation techniques such as meditation, prayer, yoga, breathing exercises, or other methods that help stress reduction; and avoid excessive caffeine and alcohol.

What can also happen is that heart palpitations come on out of the blue. None of the above factors is an issue, thus people seek care from health care professionals, often cardiologists, which is a good thing. If heart disease is ruled out, then the person is still left baffled. One possible explanation as to why seemingly

healthy individuals, having been checked out by a cardiologist, have cardiovascular-type symptoms with no clear explanation is related to issues of instability of the boney structures of the neck.

The vagus nerve is responsible for slowing the heart rate or bringing the heart rate down after an event that caused it to rise such as exercise or doing something strenuous, fear, anxiety, panic, or fright. Sometimes the vagus nerve does not get this message. Why? Because something is blocking or interfering with the message. This may occur due to cervical instability and vagus nerve compression.

The sensory nerves that tell the brain what is going on, moment to moment, regarding heart rate and blood pressure are carried by the vagus nerve and the glossopharyngeal nerve. If the messages that these sensory nerves need to deliver to the brain are blocked or impaired, the symptoms described above can develop. How?

The person's cervical bones are moving too much, thus these nerves can get compressed and stretched, and some of the nerve impulses are blocked, producing symptoms such as heart palpitations. The symptoms may come and go because the issue is positional, meaning it occurs when the person moves their head in a certain direction causing the blockage/pinching to occur.

You may be wondering how neck structures become loose. Well, hold the phone! We mean, drop the phone. We find that "the facedown lifestyle" of constantly looking at some kind of device is the main culprit. We cannot encourage you enough to put the phone away – for many reasons – but the health of your neck depends on it. If these issues do not resolve, strengthening the neck with specific exercises and working on proper posture can help correct the problem. If the neck is too far gone, then regenerative medicine treatments to strengthen the looseness may be in order.

*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.\**

## Blood Donations Needed

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

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

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

maintain inventory levels.

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

Upcoming blood drives include:

Saturday, July 10, 10 a.m. to 2 p.m. – Spectra Apartments, 5500 Spectra Circle, Fort Myers

Tuesday, July 13, 9 to 11 a.m. – R&L Global Logistics 16520 South Tamiami Trail, Unit 180, Fort Myers

Wednesday, July 14, 1 to 6 p.m. – Interfaith Charities of South Lee, 17592 Rockefeller Circle, Fort Myers

## dearPharmacist

## Natural Treatment Options For Anxiety



by Suzy  
Cohen, RPH

**D**ear Readers: It's summer and people that I know are still battling some type of anxiety, whether it's from travel stress, flying, the idea of the delta strain, or

something stressful going on with your family.

Whatever it is, there are some natural ways to conquer anxiety and boost mood.

First off, do not feel alone, millions of people are anxious over something. I'll tell you one of my issues, it's driving on big highways with other cars, and I assume that when they fly past me, they are texting. In fact, I assume pretty much everyone is distracted except for me and so I usually GPS the slower roads. I have been this way for years, and there's no amount of lavender that helps me. But for other anxieties, there is help and today's article will lend insight into some natural remedies.

Here are some symptoms of anxiety, which you may relate to, depending on the day and the severity of your condition: Sweaty palms, rapid heartbeat, a feeling of impending doom, trembling or shaking, dry mouth, GI symptoms, and inability to think of anything else other than the perceived danger at hand. Some people also experience insomnia. Furthermore, hypertension, gastric ulcers and depression are also associated with prolonged anxiety. Finding the root cause, or the root person that causes your anxiety is key to getting well.

For some simple anxiety-producing situations, you can look into the following nutrients, but if your conditions is serious, you must see a qualified specialist.

Vitamin B1 – Thiamine or B1 helps you produce and release serotonin and norepinephrine which reduce mental fatigue and improve physical energy. If

you like to drink wine, you are sure to be deficient in this nutrient.

Vitamin B2 – Riboflavin or B2 helps your adrenal glands which secrete DHEA and cortisol, and these hormones must remain in proper homeostasis in order for you to cope.

Probiotics – The friendly gut bugs help you activate thyroid hormone, which has been proven in some studies to work even better than traditional antidepressants in some people. We know that a reduction in probiotics can indirectly cause profound anxiety and depression.

Zinc – This mineral has a very calming effect on the body, perhaps it helps with the COMT gene that some people have, and it is relaxing to most people.

Exercise – Few things work better than a run, or a trip to the gym. Physical activity is known to raise dopamine immediately.

Herbs – There are many herbs that can help you if you like herbal teas, or herbal supplements. Among the best are chamomile, lavender, lemon balm, ashwagandha, catnip and valerian.

Conventional medical wisdom has programmed us to believe that sedatives, and addictive medications are the answer to anxiety, but that's not necessary for everyone. If you'd like to read the more comprehensive version of this article, sign up for my free newsletter at [www.suzycohen.com](http://www.suzycohen.com)

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

## Church Concert Set For July 25

**P**eace Lutheran Church will host its 14th annual Last Sunday In July Concert featuring Lee Van Asten and Ric Jaeggi with the Year Rounders as well as special guest artist Bonnie Lancaster on Sunday, July 25 at 2 p.m.

A free-will offering will be accepted, and a wine and cheese reception will follow.

Peace Lutheran Church is located at 15840 McGregor Boulevard in Fort Myers. For more information, call 437-2599 or visit [www.peaceftmyers.com](http://www.peaceftmyers.com).\*

academic year. With the motto, "Together We Serve," Alpha Eta promotes and recognizes significant scholarship, leadership and contributions to the allied health professions.\*

## Locals Named To Dean's List

**F**our Southwest Florida natives were named to the dean's list for the spring 2021 semester at the University of Tampa.

Chiane Reusser of Fort Myers and Peter Eger, Mia Ecklund and Jaclyn Bono of Cape Coral were among the students that maintained a grade-point average of 3.75 or higher to be eligible for the honor.\*

Wednesday, July 14, 10 a.m. to 3 p.m. – Mercedes-Benz and BMW of Fort Myers, 15461 South Tamiami Trail, Fort Myers

Friday, July 16, 8 a.m. to 4:30 p.m. – HealthPark Medical Center, 9981 HealthPark Drive, Fort Myers

For more information, visit [www.leehealth.org/our-services/blood-centers](http://www.leehealth.org/our-services/blood-centers).\*

## Honor Society Inductee

**K**hoi Nguyen of Cape Coral has been inducted into New York Tech's School of Health Professions Alpha Eta Society, the national scholastic honor society for allied health students, for the 2020-21

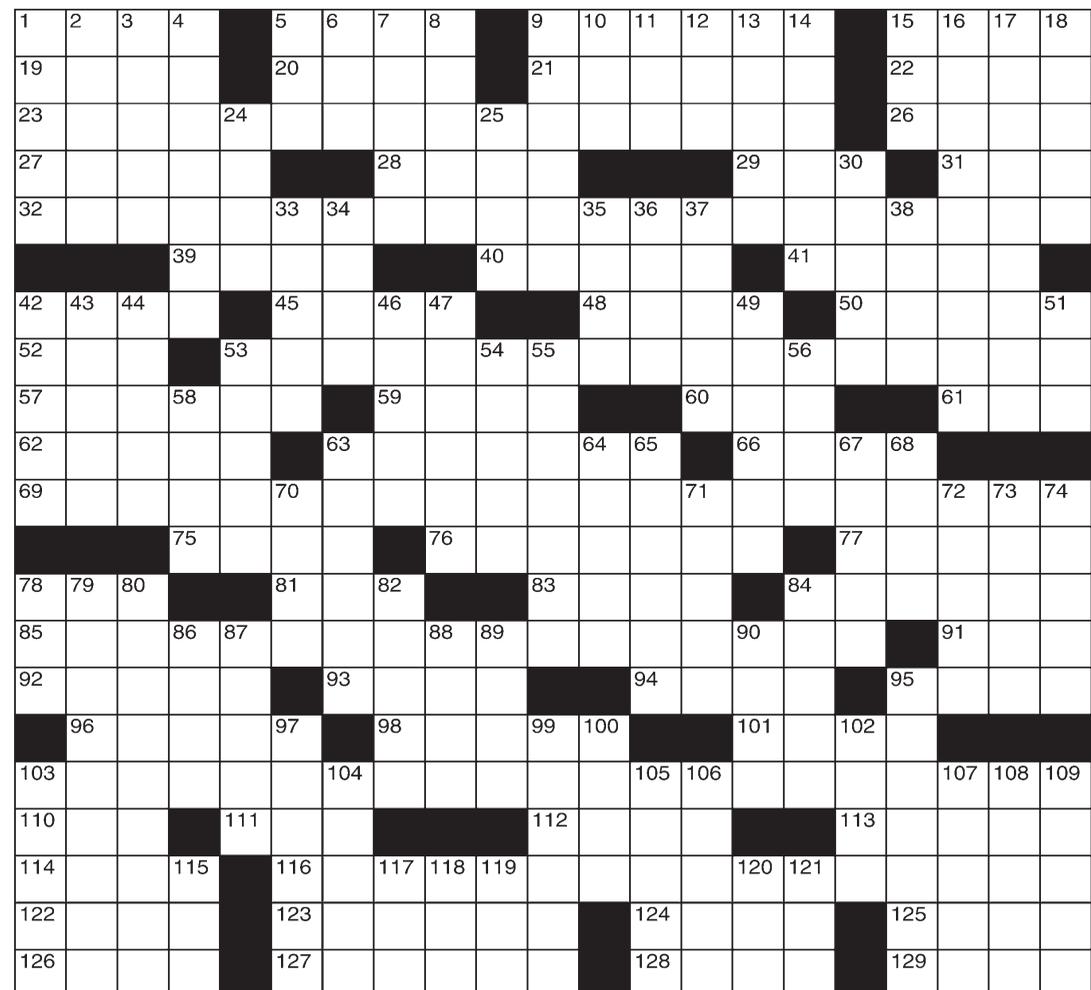


# PUZZLES

Answers on page 23

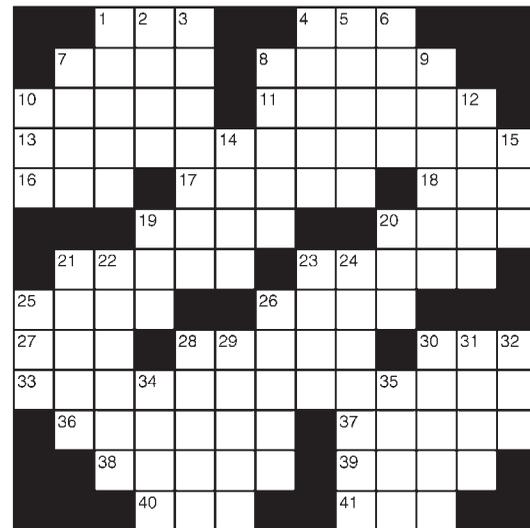
## Super Crossword THREE OF A...

- ACROSS**
- 1 Livestream annoyances
  - 5 Mark for omission
  - 9 Tennis star Seles
  - 15 Feudal drudge
  - 19 Like — out of hell
  - 20 Special periods
  - 21 Tesla vehicle
  - 22 Court claim
  - 23 THREE OF A KIND
  - 26 Himalayan hoax subject
  - 27 — Lodge (motel chain)
  - 28 British title
  - 29 Yoko who appeared in "Let It Be"
  - 31 Op. — (footnote abbr.)
  - 32 THREE OF A FIND
  - 39 — awkward position
  - 40 Broadcast
  - 41 Severe spasm
  - 42 Chicken, e.g.
  - 45 Destruction
  - 48 Opposite of always
  - 50 Merits, as an income
  - 52 "Put a sock in it!"
  - 53 THREE OF A HIND
  - 57 Pro at alterations
  - 59 Way out
  - 60 British title
  - 61 Green tract
  - 62 Put lube in
  - 63 Deny, as a statement
  - 66 Blue-skinned race in "Avatar"
  - 69 THREE OF A BIND
  - 75 Wry comic Mort
  - 76 Bitter complainers
  - 77 Troll's cousin
  - 78 Famed coach Parseghian
  - 81 Edmonton's prov.
  - 83 Like boys
  - 84 Certain granola snack
  - 85 THREE OF A WIND
  - 91 Rink star Bobby
  - 92 "Silas Marner" novelist
  - 93 On the cutting edge of art, informally
  - 94 Fluids in blood
  - 95 Car part on a wheel, to Brits
  - 96 Airport town on Long Island's South Shore
  - 98 Bite gently
  - 101 Giddy delight
  - 103 THREE OF A MIND
  - 110 In the past
  - 111 Really strain
  - 112 — -Ball (arcade favorite)
  - 113 Slight ridge on a surface
  - 114 Tiny particle
  - 116 THREE OF A RIND
  - 122 Calf's father
  - 123 More diletantish
  - 124 Cuisine with many curries
  - 125 Under sail
  - 126 Apple discard
  - 127 Jeb the reb
  - 128 Desiccated
  - 129 Gen — (millennials)
  - DOWN**
  - 1 Like skates
  - 2 Crude counters
  - 3 Cats, in Spanish
  - 4 Letter-printing aid
  - 5 "Gloria in Excelsis —" (hymn)
  - 6 Act human, so they say
  - 7 Crust, mantle or core
  - 8 Expository piece
  - 9 Dry red wine
  - 10 Fall mo.
  - 11 In no way
  - 12 Super-cold
  - 13 Dinner chicken
  - 14 "The Human Condition" author Hannah
  - 15 CIA figure
  - 16 Concerned with voting
  - 17 Inclination to keep silent
  - 18 Islam, e.g.
  - 24 Hired tough
  - 25 Structured gps.
  - 30 Orangy shade
  - 33 Knightly virtue
  - 34 Slaughter in an outfield
  - 35 Ian Fleming novel
  - 36 Forecaster
  - 37 Water pitchers
  - 38 Part of UAE
  - 42 Aperture setting for a shutterbug
  - 43 Atheist
  - 44 During which
  - 46 Geyser stuff
  - 47 More alluring
  - 49 Signs again, as a contract
  - 51 Jamaican pop genre
  - 53 Orators' platforms
  - 54 Lisa of "Melrose Place"
  - 55 "The hour has arrived"
  - 56 Asia's shrunken — Sea
  - 58 Kinds of bulbs, in brief
  - 63 Big name in polls
  - 64 "Sounds like —!" ("Let's do it!")
  - 65 Gives up
  - 67 Human herbivore
  - 68 "— it rich?"
  - 70 Converse
  - 71 Minoan land
  - 72 N'awlins sub
  - 73 Celebrity astrologer
  - 74 — Haute (Indiana city)
  - 78 Master pilot
  - 79 Eliminating as a possibility
  - 80 Plato's pupil
  - 82 Rodeo ride
  - 84 Dental care brand
  - 86 Mouselike critter
  - 87 Half-cocked
  - 88 Broadcast
  - 89 Hale- — (comet)
  - 90 Strong desire
  - 95 Afternoon service salver
  - 97 Public squares
  - 99 Contend
  - 100 Young 'un
  - 102 Irish Gaelic
  - 103 Bard's feet
  - 104 Really strain
  - 105 Boston hoopsters
  - 106 Actress Anne
  - 107 Angelou's "And Still —"
  - 108 S.F. NFLer
  - 109 Epic stories
  - 115 Hardwood tree
  - 117 VW lead-in
  - 118 Carrere of "Rising Sun"
  - 119 — capita
  - 120 Sculling item
  - 121 Contend



## King Crossword

- ACROSS**
- 1 Choose
  - 4 Scale amts.
  - 7 Diving duck
  - 8 Diner workers
  - 10 Dijon darling
  - 11 Removes, as a brooch
  - 13 Winter Olympics event
  - 16 " — Clear Day"
  - 17 Bolivian city
  - 18 "Ulalume" writer
  - 19 Favorites
  - 20 Roman emperor
  - 21 Driverswith handles
  - 23 Battery part
  - 25 Persia, today
  - 26 "What's — for me?"
  - 27 Lincoln or Ford
  - 28 Accord maker
  - 30 Baseball execs
  - 33 2016 Best Picture nominee
  - 36 Net defender in hockey
  - 37 Separated
  - 38 Island near Java
  - 39 Apple variety
  - 40 Tax form ID
  - 41 Reply (Abbr.)
  - 9 Took potshots
  - 10 Corp. money manager
  - 12 Napper's racket
  - 14 Comestibles
  - 15 Earth (Pref.)
  - 19 Calligrapher's instrument
  - 20 Word of denial
  - 21 007 portrayer Daniel
  - 22 Legendary French actress
  - 23 "The King —"
  - 24 Falls on
  - 25 German pronoun
  - 26 Draw a conclusion
  - 28 Big wheels at sea
  - 29 Leek's kin
  - 30 Metric measures
  - 31 Simple
  - 32 Retired jet
  - 34 Lectern locale
  - 35 "Once — a time ..."
- DOWN**
- 1 Alpha's opposite
  - 2 Lima's land
  - 3 Performer with a baton
  - 4 Candymaker Willy
  - 5 November birthstone
  - 6 Revue segment
  - 7 Tibia's place
  - 8 Points



## MAGIC MAZE ● WORDS WITH THREE R'S

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

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

- |           |            |          |         |
|-----------|------------|----------|---------|
| Arbitrary | Elderberry | Mirror   | Terrier |
| Carrier   | Harrier    | Narrator | Terror  |
| Corridor  | Horror     | Reorder  | Warrior |
| Derringer | Ironworker | Report   |         |



Cantina-Style Tomato Salsa

photo courtesy Fresh From Florida



**Cantina-Style Tomato Salsa**

- 3-4 large tomatoes, large dice
- 1 large sweet pepper, large dice
- 1 chili pepper, large dice, seeds removed (jalapeno or serrano)
- 1/2 poblano pepper, large dice, seeds removed
- 1/2 cup white onion, large dice
- 1 cup red onion, large dice
- 2 tablespoons olive oil
- 2-3 garlic cloves
- 1/4 cup fresh cilantro, finely chopped (optional)
- 1 tablespoon taco seasoning (your favorite)
- 1/2 tablespoon sugar

2 limes, juiced  
 Couple dashes hot sauce (optional)  
 Sea salt and fresh ground pepper, to taste  
 Preheat broiler to high (500 degrees).  
 Combine tomatoes, all peppers, and all onions in a bowl. Add olive oil and taco seasoning and stir to combine. Season with salt and pepper. Pour contents out on a sheet pan and place under the broiler for 10-15 minutes or until vegetables caramelize and char. Remove from heat and let cool completely. Add ingredients to blender or food processor and pulse until desired consistency. Add garlic cloves sugar, lime juice, hot sauce, and cilantro to blender and pulse. Taste and adjust seasoning with salt and pepper.  
 Fresh tip: if you want the salsa to be hot leave some of the seeds in the chili peppers, this is where the heat lives!✪✪

**PETS OF THE WEEK**



Darlene ID# A872981 photos provided

Lee County Domestic Animal Services

**Darlene And Monica**

Hi, my name is Darlene. I'm a white 10-year-old female labrador retriever mix. My face may be white, but my heart is pure gold. I have lots of love left to give to the right family. I am just waiting for them to come to Animal Services and adopt me. I will truly show you there is no shame in growing old, and senior pets are the best! My adoption fee is \$10.

Hi, my name is Monica. I'm a brown tabby 1-year-old female domestic shorthair. I'm the perfect age if you are undecided about whether you would



Monica ID# A872499

like a kitten or an adult cat. I'm fully grown, but I still have the playfulness of a kitten. I love to roll on my back to play with my cat toys. My favorite is anything that bounces. And, if cuddling is your thing, I'm definitely up for the task. My adoption fee is \$20, and you can adopt a feline friend for me at no additional charge.

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

**My Stars ★★★★★**

**FOR WEEK OF JULY 5, 2021**

**Aries** (March 21 to April 19) You clever Ewes and Rams love nothing more than to rise to a challenge. So, by all means, if you feel sure about your facts, step right up and defend your side of the issue.

**Taurus** (April 20 to May 20) You've done some great work recently. Now it's time to reward yourself with something wonderful, perhaps a day at a spa or a night out with someone very special.

**Gemini** (May 21 to June 20) You love to talk, but don't forget to make time to do a little more listening; otherwise, you could miss out on an important message someone might be trying to send to you.

**Cancer** (June 21 to July 22) Your aspect indicates some uncertainty about one of your goals. Use this period of shifting attitudes to reassess what you really want and what you're ready to do to get it.

**Leo** (July 23 to August 22) Your social life is picking up, and you'll soon be mingling with old friends and making new ones. But 'twixt the fun times, stay on top of changing workplace conditions.

**Virgo** (August 23 September 22) A

trusted friend offers understanding as you vent some long-pent-up feelings. Now, move on from there and start making the changes you've put off all this time.

**Libra** (September 23 to October 22) You might well feel uneasy as you face a difficult situation involving someone close to you. But you know you're doing the right thing, so stick with your decision.

**Scorpio** (October 23 to November 21) You're a good friend to others. Now's the time to allow them to be good friends to you. Rely on their trusted advice to help you get through an uncertain period.

**Sagittarius** (November 22 to December 21) Family and friends are always important, but especially so at this time. Despite your hectic workplace schedule, make a real effort to include them in your life.

**Capricorn** (December 22 to January 19) That project you've been working on is almost ready for presentation. But you still need some information from a colleague before you can consider it done.

**Aquarius** (January 20 to February 18) Don't let those negative attitudes that have sprung up around you drain your energies. Shrug them off, and move ahead with the confidence that you can

get the job done.

**Pisces** (February 19 to March 20) Aspects favor some dedicated fun time for the hardworking Piscean. A nice, refreshing plunge into the social swim can recharge your physical and emotional batteries.

**Born This Week:** You love to travel and be with people. You probably would be happy as a social director on a cruise ship.

**MOMENTS IN TIME**

- On July 16, 1863, the draft riots enter their fourth day in New York City in response to the Enrollment Act. Although avoiding military service became much more difficult, wealthier citizens could still pay a \$300 fee to stay home.

- On July 14, 1881, Sheriff Pat Garrett kills Henry McCarty, known as Billy the Kid. Garrett had been tracking the Kid for three months after the gunslinger escaped from prison only days before his scheduled execution. At the trial, the judge had sentenced Billy the Kid to hang until "you are dead, dead, dead." Billy reportedly responded, "And you can go to hell, hell, hell."

- On July 15, 1903, the newly formed Ford Motor Company takes its

first order, an \$850 two-cylinder Model A automobile with a backseat. The car, produced at Ford's plant in Detroit, was delivered a week later.

- On July 13, 1930, France defeats Mexico 4-1 and the U.S. blanks Belgium 3-0 in the first-ever World Cup football matches, played in Montevideo, Uruguay. The World Cup has since become the world's most-watched sporting event.

- On July 18, 1940, Franklin Roosevelt, who first took office in 1933 as America's 32nd president, is nominated for an unprecedented third term. He would eventually be elected to a record four terms.

- On July 17, 1955, Disneyland opens on former orange groves in Anaheim, California. Due to counterfeit invitations, thousands showed up and the opening did not go well. Food and drink ran out, and the steamboat nearly capsized from too many passengers.

- On July 12, 1979, disco music died at Chicago's Comiskey Park when a "Disco Demolition" night is held. Organizers grossly underestimated the number of fans who would want to blow up their disco records: a sellout crowd inside the stadium and 40,000 outside

continued on page 22

 <b>FRIDAY</b> Partly Cloudy High: 87 Low: 78	 <b>SATURDAY</b> Mostly Cloudy High: 90 Low: 82	 <b>SUNDAY</b> Cloudy High: 89 Low: 81	 <b>MONDAY</b> Partly Cloudy High: 90 Low: 82	 <b>TUESDAY</b> Partly Cloudy High: 89 Low: 81	 <b>WEDNESDAY</b> Partly Cloudy High: 92 Low: 85	 <b>THURSDAY</b> Partly Cloudy High: 91 Low: 83
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**Redfish Pass Tides**

Day	High	Low	High	Low
Fri	12:31 pm	8:30 pm	None	None
Sat	1:11 pm	9:06 pm	None	None
Sun	4:55 am	6:38 am	1:53 pm	9:41 pm
Mon	5:10 am	7:34 am	2:37 pm	10:17 pm
Tue	5:29 am	8:37 am	3:25 pm	10:53 pm
Wed	5:52 am	9:46 am	4:18 pm	11:30 pm
Thu	6:20 am	11:03 am	5:21 pm	None

**Point Ybel Tides**

Day	High	Low	High	Low
Fri	11:36 am	8:32 pm	None	None
Sat	12:16 pm	9:08 pm	None	None
Sun	4:00 am	6:40 am	12:58 pm	9:43 pm
Mon	4:15 am	7:36 am	1:42 pm	10:19 pm
Tue	4:34 am	8:39 am	2:30 pm	10:55 pm
Wed	4:57 am	9:48 am	3:23 pm	11:32 pm
Thu	5:25 am	11:05 am	4:26 pm	None

**Punta Rassa Tides**

Day	High	Low	High	Low
Fri	2:04 am	4:05 am	12:48 pm	8:42 pm
Sat	3:06 am	7:25 am	1:24 pm	9:27 pm
Sun	4:09 am	8:32 am	2:04 pm	10:07 pm
Mon	4:50 am	9:27 am	3:01 pm	10:43 pm
Tue	5:23 am	10:13 am	4:09 pm	11:16 pm
Wed	5:53 am	10:57 am	5:05 pm	11:49 pm
Thu	6:20 am	11:43 am	5:58 pm	None

**Cape Coral Bridge Tides**

Day	High	Low	High	Low
Fri	2:41 pm	11:46 pm	None	None
Sat	3:21 pm	None	None	None
Sun	7:05 am	12:22 am	4:03 pm	9:54 am
Mon	7:20 am	12:57 am	4:47 pm	10:50 am
Tue	7:39 am	1:33 am	5:35 pm	11:53 am
Wed	8:02 am	2:09 am	6:28 pm	1:02 pm
Thu	8:30 am	2:46 am	7:31 pm	2:19 pm

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# Lee Health Lifts Restrictions On Visitation Hours

Effective immediately, Lee Health is returning to pre-COVID-19 pandemic visitation hours for non-COVID-19 patients. Visitation hours are 8 a.m. to 8 p.m. As necessary for patient care, the number of visitors in a room at one time may be limited at the discretion of the patient's care team. Visitation is not allowed for COVID-19 patients except for cases of compassionate care.

All visitors must undergo symptom and exposure risk screening at facility entrances and wear a face covering per CDC guidance for universal source control. For this reason, there can be no visitation by children under age 2. Children over age 2 are required to wear masks like all other visitors, including in mom-baby units. In OB areas, visitation by children under age 12 is limited to siblings of the newborn. Other visitation by children can resume to pre-pandemic guidelines.

The movement of visitors throughout the healthcare facility is restricted and should be limited to only the patient they are visiting or activities related to that patient. Visitation is not allowed during an aerosol-generating procedure.

For outpatient surgery patients, their companion is now allowed to wait inside the facility waiting area once the patient goes into the operating room. While waiting for the patient during surgery, the visitor must remain physically distanced from others and wear a face covering while in the waiting area. The visitor is not allowed to wander

throughout the facility while waiting.

For compassionate care visits of COVID-19 patients, gowns, gloves and hospital-supplied masks are required. Training on the donning, doffing and discarding of personal protective equipment is required for those visiting COVID-19 patients. Compassionate visits for COVID-positive patients may include guardians for patients such as minors or those who are developmentally disabled if they normally live with the patient.

People who are at high risk for severe illness from COVID-19 should consider not visiting for their own safety. For a list of conditions that put someone at risk of severe illness, visit [www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html](http://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html).\*

From page 20

## Moments In Time

who stormed the field and lit bonfires on the diamond.

### NOW HERE'S A TIP

- Groceries and food shopping can eat up a tremendous portion of your budget if you aren't careful. The best and most serious money-saving tip for home economists is to ALWAYS use a list. It really does make a difference to have a plan. Here are some more tips to save money while feeding your family. – JoAnn

- Most stores list the unit price on the shelf tag. Use it to compare the cost of different sizes and brands of the same item. Just because a package is bigger doesn't necessarily mean it has the best price per unit.

- "A secret of busy moms: Cook once, eat twice (or three times, if you plan well)! When you prepare favorite recipes that will freeze well, or even just elements of those recipes, make a double or triple batch. Then a few nights of the month, you can just pop something in the oven easily. I cook taco meat once for the month, and we have tacos every week. I just freeze three portions of the meat, and the rest is easy to assemble." – KS in Florida

- "If you know you're going to make a purchase soon from a specific store, search online for discounted gift cards to that store. Many people get gift cards for places they don't shop, and they sell them at a discount for cash. That's a percentage off your purchase just for preplanning." – ES in Virginia

- Remember that, typically, the higher shelves and the lower shelves at the grocery store house the better deals.

### STRANGE BUT TRUE

- In Tikrit, Iraq, there's a 6-foot-tall monument of a shoe that journalist Muntadhar al-Zeidi threw at then-President George W. Bush.

- Speaking of shoes, a collector of same is called a Sneakerhead.

- Researchers were able to mimic the voice of a 3,000-year-old Egyptian mummy by re-creating much of its vocal tract using medical scanners, 3D printing and an electronic larynx. The mummy had little to say, however, even after all that time, as they produced just a single sound somewhere between the vowels in "bed" and "bad."

- Magnolia plants are so ancient that they're pollinated by beetles, as they existed prior to the appearance of bees.

- A study by psychologists found

that when 4- to 6-year-olds pretended to be Batman while doing a boring but important task, it helped them resist distraction and stay more focused. (We're trying this the next time we wash the dishes.)

- Tootsie Rolls were added to soldiers' rations in World War II due to their ability to withstand all weather conditions.

- In medieval games of chess, pawns that had been promoted to a queen were given the title of "adviser," so as to not imply that the king had more than one queen or was guilty of adultery!

- Those tears you see in the Tin Man's eyes in *The Wizard of Oz* were made of chocolate syrup, as machine oil didn't photograph well.

- Ancient Egyptians loved their cats so much that household members would shave their eyebrows as a sign of mourning when the cat died. Mourning ended when their brows had grown back.

### THOUGHT FOR THE DAY

"I never thought in terms of being a leader. I thought very simply in terms of helping people." – John Hume

### TRIVIA TEST

1. **Television:** What is Agent Mulder's nickname on *The X-Files* drama?
2. **Measurements:** How many gallons are in one barrel of oil?
3. **Games:** How much money do you get when you start a board game of "Life"?
4. **Science:** When was the sound barrier broken for the first time?
5. **Movies:** What was the name of the whale that swallowed the title

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7/2 \* 7/9

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7/9 \* 7/9

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.

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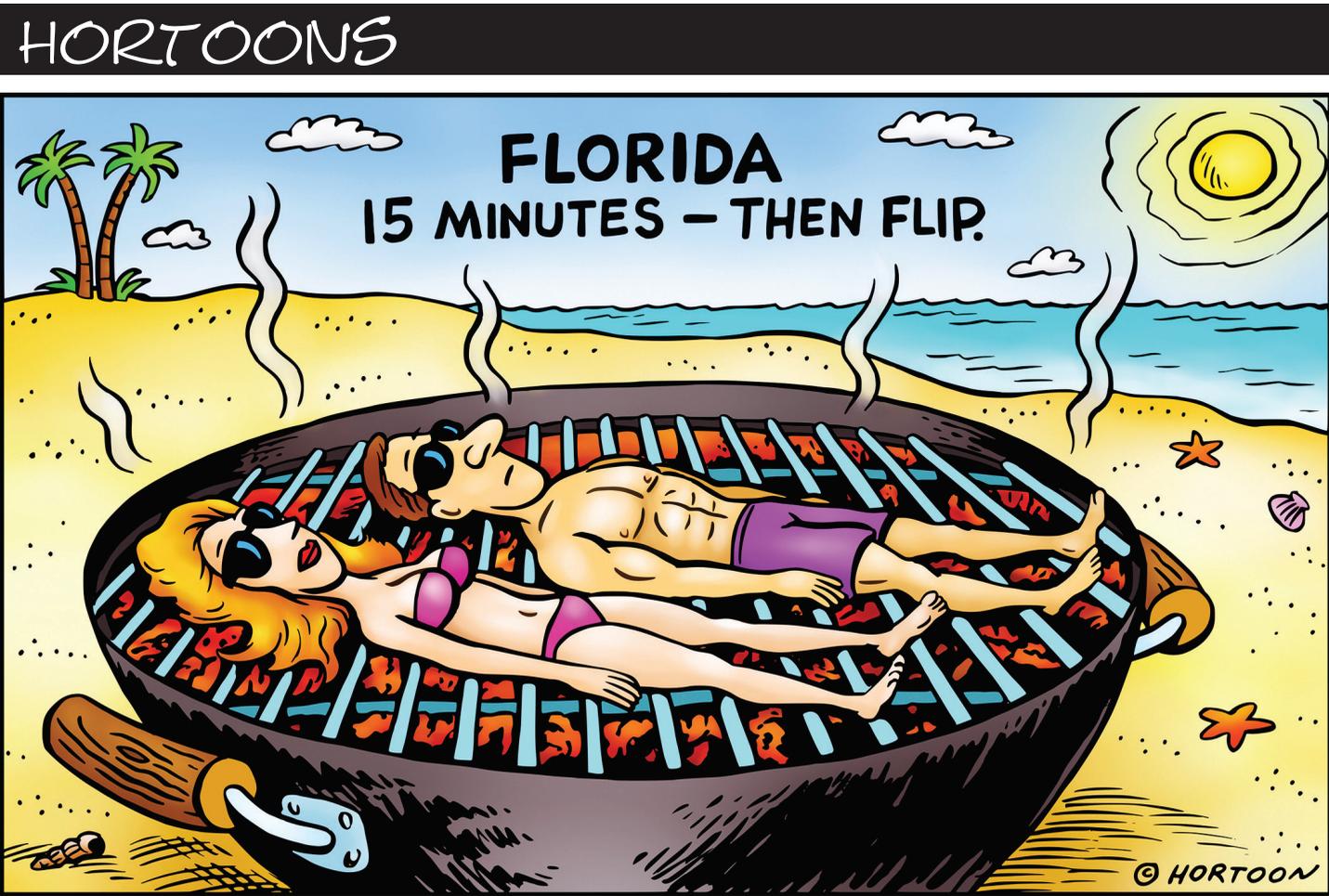
- character in Disney's *Pinocchio*?
- 6. **Geology:** What is diagenesis?
- 7. **Geography:** Which river runs through the Grand Canyon in Arizona?
- 8. **U.S. States:** How many states did U.S. Route 66 pass through?
- 9. **Food & Drink:** Which vegetable has the highest water content?
- 10. **Medical:** What is a more common name for the condition called pharyngitis?

**TRIVIA ANSWERS**

1. Spooky 2. 42 3. \$10,000 4. 1947  
 5. Monstro 6. The process by which sediment is turned into sedimentary rock  
 7. Colorado River 8. Eight (Illinois, Missouri, Kansas, Oklahoma, Texas, New Mexico, Arizona and California) 9. Cucumbers (96% water) 10. Sore throat.

**SCRAMBLERS ANSWER**

1. Pierce 2. Pliant;  
 3. Beckon; 4. Saber  
 Today's Word  
**PARENTS**



**PUZZLE ANSWERS**

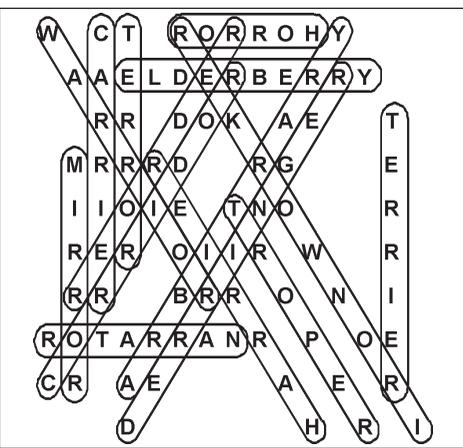
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8	2	3	5	7	4	9	1	6
5	9	4	6	3	1	7	2	8
1	7	6	2	8	9	5	3	4
7	3	1	4	5	8	6	9	2
2	6	8	9	1	3	4	5	7
9	4	5	7	6	2	3	8	1
3	8	7	1	4	5	2	6	9
4	5	2	8	9	6	1	7	3
6	1	9	3	2	7	8	4	5

**Top 10 Real Estate Sales**

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Barefoot Beach	Bonita Springs	2009	8,840	\$5,699,000	\$5,350,000	173
Chateaux Sur Mer Unrec	Sanibel	1983	2,983	\$3,395,000	\$3,395,000	587
Anacapri	Miromar Lakes	2007	5,158	\$2,675,000	\$2,500,000	0
Yacht Club	Cape Coral	2021	2,806	\$2,100,000	\$2,100,000	0
Island Shores	Fort Myers Beach	2020	3,995	\$1,995,000	\$1,995,000	54
Island Shores	Fort Myers Beach	2020	3,995	\$1,995,000	\$1,950,000	54
Cape Coral	Cape Coral	1990	5,058	\$1,890,000	\$1,860,000	46
Town And River	Fort Myers	2020	3,641	\$1,850,000	\$1,850,000	432
Cape Coral	Cape Coral	2002	4,124	\$1,787,000	\$1,825,000	44
Metes And Bounds	Sanibel	2005	3,660	\$1,799,000	\$1,725,000	32

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