



# THE RIVER WEEKLY NEWS

**FREE**  
Take Me  
Home

Vol. 20, No. 23

From the Beaches to the River District downtown Fort Myers

JUNE 4, 2021

## Musical Tribute To Female Artists At Broadway Palm

by Di Saggau

**B**eehive: *The '60s Musical* is playing now at Broadway Palm Dinner Theatre and it takes the audience on a delightful trip down memory lane. It's hard to sit still while these talented performers belt out a musical tribute to the ladies who left their mark on '60s music. The full cast is Emma Benson, Hallie D. Chapman, Nicole Esposito, Charis Michelle Gullage, Martina Long and Victoria Morris.

*Beehive* takes us on a journey through song, documenting many of the dramatic changes that occurred in America during the '60s.

You'll hear songs made popular by the Chiffons, The Supremes, Aretha Franklin, Connie Francis, Janis Joplin, and more. *Beehive* takes us back to the look, sounds and feel of the 1960s



From left, Victoria Morris, Charis Michelle Gullage and Hallie D. Chapman are talented performers who make up The Supremes

photo provided

with songs like *My Boyfriend's Back*, *Son of a Preacher Man*, *Me and Bobby*

*McGee*, *Respect*, *The Beat Goes On*, *Proud Mary* and *Make Your Own Kind*

of Music.

The cast is made up of strong singers and actors who have all the right moves. You'll want to dance in the aisles and sing along. The costumes and wigs help make the show come alive.

The beehive hairdo was designed to make a woman look taller. It was created by hairdresser Margaret Vinci Heldt in Elmhurst, Illinois. At the time, every woman wanted one. Not so much today.

The message these powerful female voices of the '60s sent to others was: "They raised their voices and they told me to raise mine."

There are many standout numbers, and never a dull moment. Amy Marie McCleary is the director and choreographer, and Loren Strickland and his crew provide the music.

Do yourself a favor and make plans to see *Beehive: The 60s Musical* playing at Broadway Palm through Saturday, June 26. Tickets are on sale and can be reserved by calling 278-4422, visiting [www.broadwaypalm.com](http://www.broadwaypalm.com) or in person at the box office, located at 1380 Colonial Boulevard in Fort Myers.✪



Back from left, Brian Linthicum, Greg Wojciechowski and Madelaine Weymouth; front from left, Steven Coe, Sue Schaffel and Daniel Sabiston

photo courtesy of Sisk Media, LLC

## World Premiere At Lab Theater

The Laboratory Theater of Florida will present the world premiere of *Sunset Schmoulevard* from Friday, June 11 to Saturday, July 3.

"Norma Desmond is back and ready for her close-up with Mr. DeMille," said Artistic Director Annette Trossbach. "The original screenplay has been revamped

into an over-the-top parody that will leave you laughing all the way home. In the style of *Baby Jane: A Parody of the Horror* and *Hush Up Sweet Charlotte*, this snarky take on the classic film noir *Sunset Boulevard* has all the fun and camp that audiences know and love from a June production at The Lab."

Adapted and directed by Trossbach and workshopped by this tight-knit ensemble cast and crew, *Sunset Schmoulevard* is

continued on page 14

## Free Admission For Active-Duty Military



Free admission for active-duty military personnel includes up to five family members

photo by James Kegley

The IMAG History & Science Center is joining museums nationwide in participating in the 12th summer of Blue Star Museums, a program which provides free admission to the nation's active-duty military personnel and their families this summer. A list of museums is available online at [www.arts.gov/bluestarmuseums](http://www.arts.gov/bluestarmuseums).

Blue Star Museums is an initiative of the National Endowment for the Arts in collaboration with Blue Star Families, the Department of Defense and more than 2,000 museums nationwide.

"We are grateful for the many organizations, like the IMAG History & Science Center, that have signed up for the Blue Star Museums program this summer, demonstrating strength and resiliency on the heels of a very challenging period for the arts sector," said Ann Eilers, acting chairman of the National Endowment for the Arts. "We are pleased to collaborate with Blue Star Families and the Department of Defense on this initiative, and hopeful it will provide the opportunity for military

continued on page 4

Historic Downtown Fort Myers, Then And Now:

# Going Once, Going Twice



by Gerri Reaves, PhD

If you were in the market for a 10-room, two-story house on a walled property by the Caloosahatchee, common sense dictates that you might contact a real estate office.

But on one Thursday morning in February 1950, the steps of the Lee County Courthouse was the place to buy such a property, complete with a Steinway grand piano, a two-car garage, laundry room and furnishings thrown in.

The property was being publicly auctioned off to the highest bidder, so there was the titillating chance that it could go for a song.

Public auctions provide a way for a county to collect on delinquent properties and make the tax roll current.

This historic photo taken in March 1956 shows one in progress.

The scene is the front steps of the Lee County Courthouse on Main Street. At left, City Attorney Parker Holt extends his arm as he conducts the bidding.

Properties up for grabs were 25 city lots, a 10-lot block in the Palmlee Park subdivision and a 10-acre marl pit in North Fort Myers.

The Palmlee tract sold for a mere \$6,600, and the city lots averaged out to a bit over \$600 each. The marl pit ended up not being sold because the county had an interest in possibly using it. All total, the auction netted \$23,625 for the county.

While the courthouse steps have changed little since 1956, the scene visible in the background certainly has.

Look closely underneath the globe lighting and you'll see "REFRIGERATOR" written on the side of a railcar. Until 1963, the railroad still ran down Monroe Street and to the riverfront, and loading docks and shipping businesses were located along the west side of the tracks.

Behind the railcar is the 1926 four-story Ford dealership, whose design had been chosen by Henry Ford himself.

Take a little adventure to the steps of the historic count courthouse and imagine the deals that have played out over the decades at public auctions.

Then visit the following research centers to learn more about how delinquent land got divvied up and developed.

Hours might be affected by the coronavirus pandemic, so call first.

The Southwest Florida Historical Society is an all-volunteer, nonprofit organization open 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. Hours for the nonprofit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only. For more information, call 332-8778 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 Southwest Florida Historical Society and *The News-Press*.✧



Fort Myers City Attorney Parker Holt (foreground) conducts a public auction on the steps of the Lee County Courthouse on Main Street in March 1956. In the background is a refrigerated railcar on Monroe Street. Behind the railcar is the four-story 1926 Ford dealership.

photo courtesy SWFL Historical Society



Today, the Lee County Justice Center dominates the view across Monroe Street

photo by Gerri Reaves

Independently Owned And Operated  
COPYRIGHT 2021 The River Weekly News  
LORKEN Publications, Inc.



Read Online: [www.IslandSunNews.com](http://www.IslandSunNews.com)

**Publisher**

Lorin Arundel

**Accounting**

Mike Terry

**Advertising**

Bob Petcher

**Graphic Arts/  
Production**

Ann Ziehl, Manager

Amanda Hartman

Willow Peterson

**Reporters**

Gerri Reaves, PhD

Kathy Kurtz Ferrari

**Contributing Writers**

Kay Casperson

Suzy Cohen

Linda Coin

Marcia Feeney

Katie Frederic

Shelley Greggs

Tom Hall

Marion Hauser, MS, RD

Ross Hauser, MD

Craig R. Hersch

Capt. Matt Mitchell

Trinette Nelson

Howard Prager

Julie Rosenberg, MD

J. Brendan Ryan, CLU,

ChFC, MSFS

Di Saggau

Jeanie Tinch

Allison Havill Todd

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

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

*The River Weekly News reserves the right to refuse, alter or edit any editorial or advertisement.  
We will correct factual errors or matters of emphasis and interpretation in news stories.*



## Summer School Offers Enhanced Learning Program

The School District of Lee County is offering an enhanced summer school program with several opportunities for learning, enrichment and engagement. Registration is available for classes between June 28 and July 22.

"We hope to have as many as 25,000 students take part in summer school this year," said Candace Allevato, director of teaching and learning for high school curriculum. "We know some of our students may need additional support because of COVID-19's impact on education, and some of the programs we are offering are designed to fill those gaps. We encourage our families to talk with their child's school about what program is best for their child."

The largest opportunity available to all kindergarten through eighth grade students is the expanded virtual learning summer program. Students who enroll will keep their district-issued Chromebook through the summer to access the iReady program for lessons in math and reading. Families have already been sent a survey about their interest in this program and are encouraged to reply soon.

Elementary school students have the opportunity for individualized enrichment in math and reading, a STEM camp and ELL science camp. Middle school students can get individualized help, credit recovery and



A student working on an assignment  
photo provided

STEM camp. High school students have access to credit recovery, algebra and geometry camps, and the ability to earn half credit in several classes. Interested families and students should speak to their school for information about the classes offered and how to register.

Some classes meet in person, some are virtual and some are online with the opportunity to engage and interact with the teacher. For in person learning, face masks will be voluntary.

For more information about summer school options, visit [www.leeschools.net/cms/One.aspx?portalId=676305&pageId=33849744](http://www.leeschools.net/cms/One.aspx?portalId=676305&pageId=33849744).

## Library System Wins Two Awards At Conference

The Lee County Library System has been selected as the 2021 recipient of two Florida Library Association awards: Excellence in Marketing and Public Relations, and Outstanding Business or Media Partner.

The Excellence in Marketing and Public Relations award recognizes outstanding strategic marketing, public relations projects or campaigns that show results. The award highlights the work of the Digital Services Team at Lee County Library System for a Halloween-themed video *Tales from Beyond the Stacks*. The video reached thousands of viewers and showed off the skills and abilities of the team while promoting library services. To watch the video, visit [www.bit.ly/3w1VZP9](http://www.bit.ly/3w1VZP9)

The Outstanding Business or Media Partner award honors a company, business partner or media agency for their leadership or significant contribution in support of library service to a local, regional or state-wide library organization. This year's award recognizes WINK News anchor Lois Thome, who has provided 20 years

of continuous support to Lee County Library System's signature event, the Southwest Florida Reading Festival.

"Reading has always been a big part of my life, so to be honored for being part of such an important event in our community is the cherry on top of the sundae," Thome said. "It's rare to find a free, community event that serves all in such a positive way. I am happy to play a small part in making it the successful event it's become."

As a founding member of the festival's planning committee, Thome has brought expertise and insight to the event, ensuring the best visibility through public service announcements, live TV interviews, festival-day storytimes, arranging on-site author interviews and more. With Lois's help, the festival has been able to positively impact more than 100,000 readers in the community.

"Lois is a strong advocate for libraries and reading," Library Director Mindi Simon said. "It has been a privilege to work with her on the Southwest Florida Reading Festival. Additionally, I am so proud of our digital services team who creatively promotes the library and all of the valuable services we provide to our community."

For more information, call 479-4636 or visit [www.leelibrary.net](http://www.leelibrary.net).

# STIFEL

## Investment Services Since 1890

**Jennifer Basey**  
First Vice President/Investments

Call me for a  
personalized plan



### KNOWLEDGE

For 130 years, Stifel has served as a trusted financial advisor to individuals, just like you. Our knowledge and service have helped clients navigate all market cycles, even the difficult ones.

### SERVICE

Stifel, a full-service wealth management and investment banking firm, has the professional expertise and resources to assist you in developing a financial strategy designed for the challenges of today's up-and-down market and your long-term goals.

### EXPERTISE

Contact our office in  
**Fort Myers, Florida.**

**(239) 985-6540**  
**[baseyj@stifel.com](mailto:baseyj@stifel.com)**

12800 University Drive, Suite 300  
Fort Myers, Florida 33907

Stifel, Nicolaus & Company, Incorporated | Member SIPC & NYSE | [www.stifel.com](http://www.stifel.com)

Fort Myers Art:

# Call Issued For Artist Trading Card Exhibit

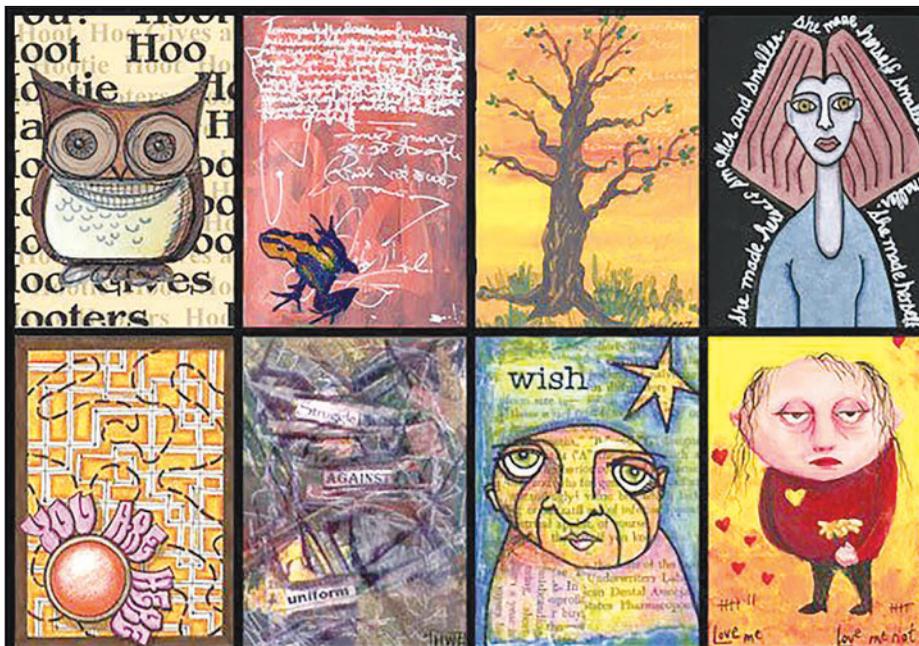


by Tom Hall

The Sidney & Berne Davis Art Center has issued a call to artists for its August show titled Carded: Miniature Masterpieces.

The exhibition will feature artist trading cards or ATC, tiny (2.5- by 3.5-inch) original pieces of art created with the intention of swapping or trading with another artist. On the front of an ATC, an artist creates an original work to showcase their art. It can be a one-off, part of a series, or a limited edition. On the back, the artist puts their name, contact details, title of the ATC, number if it's a limited edition, and sometimes the date it was created. They can be made in any medium and using any technique, whether it's painting, drawing or collage.

ATCs date back to 1997 when M. Vanci Stirnemann, a Swiss artist, created 1,200 cards by hand as part of an exhibit. On the last day, he invited others to create their own cards and



Artist trading cards

images courtesy www.artswfl.com

trade with him during the closing reception. The movement took off and, today, there are ATC swaps in almost every major city around the world. There are also many online swaps.

The movement builds on different traditions, including miniature art, which has been in existence for centuries, beginning with the illustrated manuscripts of scribes in the Far East and Europe prior to the 15th century. ATCs also reflect the influence of pop art, which features motifs taken from

everyday life. In this regard, ATCs share an affinity with the Fluxus movement and with Robert Filliou's notions of a "fête permanente," a "création permanente" or an "eternal network."

The origin of the modern trading card is associated with cigarette cards first issued by the U.S.-based Allen and Ginter tobacco company in 1875.

Artist Ndola Pensy introduced the artist trading card idea to Southwest Florida in 2017 with great reception among artists of different mediums in the area. Carded: Miniature Masterpieces will be curated by Cesar Aguilera.

The deadline for submissions is July 24. There is no limit on the number of submissions.

Any medium, motif or theme will be accepted, but no prints or reproductions will be curated into the show (digital art accepted). Submit your good quality images to artbuzz66@gmail.com with your name, medium and title of each piece.

The show exhibits August 6 to 26. Cards will not be for sale, but in the tradition of ATC events, there will be an

optional trading party at the end of the show.

## Call To Artists For Sustainable Concepts Exhibition

Did you know that Henry Ford repurposed wooden crates used to transport material into floorboards in his automobiles? Or that Thomas Edison purified chemical solvents to be reused in the experiments he conducted in his Fort Myers laboratory trying to find a replacement for rubber? In this tradition, the Edison Ford Winter Estates has issued a call to artists for Sustainable Concepts, an exhibition of 2D and 3D works of art that will be displayed January 14 through May 29, 2022.

While the Green Movement was not popular during their lifetimes, Edison and Ford both recognized the importance of recycling and reusing materials. The deadline for submission is November 7. For more information, contact Tayelor Kakes at tkakes@edisonford.org.

## For Billboard Campaign Winner, Art Becomes Part Of The Artist

Khaysie Tiburcio is one of five artists juried into this year's Alliance for the Arts Art Lives Here Billboard Campaign. The work that will be coming to a billboard near you is titled *Art Within Their Souls*.

"I wanted to create a piece that represented the impact that art has on the painter," said Tiburcio. "This artwork includes portraits of Basquiat, Picasso and Andy Warhol morphing into their masterpieces. This is used as a metaphor to express how art becomes a part of the artist."

Tiburcio was inspired to begin painting by her uncle, Cristian Tiburcio, when she was 6 years old. Ten years later, Khaysie Tiburcio is now busily refining her own techniques. Some she learned from her uncle; others she's developed through trial and error.

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. ✨

**Suzanne's**  
DANCE | FITNESS

*Fitness with Flair @ Royal Palm Square*

Boutique-style group exercise and dance studio. Unique classes, friendly and inviting atmosphere.

**DANCE FITNESS**  
Dance fitness, group exercise, contemporary movement, step aerobics, body sculpting.

**SOCIAL DANCING**  
Foxtrot, waltz, cha-cha, rumba, tango, swing, and more! Private and private group lessons.

1400 Colonial Blvd. #27, Fort Myers • 239.822.9226  
sdf@DanceSuzannes.com • www.DanceSuzannes.com

Visit our  
**Pick Up Sticks**  
(jewelry company)  
Boutique

Whimsical, unique, collectible jewelry charms. Original art, under glass, framed in polished pewter. Super affordable. Great for gift-giving!

By appointment:  
239-822-9226

View online:  
shop.pickupsticks.net

**ISLAND INSURANCE SERVICE**

Mark O'Brien  
*Owner/Agent*

Susan Barnes  
*Personal Lines*

Trish Barbone  
*Agent*

Justin Wheeler  
*Agent*

Call our office today for a new Auto quote.

**We are HERE for all your insurance needs**

Have an insurance question?

**703 Tarpon Bay Rd, Sanibel, FL (239) 472-3022**

## Free Admission

families to engage together at museums while strengthening ties to their community."

"The Defense Department congratulates Blue Star Families and the National Endowment for the Arts on reaching its 12 years of service to the military community through Blue Star Museums," said AT Johnston, deputy assistant secretary of defense for military community and family policy. "We offer our sincere gratitude to the more than 2,000 museums across the country who open their doors through this wonderful program. Your patriotism and generosity have enriched the lives and experiences of our military families."

The free admission program is

available for those currently serving in the United States military including the Army, Navy, Air Force, Marine Corps and Coast Guard as well as members of the Reserves, National Guard, U.S. Public Health Commissioned Corps, NOAA Commissioned Corps, and up to five family members. "We are honored and proud to be part of the Blue Star Museums initiative for 2021, offering free admission to the IMAG for our nation's active-duty military personnel and their families," said Matt Johnson, executive director of the IMAG History & Science Center. ✨

Read us online at  
[www.IslandSunNews.com](http://www.IslandSunNews.com)



Hall of Fame sponsor **Clint Green of Titan Contracting** photos provided

## Foundation Raises Funds, Awards Scholarships

The Tommy Bohanon Foundation is fulfilling its mission of changing the lives and futures of at-risk youth in the Southwest Florida community. Within one week, the foundation hosted two events to raise more than \$150,000 that will support local nonprofit organizations and programs.

“Our sponsors and donors have been instrumental in helping us get to where we are,” said former NFL player Tommy Bohanon, founder of the Tommy Bohanon Foundation. “To have the support of so many prominent businesses such as Titan Contracting, Nor-Tech Hi-Performance Boats, Lee Drywall and Garramone Plastic Surgery shows their commitment to helping our community



Scholarship recipient **Marco Medrano of South Fort Myers High School and Tommy Bohanon**

and the children within it.”

On April 30, The Tommy Bohanon Foundation hosted a silent and live auction at Nor-Tech’s 30th anniversary party held at The Westin Cape Coral Resort and invited a handful of other nonprofits to participate. A fundraising goal of \$60,000 was surpassed, raising a total of \$80,000 thanks to the generosity of the donors. The funds were equally split between the Tommy Bohanon Foundation, Blessings in a Backpack of Southwest Florida, Ronald McDonald House and Southeastern Guide Dogs to support their local community outreach.

Tommy Bohanon Foundation’s annual Playmakers Tailgate Party held at the Cape Coral Yacht Club on May 1 raised



Most Valuable Playmaker **Justin Lee of Lee Drywall**

\$73,000, surpassing its goal of \$60,000. Funds raised benefit the foundation’s youth scholarship fund, sports equipment grants, Man UP Seminar and football camp. Nor-Tech, Garramone Plastic Surgery and Titan Contracting were some of the proud event sponsors.

At the Playmakers Tailgate Party, the Tommy Bohanon Foundation awarded two \$10,000 scholarships through the Southwest Florida Community Foundation. High school seniors Marco Medrano and Mariah Figueroa were the recipients of the scholarships, which will help them achieve success in continued



Scholarship recipient **Miranda Figueroa of Oasis High School with Tommy Bohanon**

education. Medrano is a first-generation high school graduate and college student, and Figueroa is a first-generation college student. Both of their families are immigrants to the United States of America. In addition, the foundation presented the Most Valuable Playmaker Award to Justin Lee, vice president of Lee Drywall, for his continuous support, and Hall of Fame Sponsor Award to Clint Green, owner of Titan Contracting LLC.

For more information, visit [www.tommybohanonfoundation.org](http://www.tommybohanonfoundation.org) or contact Katie Bohanon at 671-0441 or [katie@tommybohanonfoundation.org](mailto:katie@tommybohanonfoundation.org).

## College Graduates

Nguyen Nguyen of Cape Coral recently graduated from the physician assistant (PA) studies program during a white coat ceremony at the New York Institute of Technology.

White coat ceremonies are a rite of passage celebrating the completion of students’ training as they graduate and pursue careers as PAs. In marking the transition into professional life, the event centers around the symbolic awarding of a new long white coat, which replaces

the short student white coat worn daily to class and clerkships

Riley Sipp of North Fort Myers received a bachelor’s degree during Assumption University’s 104th commencement exercises on May 9. The Class of 2021 is the first to graduate from Assumption University, which transitioned from Assumption College last year

Connor Fewster of Fort Myers recently graduated from the University of New Hampshire in Durham, New Hampshire. Fewster received a bachelor of science degree in business administration in the finance field.\*

## Honor Roll Students

Olivia DeBoest of Fort Myers was recently named to the honor roll list for the spring 2021 semester at the University of Mississippi in Oxford, Mississippi.

DeBoest was named to the dean’s honor roll, which is reserved for students who earn a semester grade-point average of 3.50 to 3.74. For honor roll designation, a student must have completed at least 12 graded hours for the semester and not be on academic probation during the semester

Cameron Stephen Guay and Amanda Katherine Oleksa of Fort Myers were

recently named to the chancellor’s honor roll for the spring 2021 semester at the University of Mississippi in Oxford, Mississippi

Guay and Oleska were among the students with a semester grade point average of 3.75 to 4.00.\*

## Dean’s List

Alison Lanoie of Fort Myers was recently named to the dean’s list for the winter 2021 semester at Southern New Hampshire University in Manchester, New Hampshire. The honor goes to full-time students who have earned a minimum grade-point average of 3.500 to 3.69.\*

## Ideal Real Estate Solutions

**Credit score too low?**

**Turned down by traditional financing?**

**Have a steady income?**

**Discover if our  
Ideal Real Estate  
Solutions Purchase  
Program is right  
for you !**



[www.IdealRealEstateProperties.org](http://www.IdealRealEstateProperties.org)

**Call us NOW 877-473-4737 (IRES)**

## New Teacher Of The Year Named

Jennifer Ortega was surprised by Superintendent Dr. Greg Adkins last week with the 2021 New Teacher of the Year Award. Ortega teaches seventh grade reading at Lehigh Acres Middle School.

"It was definitely a surprise. I'm a little bit embarrassed but in a good way," Ortega said shortly after being presented her award. "I always wanted to be a teacher, but when I was younger I didn't feel comfortable going into teaching. I think now is the perfect time because I am older and more confident that I am able to help my students."

Ortega is a career changer, who joined the school district in August 2020 after several years working as a retail sales manager. She has taken to imparting her love of art and literature to her students, resulting in achievement scores on par with more experienced teachers.

"Jennifer has been such a welcome addition to the LAMS family," Assistant Principal Lianne Thomas said. "She has embraced her role as reading teacher, been consistent in her instruction and integrated into our core group of leaders. She has implemented blended classrooms with skill and grace rivaling a seasoned teacher. She has the potential to become a guidepost and mentor for others."

The Lee County New Teacher of the Year program recognizes newly certified personnel for the significant contributions



Jennifer Ortega photo provided

they make to their school and The School District of Lee County. First year teachers were nominated by their administrators, a selection committee picked the finalists and then interviewed them to choose the 3rd annual award winner.

"The division of human resources wants to positively highlight the teaching profession," said Chief Human Resource Officer Dr. Angela Pruitt. "Since it is a critically important time to hire great teachers for our children, we want to shine a light on a deserving beginning teacher to assist with recruitment and retention into the field of education." ✨

## Grant Awarded To Help Local Food Bank

Midwest Food Bank of Florida recently received a \$25,000 grant award from Spring Run Charitable Foundation (SRCF), a local charity nonprofit.

Raising over \$200,000 from its year-round efforts, the SRCF sought out a variety of local nonprofits for funds donations and distributed them during the recent awards ceremony in Estero.

As one of the recipients, Midwest Food Bank Florida's mission of food relief appealed greatly to the local charity, their board members and community of supporters. In 2020, Midwest Food Bank Florida distributed and donated over 4.1 million meals in Lee County and over 4.7 million meals in Collier County. Every month, the Fort Myers warehouse supports 60,800 hungry Lee County residents, and 48,300 Collier County residents in need.

"Keeping it local is our priority and focus," said SRCF Board President John Fitzgerald. "Completing our 12th year of fundraising for charities in Lee and Collier counties, we ensure our efforts – raising over \$1.2 million since inception – benefit the community we live in."

The mission of Spring Run Charitable Foundation is to sponsor, promote and support local charities that



Midwest Food Bank of Florida received a \$25,000 donation from Spring Run Charitable Foundation photo provided

directly impact the health, wellbeing and quality of life of the children, residents and veterans of Lee and Collier counties. For more information, visit [www.springruncharity.org](http://www.springruncharity.org).

Midwest Food Bank is a volunteer-driven, faith-based organization dedicated to alleviating hunger, malnutrition and providing disaster relief locally and throughout the world. For more information, visit [www.midwestfoodbank.org/locations/fort-myers-fl](http://www.midwestfoodbank.org/locations/fort-myers-fl).

## 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.revtedalthouse@aol.com](mailto:www.revtedalthouse@aol.com) 10200 Cypress Cove Circle, 850-3943.

### CHAVURAT SHALOM

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

### CHURCH OF THE CROSS

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

### COVENANT PRESBYTERIAN

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

### CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

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

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

### REDEEMER CHURCH

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

### CYPRESS LAKE PRESBYTERIAN

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

### CYPRESS LAKE UNITED METHODIST

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

### FAITH UNITED METHODIST

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

### FIRST CHURCH OF CHRIST, SCIENTIST

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

### FIRST CHURCH OF THE NAZARENE

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

### FORT MYERS CHRISTIAN CHURCH

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

### FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

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

### FIRST PRESBYTERIAN CHURCH OF FORT MYERS

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

### IONA-HOPE EPISCOPAL CONGREGATION

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

### JESUS THE WORKER CATHOLIC

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

481-1143.

### LAMB OF GOD

Sunday 7:45 and 10 a.m., [www.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.

### RIVER OF LIFE ASSEMBLY OF GOD

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

### SAMUDRABADRA BUDDHIST CENTER

Meditation classes. [www.MeditationInFortMyers.org](http://www.MeditationInFortMyers.org), 567-9739.

### SAINT COLUMBKILLE CATHOLIC

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

### ST. FRANCIS XAVIER CATHOLIC

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

### SAINT JOHN THE APOSTLE METROPOLITAN

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

### SAINT MICHAEL LUTHERAN

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

### SAINT NICHOLAS MONASTERY

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

### ST. VINCENT DE PAUL CATHOLIC

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

### SOUTHWEST BAPTIST

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

### TEMPLE BETH EL SYNAGOGUE

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

### TEMPLE JUDEA (CONSERVATIVE)

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

### THE FAITH CENTER

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

### THOMAS A. EDISON CONGREGATIONAL

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

### UNITARIAN UNIVERSALIST

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

### UNITY OF FORT MYERS

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

### WESTMINSTER PRESBYTERIAN CHURCH

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

### WORD OF LIFE

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

### ZION LUTHERAN

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

## Plant Smart

## Caesarweed

by Gerri Reaves

Caesarweed (*Urena lobata*) produces small pink flowers that resemble those of the common ornamental hibiscus. That's not surprising, since they are both members of the mallow family.

But you don't want this plant in your yard.

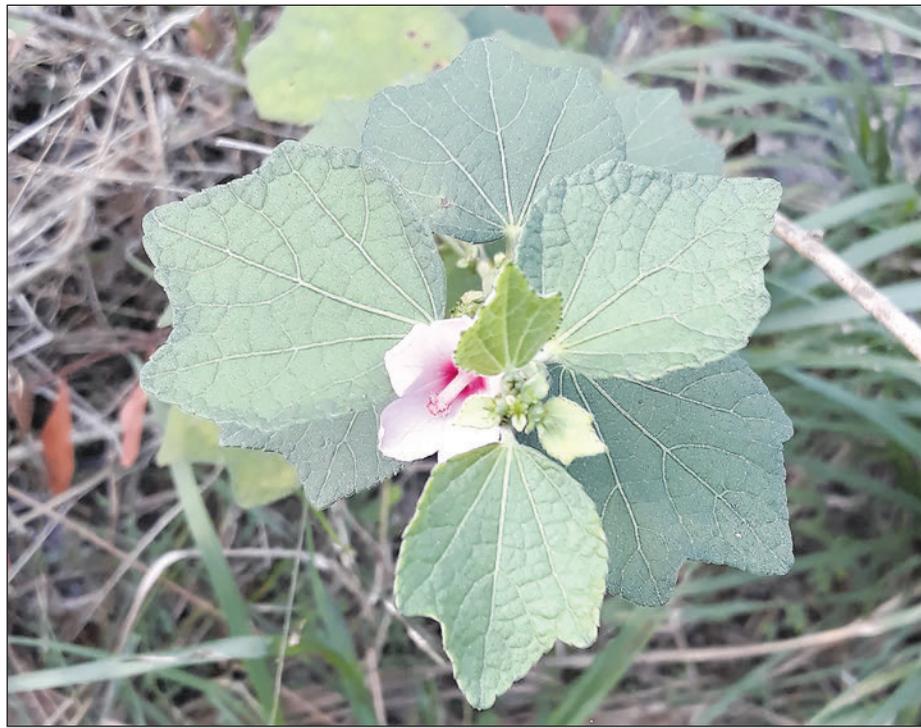
Native to India, tropical Asia, Africa and South America, Caesarweed has become a category I invasive exotic pest plant in Florida, according to the Florida Exotic Pest Plant Council (FLEPPC).

Plants in that category have caused documented ecological damage and altered native plant communities by "displacing native species, changing community structures or ecological functions, or hybridizing with natives," according to FLEPPC.

A relative of native wild cotton (*Gossypium hirsutum*), it was introduced to the U.S. in the late 19th century for its jute-like fibers and used to make ropes and cords, particularly for marine purposes.

Unfortunately, this multibranching invasive shrub is now plentiful on many preserved lands, not to mention along roadsides, in vacant fields, pastures and forests, where it forms thickets.

This erect bushy shrub can grow to more than 10 feet high. The grayish



Highly invasive Caesarweed's flower looks like a miniature hibiscus photo by Gerri Reaves

green alternate leaves are three to six inches across and often are wider than they are long. Hairy, rough-textured and shallowly lobed, they have finely serrated edges.

The five-petaled flowers, which are only a centimeter or so across, bloom throughout the year in the leaf axils of the upper stems.

The bases of the petals unite above

five sepals. The combined stamens form a long tube protruding from the more deeply colored throat.

The small round barbed fruit clings to fur and clothing, making it easy for this aggressive plant to spread.

In its native range, Caesarweed is used medicinally in various ways, especially because of its antibacterial and antioxidant properties.

In some parts of the world, this unpalatable plant is a famine food.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, <http://www.eattheweeds.com>, and <https://plants.ifas.ufl.edu>.

Plant Smart explores the diverse flora of South Florida. ✨

## Amberjack And Gray Triggerfish Season Closes

The recreational harvest of greater amberjack and gray triggerfish in Gulf of Mexico state and federal waters closed on June 1 and will remain closed through July 31, reopening August 1. Seasonal harvest closures help conserve Florida's valuable greater amberjack and gray triggerfish populations and improve these fisheries for the future.

If you plan to fish for amberjack or gray triggerfish anywhere in Florida state or federal waters from a private recreational vessel, you must sign up as a state reef fish angler (annual renewal is required).

To learn more, visit [www.myfwc.com/srfs](http://www.myfwc.com/srfs). Sign up today at [www.gooutdoorsflorida.com](http://www.gooutdoorsflorida.com).

Learn more about recreational fishing at [www.myfwc.com/marine](http://www.myfwc.com/marine) by clicking on "Recreational Regulations." ✨

## Photography Exhibit On Display At Shell Museum

The Bailey-Matthews National Shell Museum is hosting a new exhibition titled In Focus: Precision Photography of Extraordinary and Uncommon Shells. The exhibition opened on May 29 and runs through November 28 during regular museum hours, with paid admission.

The museum's science director and curator, Dr. José H. Leal, has been leading an important project for the museum to build a publicly accessible photo archive of its shell collection. "Along the way, through superb and highly technical photography, the project has revealed in new ways the incredible beauty and uniqueness of these mysteries of nature," said Sam Ankersen, executive director of the museum. "Visitors will now have the opportunity to experience this for themselves in person, in large format, adding a new dimension to our appreciation of shells."

The museum's collection includes half a million shells from all over the world. The collection embodies a diversity of nature and aesthetic beauty. This new exhibition of some 60 high-resolution, large-scale photographs, taken in recent years by museum staff, conveys the unique attributes of the universe of shells and mollusks. It features many species unfamiliar to most collectors and



image provided

enthusiasts.

Organized by Dr. Leal, the selected photographs were taken for the museum's digital imaging project, which was funded by the Institute of Museum and Library Services. Explore this latest exhibition to see the museum's collection on display in its splendor, and view more at [www.shellmuseum.org](http://www.shellmuseum.org) under the Science & Research and Shell Guide tabs.

Bailey-Matthews National Shell Museum is a natural history museum, and the only museum in the United States devoted solely to shells and mollusks. Its mission is to connect people to the natural world through a love of shells and the marvelous animals that create them. There are more mollusks in the oceans than all marine mammals and fish species combined, and mollusks are becoming extinct due to climate change, ocean acidification and pollution.

Bailey-Matthews Shell Museum is located at 3075 Sanibel-Captiva Road. For more information, visit [www.shellmuseum.org](http://www.shellmuseum.org) or call 395-2233. ✨

In the Moo-d for **UDDERLY GREAT FOOD!**

**LIVE MUSIC**  
Fri, Sat & Sun  
5pm - 8pm

**Get a taste of Key West right here on Sanibel.**  
For the past 18 years, The Island Cow is Sanibel's award-winning family dining destination with great cookin', lavish island cocktails, specialty coffees, outdoor games, and live entertainment.

**BODYGUARD Ultimate NO-SEE-UM DEFENSE SOLD HERE**

Family Owned & Operated | 300+ Menu Items | Open Daily 8am - 9pm  
2163 Periwinkle Way, Sanibel Island | 239.472.0606 | [SanibelIslandCow.com](http://SanibelIslandCow.com)

# Traveling Tarpon



by Capt. Matt Mitchell

Finally, a week of decent weather gave us some of the best tarpon fishing we have had in weeks. Calm conditions made locating these fish the easy part of the hunt. While sitting in rolling fish in all the usual places in the sound, we managed to close the deal a few times this week. It always amazes me how fast boredom goes to chaos while tarpon fishing.

These tarpon have been visiting our waters in the spring for millions of years. They use the same places over and over, so knowing where to locate them is a big part of the game. Having a route or game plan to find these fish is how the hunt begins. There are not many secret tarpon locations left in the sound, as this time of year a pack of boats in open water is usually a good clue.

In the southern sound, the deeper finger channels between St. James City and Sanibel were a very productive place to soak cut bait. Catfish tails and mullet heads fished on the bottom seemed to be what these fish wanted to eat. I've been giving this area a quick go when starting a trip. Seems like if it's going to happen it's within a short period of getting the baits out.

Further down the sound the Fosters Point area on North Captiva has had huge amounts of tarpon moving through. Often these fish seem to be displaying spawning behavior as they daisy chain and simply do not eat. If you put in your time when the switch is turned on, these fish will eventually eat. Live pinfish or crabs under a float are hard to beat here.

The channels that come in from Captiva Pass and move north east towards Cabbage Key also held plenty of tarpon too. This is a huge area, and often these tarpon roll right in the intercostal waterway. Although I did not hook a tarpon in here this week, I did talk to a few fellow guides who did really well there. Watch for how these tarpon are moving and set up by placing a bait in the highway. The best action here came while soaking fresh cut baits on the bottom.

Although tarpon can be easy to locate, having common courtesy around the many other boats fishing for them just doesn't seem that common. Watching boats run right through the pack, rather than simply steering around it, makes no sense. When fishing around the pack of boats targeting these fish, you should keep your distance and move quietly on a trolling motor or push pole. If you are close enough to recognize people on the other boats, you are way to close. Nothing will get you more friends quickly than motoring through a pack of boats that are tarpon fishing. Better yet move away from the crowd and find some tarpon that are not as pressured, and you will probably have more success.

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).\*



Congrats to Connie as her first tarpon comes boatside for a leader touch to make it official photo provided

## CAPT. MATT MITCHELL



Light Tackle Sport Fishing  
Sightseeing • Eco Tours

Tarpon • Snook  
Redfish & More

C: (239) 340-8651

[www.captmattmitchell.com](http://www.captmattmitchell.com)

email: [captmattmitchell@aol.com](mailto:captmattmitchell@aol.com)

## CLEAR YOUR GEAR™ It Catches More Than Fish

Fishing gear is hazardous to  
birds, reptiles and mammals



## Cycling Safety Notes

Ride to the right

Warn to pass

Wear a helmet

Use lights at night

Always be courteous



SANIBEL BICYCLE CLUB

## Send Us Your Fish Tales

We would like to hear from anglers about their catches.

Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification.

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



# ISLAND MARINE SERVICES, INC.

- NEW MOTOR SALES • REBUILT POWERHEADS •
- FACTORY TRAINED •

MERCURY - MARINER - JOHNSON - EVINRUDE  
SUZUKI - YAMAHA - OMC - I/O'S - MERCUISER

Courteous Professional Marine Repair Service • Dockside Service  
Serving Sanibel & Captiva For Life

472-3380 • 466-3344

Your Bottom  
Specialist  
Call on Paint Prices



Dave Doane

## CROW Case Of The Week:

## Osprey



by Bob Petcher

The osprey (*Pandion haliaetus*) is a fish-loving hawk that can be found along coastlines, bridges and stick nests on poles and channel markers. They are visible above water, carrying their prey within the barbed

pads on the soles of their feet.

At CROW, a juvenile osprey was found in Fort Myers unable to fly. Upon admittance on May 16, the patient was examined and flight tested. The osprey failed the flight test and radiographs revealed a right wing coracoid fracture. The patient was placed in a body wrap to stabilize the break, and it received physical therapy every three days. Eight days later, hospital staff reported the patient not eating well on its own. On May 24, a second juvenile osprey was admitted from Cape Coral after it was found unable to move. Upon initial examination, the osprey was thin, and radiographs revealed it also had a right wing coracoid fracture. It was given the same treatments as the first osprey.

"Typically for coracoid fractures, within the shoulder girdle in birds, a supportive body wrap is placed for about two weeks, followed by one week of cage rest," said



Patients #21-2591 and #21-2784 during strict cage rest

photo by Missy Fox

Dr. Robin Bast, CROW staff veterinarian. "If a wrap is placed, it must be removed every three days so that physical therapy can be performed. This means extending the wing to ensure that normal range of motion is still occurring at all joints, and to prevent contracture of the patagial membrane – essential for flight – which can happen if it isn't stretched on a regular basis."

The two patients had no problem sharing space together.

"These osprey cohabitate in their enclosure with no problem. Anytime we introduce patients into the same

enclosure, we keep in mind their species and natural history. Do they spend time with a group in the wild? Are they typically territorial? We also monitor their behavior closely when we first introduce them in the same enclosure," said Dr. Bast.

Florida Fish and Wildlife Conservation Commission (FWC) officers donated a large fish, an illegal catch confiscated from an angler. The fish was given to the osprey pair, and the one who had not been eating reportedly tore right into it.

"We offer osprey patients finger mullet, herring or large mullet. It is challenging

to get osprey to eat in captivity, since we cannot mimic how they eat in the wild, said Dr. Bast. "We get donations from FWC whenever they confiscate illegal catches, so the fish don't go to waste. We truly appreciate this collaboration and our patients do too."

Both the ospreys remained on strict cage rest while continuing to receive physical therapy. If all goes well, the recovery game plan will require outdoor time.

"After three weeks indoors, the osprey will be moved to a small outdoor enclosure to start building back the flight muscles that have weakened while they were on cage rest," said Dr. Bast. "After one to two weeks in a small outdoor enclosure, they will be moved to a larger flight enclosure to practice flying again as the bone should be healed by that time."

Sure enough, the young osprey that was admitted first improved to the point that it was allowed to go to what CROW staff calls "day camp." The patient's roommate shouldn't be too far along in getting fresh air as well.

"Osprey #21-2591 has started going outside to a small enclosure during the day, while osprey #21-2784 is still on cage rest indoors," reported Dr. Bast.

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).

## Mound House Outdoor Nature And Education

by Gary Mooney

The Mound House, the oldest standing structure on Fort Myers Beach, is offering an array of outdoor nature and education programs in June.

The following are upcoming programs:

Every Tuesday and Thursday weather permitting at 9 a.m.: Newton Beach Park Guided Beach Walk – All ages, free outdoor nature program. Meet at the thatched hut closest to the beach. Bring sunscreen, shoes to get wet, sunglasses and hat. Newton Beach Park is located at 4650 Estero Boulevard.

Saturday, June 5 at 10 a.m.: Garden Outside Guided Tour – All ages. Stroll through the Mound House gardens to discover how its unique plants conserve water and protect wildlife, and learn how the Calusa and other Native Americans used them in their daily lives. Cost: \$5-per-person; does not include Mound House admission; Mound House members free.

Saturday, June 5 at 11 a.m. and 2 p.m.: Shell Mound Outside Guided Tour – All ages. Cost: \$5 per person; does not include Mound House admission; Mound House members free.

Tour the 2,000-year-old Calusa Indian Shell Mound led by interpretive staff to

unearth clues about this ancient society. All participants over age 6 must wear a mask. Cost: \$5-per-person; does not include Mound House admission; Mound House members free.

Friday, June 4 at 9 a.m.: Mangroves by Kayak Tour – Ages 12 and older; weather permitting. Cost: \$45-per-person; Mound House members \$15. Advance reservations necessary; private tours available.

Explore the winding mangrove creeks and hidden waters of the Estero Bay Aquatic Preserve as only a kayaker can on this Environmental Educator-guided tour of the ancient realm of the Calusa! Witness birds, fish, manatee and dolphins as you paddle through the natural beauty of Estero and Hell Peckney Bays in a tandem kayak. All paddling and safety equipment provided, with kayak tours in accordance with Florida Society of Ethical Ecotourism guidelines. \$45-per-person; Mound House members \$15. Advance reservations necessary; private tours available. CDC and Social Distancing guidelines in place and all participants wear masks on land.

Saturday, June 5 at 9 a.m.: Family Fun Kayak Tour – Ages 6 and older; weather permitting. Cost: \$25 per person age 13 and older; \$15 per person ages 6 to 12; includes all equipment; advance registrations necessary. Specially designed environmental educator-guided kayak tour for families with children age 6 and older. See birds, dolphins, manatee, and other wildlife while paddling through the Estero Bay mangroves.✱



Where you can  
"taste"  
the difference!

**Cape Coral  
Olive Oil Company  
Coming Soon!**

**FORT MYERS  
OLIVE  
Oil  
and  
BALSAMICS**

Ask us  
about our  
CBD oils!

We carry the freshest,  
finest quality Extra Virgin  
Olive Oil and Balsamic  
Vinegars.

Dozens of flavors  
to choose from!

**FREE**  
60ml bottle  
of Sicilian  
Lemon Balsamic  
Vinegar with any  
purchase of Olive Oil.

Must present coupon.  
Limit one per person.  
Expires 6/11/21



Monday - Saturday 10 am - 6 pm • Sunday 11 am - 4 pm • 239.275.5100  
FortMyersOliveOil.com • 7101 Cypress Lake Dr. #57, Fort Myers, FL (Costco Plaza)

# Summer Safety For Manatees And Boaters

**S**ave the Manatee Club is a partner of the 2021 Safe Boating Campaign. This year-long campaign promotes recreational boating safety, such as wearing life jackets and not boating while under the influence of alcohol. Save the Manatee Club also uses the campaign to remind boaters of manatee-safe boating tips.

During the summer, manatees are found in shallow estuaries, bays, rivers, canals and coastal areas throughout Florida and in neighboring states – most commonly Georgia, South Carolina and Alabama. Because imperiled manatees are generally slow-moving and must surface to breathe air, they are especially vulnerable to collisions with fast-moving watercraft. Boat accidents are the primary cause of human-related manatee deaths. According to the Florida Fish and Wildlife Conservation Commission (FWC), most manatee deaths from watercraft collisions are caused by blunt-force impact, meaning that the speed at which boaters are traveling are causing strikes with deadly force. Those manatees that survive bear scars from their injuries. In fact, most living manatees have some sort of scar from a boat collision.

These tragic accidents are preventable with education, awareness



**A manatee with a scar from a boating collision**

photo by David Schrichte

and the care of the boating community. Posted slow speed “manatee zones” indicate the likely presence of manatees and should be navigated through carefully. Boater’s guides usually list the location of manatee zones and can be reviewed before each boat trip. In addition to obeying posted speed zones, those on board should keep a lookout for manatees in the water by wearing polarized sunglasses to see below the water’s surface, and scan for manatee snouts, backs, tails, flippers or “footprints” – the flat, circular spot on the water created by the manatee’s

moving tail. Following these tips, along with the safe boating campaign’s guidelines, can help keep boaters and manatees safe.

Boaters, paddlers or those who spend time near the water are also encouraged to be a voice for manatees by immediately reporting injured, malnourished, orphaned, entangled, stranded or dead manatees to the FWC or their local state wildlife officials. Manatees that have fresh pink or red wounds, are breathing more often than every 30 seconds, or are unable to submerge or are tilting to one side

may be injured and should be reported. Boaters should not attempt to remove entanglements, such as monofilament fishing line, crab trap lines or other marine debris from manatees themselves – instead, they should report them so a trained biologist can assess the situation. In Florida, boaters can contact VHF Channel 16 on their marine radio or call the FWC at 1-888-404-3922. Learn more tips on spotting and reporting sick or injured manatees at [www.savethemanatee.org/rescue](http://www.savethemanatee.org/rescue).

Save the Manatee Club offers a number of free materials available upon request to help safeguard manatees and increase awareness of manatee-safe boating tips. Shoreline property owners as well as park and marina managers can order aluminum signs alerting others to the presence of manatees in the area. Boaters and paddlers can request packets that include a safety tips card, a waterproof boat banner and a decal to adhere to your vessel with the number to report manatees in distress. Order free materials at [www.savethemanatee.org/resources](http://www.savethemanatee.org/resources).✳

## Dean’s Honor Roll

**R**anae Feiock of Fort Myers was named to the dean’s honor roll for the spring 2021 semester at Abilene Christian University in Abilene, Texas. Feiock is a junior majoring in agribusiness. To be honored, one must register 12 or more credit hours and a grade point average of 3.6 or higher.✳

**ENJOY OUR ISLANDS AND PROTECT WILDLIFE AT THE SAME TIME!**

Sanibel and Captiva provide crucial habitat for many sea turtles, shorebirds, and sharks. You can help us protect these species by practicing a few easy wildlife-friendly habits.

**Check out our beach tips by visiting [SanCapLifeSavers.org](http://SanCapLifeSavers.org) or simply scan the code.**

## Water District Technology Combats Algae

**T**he South Florida Water Management District (SFWMD), in partnership with the Florida Department of Environmental Protection (DEP), has begun using an innovative technology treatment in the Caloosahatchee to combat blue-green algal blooms.

The blue-green algae is being treated with a new technology known as Lake Guard Oxy. The algacide product is certified by the U.S. Environmental Protection Agency and has shown promising results in other parts of Florida. Treatment is currently targeted at locations with active bloom conditions between the Wilson Pigott Bridge (SR 31) and the Alva Boat Ramp in Lee County. There are no water use restrictions associated with this product.

“We are here because of the leadership of Governor Ron DeSantis, who listened to the people of Florida, and prioritized resources to protect South Florida’s waterways and address blue-green algae head-on,” said SFWMD Governing Board Chairman Chauncey Goss. “This is good news for Lee County and all of Southwest Florida, and we’re continuing to expeditiously implement long-term solutions, including the Caloosahatchee Reservoir, to better protect the Caloosahatchee Estuary.”

Improving water quality and reducing harmful discharges from Lake

Okeechobee into the Caloosahatchee and St. Lucie estuaries are top priorities for the State of Florida. Under the direction of Gov. DeSantis, SFWMD and DEP are expediting critical Everglades restoration projects such as the EAA Reservoir Project, the Caloosahatchee (C-43) and C-44 Reservoirs and removing Old Tamiami Trail roadbed, which will all work together to reduce damaging discharges and send more clean water south to the Everglades.

DEP’s Blue-Green Algae Task Force recommended using innovative technologies to prevent, detect and address harmful algal blooms in a cost-effective, environmentally safe way. SFWMD and DEP are committed to a partnership that protects Florida’s water resources through multi-faceted and innovative solutions.✳

## College Graduates

**F**ort Myers natives Bethani DeMaria, Kylie Heitman and Holly Julifs recently graduated from the University of Alabama.

DeMaria received a bachelor of science degree, Heitman received a bachelor of arts degree in communication and information sciences and Julifs received a master of science degree

Kiana Mehring of Fort Myers recently graduated with a master of business administration degree in healthcare from University of Sioux Falls in Sioux Falls, South Dakota.✳

### PERSONALIZED ADDRESS PLAQUES

- Weatherproof PVC
- Up to Six Numbers

Order at [www.naturebrackets.com](http://www.naturebrackets.com) (Free Shipping) • 239.454.1001

## Lee Health Names Chief Nursing Officer

With more than 20 years of nursing experience, Jennifer Higgins has been named chief nursing officer for Lee Health. She had previously been serving as the interim chief nursing officer.



Jennifer Higgins

In her new role, Higgins will be responsible for leading nursing strategies that support Lee Health's mission, vision, values and objectives. She will work with other leaders within the health system to develop continuous improvement strategies for clinical quality, safety and patient experience programs.

Higgins will also create strategies for the recruitment and retention of high-quality nursing staff to Lee Health.

Higgins began her career at Lee Health in 2000 when she joined the health system as an emergency room nurse. Throughout the years, she progressively advanced through a variety of key senior operational roles before being appointed chief nursing officer. Her most recent position was chief nurse executive at Gulf Coast Medical Center,

where she collaboratively developed a comprehensive transformation plan that included the successful opening of the first phases of the Gulf Coast Medical Center expansion project. As a part of the expansion, she also successfully moved the oncology program from Lee Memorial Hospital to Gulf Coast Medical Center and opened a new 52-bed ICU (intensive care unit) tower.

Additionally, Higgins' leadership led to the early opening of 216 new acute care beds to help Lee Health manage the patient surge associated with the COVID-19 pandemic.

"Jennifer's nursing leadership experience, along with her dedication to supporting our nurses while providing the highest quality of care to our patients, made her the perfect choice to serve as Lee Health's chief nursing officer," said Dr. Scott Nygaard, chief operating officer of Lee Health. "She is a proven leader and will continue to elevate and advance the professional practice of nursing at Lee Health."

"I am so grateful to work with such a wonderful team. Our nurses at Lee Health are the best of the best," said Higgins. "I am honored to have been chosen for the chief nursing officer role, I look forward to all that we're going to accomplish."

Higgins has achieved several advanced certifications, including nurse executive advanced certification, certified emergency nurse and advanced trauma nursing. She also participated in the Wharton Nurse Leaders Program,

American Organization for Nurse Executives and is a past board member of the Southwest Florida Organization for Nurse Executives. She currently serves on the Greater Fort Myers Chamber of Commerce Board of Directors.

Higgins earned a diploma in nursing from St. Luke's School of Nursing, a bachelor of science in nursing from the

University of South Florida and a master of science in nursing from Walden University. She is currently enrolled in a doctor of nursing practice program at Walden University.

Higgins will continue to serve as chief nurse executive at Gulf Coast Medical Center until a permanent replacement is hired.✪

## Councilwoman Earns Home Rule Hero Award

The Florida League of Cities (FLC) recently recognized City of Fort Myers Councilwoman Teresa Watkins Brown with a 2021 Home Rule Hero Award for her hard work and advocacy efforts during the 2021 Legislative Session.



Teresa Watkins Brown

Councilwoman Watkins Brown worked tirelessly throughout session to promote local voices making local choices.

"I advocate for the preservation of Home Rule to make sure local elected officials continue to have a voice in policy-making decisions," said

Watkins Brown. "As president of the Florida Black Caucus of Local Elected Officials, I have a hands-on leadership role providing the support, training and technical assistance to help elected officials become effective advocates for Florida's municipalities to advance FLC's legislative agenda."

Home Rule is the ability for a city to address local problems with local solutions with minimal state interference. Home Rule Hero Award recipients are local government officials, both elected and nonelected, who consistently responded to the league's request to reach out to members of the legislature and help give a local perspective on an issue.

"These local officials went above and beyond during the 2021 Legislative Session," said FLC Director of Legislative Affairs Casey Cook. "Our members made extraordinary efforts, were actively engaged and highly effective. On behalf of the league and its legislative team, it's my sincere honor to recognize this year's award recipients and thank them for their service."✪

## Help Your Business Maintain Quality While Growing

As your company grows, resources often become thin, and the chances of a drop in the quality of your products or service increases. The Above Board Chamber of Florida will hold a seminar to explore and discuss proven methods of maintaining product and service quality during growth periods at the Crowne Plaza Bell Tower on Thursday, June 10 from 11:30 a.m. to 1 p.m.

Titled Maintaining Quality Standards During Periods of Extreme Growth, the seminar will help participants understand pitfalls that can accompany extreme growth. These include not having the internal resources and staff to service the increase in business, pushing a product to market prematurely, taking on debt without a realistic repayment plan, and increasing overhead due to new hires and additional office space. All of these factors lead to increased expenses, often before there is enough revenue to support them. When this happens, something must give, and quality often suffers, potentially leading clients to go elsewhere.

Three panelists – Bill Daubmann, founder of My Shower Door; Ryan Carter, executive vice president at Scotlynn USA Division; and Norman Love, owner and pastry chef at Norman Love Confections – will discuss ways to recognize pitfalls and develop strategies to

avoid them before they negatively impact your business.

Early Bird registration is \$33 for Above Board Chamber members and \$35 for future members. To register, visit [www.aboveboardchamber.com/events](http://www.aboveboardchamber.com/events). The seminar will also be available on Zoom for those who are unable to attend in person.

The seminar is sponsored by Brian Chapman Jr., president of Chapman Insurance Group; and Jayne Malinowski, vice president of regional mortgage production at Lake Michigan Credit Union. The emcee will be Connie Ramos-Williams, president and chief marketing officer at CONRIC PR & Marketing.

The Crowne Plaza Bell Tower is located at 13051 Bell Tower Drive in Fort Myers.✪

## Use LCEC App To Monitor Electricity

Managing your Lee County Electric Cooperative (LCEC) account safely and securely online with SmartHub is an electricity win. LCEC's bill pay and customer service tool offers a multitude of ways to make your life easier and even lower your electric bill.

With SmartHub, you are able to view payment history, pay your bill, request a payment extension, receive bill reminders, set usage alerts, monitor energy usage and report an outage.

Visit [www.lcec.net](http://www.lcec.net) or download the free SmartHub app. Make sure to have your account information handy when you register as a new user.✪

## GET YOUR HANDS WET

ENCOUNTER LIVE ANIMALS IN OUR TOUCH POOLS

SEE SPECTACULAR EXHIBITS OF MOLLUSKS AND SHELLS

BE WOWED BY OUR GIANT PACIFIC OCTOPUS

ATTEND A KEEPER CHAT AT 11 A.M. DAILY

WIN A PRIZE ON OUR SCAVENGER HUNT

BAILEY-MATTHEWS  
NATIONAL  
SHELL  
MUSEUM



3075 Sanibel-Captiva Rd., Sanibel, FL  
(239) 395-2233 • [ShellMuseum.org](http://ShellMuseum.org)

Open Daily  
10 a.m.-5 p.m.



## Book Review

## No Way Out

by Di Saggau



**N**o Way Out blends Fern Michaels rich character-driven storytelling with a hint of suspense, as a reclusive young woman struggles to put her life back together.

Ellie Bowman barely remembers the incident that put her into a coma. When she woke up, all she remembered was that her boyfriend Rick was missing. She wants to start over and recover in safety, so she works from her cottage in rural Missouri trusting no one and living in constant fear.

Suffering from amnesia, Ellie knows her life is in danger but she has to figure out how she was injured and why she stays in her well-protected home. She is hiding from Rick and spends a lot of time just observing the day-to-day lives of her neighbors. A curious 8-year-old boy named Jackson develops a bond with Ellie's dog. Slowly, Ellie begins communicating with Jackson and then with his mother, Colleen, who has troubles of her own.

When Ellie hears that Rick has resurfaced, her nightmares return and, with them, small snippets of memory. Why is he back now? Ellie wants to move

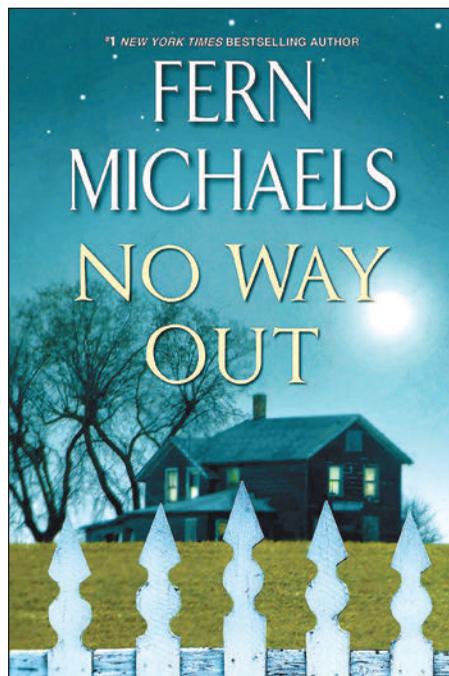


image provided

forward with her life, but first she must find the courage to look into her past.

Ellie's neighbors are an eclectic mix, and my favorite is 90-year-old Andy who used to be an antique dealer and is now a hoarder who hardly has room to move in his home. Supportive neighbors come to his aid. All the characters are well developed. Ellie uses her technological skills to finally get the answers she's looking for. *No Way Out* is a riveting read. ✨

## School Smart

by Shelley M. Greggs, NCSP



**D**ear Shelley, This column was published last year but has such valuable information that I wanted to share it again. It's about the importance

of physical play and how this play can help develop physical, intellectual and social growth. Needless to say, a typical playground provides lots of opportunities for great fun as well. Below is some information about play and the developmental process.

Swinging, a basic playground activity, is one of the very best activities for children's development in many areas. It helps with balance and teaches them to know where their body is in space, which is important for successful vestibular development. It also provides practice with fine motor skills like gripping the chain, gross motor skills such as pumping their legs to swing higher and coordination. Swinging helps the brain to figure out speed and direction.

Climbing playground equipment and even climbing trees can help with children's motor planning and flexible thinking (to think about something in a new way). In order to climb, children need to build an awareness of where their body parts are and what they can do with them. Climbing helps them understand and experience spatial directions like up, down, left and right. Climbing also encourages problem solving and predicting what's going to happen. For example, your child may wonder, "Where should my

right foot go next? How will I get down from the top?" This kind problem solving can help on the playground and in the classroom.

Playing on overhead equipment, like monkey bars, helps children develop both fine and gross motor skills. Practicing small movements like gripping the bar as well as big movements such as swinging from one bar to the next develop strength, balance and practice coordination.

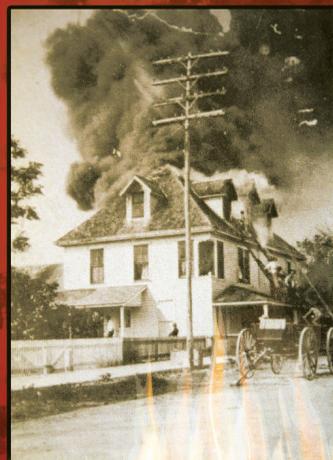
Free play from organized games to just running around with other kids is great. Free play helps children learn to communicate with other kids and practice conversation and vocabulary. Playgrounds can teach children how to follow and change rules, share and take turns. Social interactions on the playground can help children learn and practice social cues like body language and tone of voice.

No matter the game – kickball, tetherball, or an activity like swinging, climbing or just free play – a great deal of children's development occurs through play. As children figure out how to hold on to and climb playground equipment, manipulate, throw or kick a ball, they are practicing very important fine and gross motor and coordination skills. As they develop strategies about play, where to put their feet next or whether it's time to run to the next base, they're working on critical thinking and problem solving. Learning through playing is a great way to help your child develop. Have fun at the playground this summer.

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

## EPIC FIRES OF FORT MYERS

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



THOMAS P. HALL  
ROBIN C. TUTHILL, EDITOR

Available at  
[www.Amazon.com](http://www.Amazon.com)  
[www.OutSkirtsPress.com](http://www.OutSkirtsPress.com)

"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

## Money Advice For Graduates

**L**ife after college can overwhelm many graduates, especially if it's the first time they are handling personal finances outside of a school setting or without the help of family.

"When you're managing money by yourself for the first time, it's easy to make mistakes that can derail your financial goals right from the start," said Michael Sullivan, a personal financial consultant with Take Charge America, a nonprofit credit counseling and debt management agency. "But taking the time to understand what mistakes to avoid, and why, will set you up to win with money for years to come."

Sullivan breaks down five money mishaps to avoid:

Living without a budget – To succeed with money, a budget is a must. Start by tracking your expenses for a month to learn your spending habits. Then, make necessary adjustments to accommodate your habits and goals.

Not planning for a rainy day – You never know when the unexpected will happen. It is recommended to save three to six months of living expenses in an emergency fund. Start with small contributions and make increases as your

budget allows.

Opening lots of credit cards – Avoid the temptation to open multiple credit cards you don't need. One card is enough to build a positive credit history, which plays a role in nearly every life milestone from buying cars and homes to landing some jobs. Use one card regularly and pay it off in full every month. Avoid fees and interest by not overspending or carrying a balance.

Putting off retirement savings – Retirement may be a long way off, but that's to your benefit. The sooner you start saving, the more money you'll have in retirement. Contribute to your 401(k) or company retirement plan and explore a Roth or traditional IRA. Save what you can at first and steadily boost your contributions as your career progresses.

Neglecting your student loans – As a new graduate, you have a six-month grace period before you must start repaying federal student loans. Even with the temporary payment reprieve, you still must select a repayment plan. If you don't, you're automatically enrolled in the standard plan, which requires fixed payments over 10 years. That may not be the best option depending on your situation. If you're overwhelmed, contact an experienced student loan counselor.

For more tips, visit [www.takechargeamerica.org](http://www.takechargeamerica.org). ✨

## Endowment Fund Honors Public Media Manager

With the retirement of its general manager, WGCU has established the Rick Johnson Endowment for Innovation and Education at WGCU Public Media. Johnson's career in broadcast media spanned 52 years, 12 of them at the helm of WGCU.



Rick Johnson

arrival ushered in years of sustained positive energy, outreach and growth. His leadership style – a level head, a light hand, combined with humor and heart – has guided public media in Southwest Florida truly and well," said Todd. "Thank you, good sir. Wishing you all the best, always."

WGCU Public Media Advisory Board Chair Jim Hale said, "I am pleased to support and to champion the Rick Johnson Endowment for Innovation and Education to support WGCU. It's a fitting tribute to Rick Johnson, who throughout his tenure recognized the value of the talented staff at WGCU to create and carry forward the public radio and television programming that Southwest Florida has come to appreciate. Rick has had a remarkable 52-year career in broadcasting, 42 of that in public media including 12 years as general manager of WGCU, Southwest Florida's source for PBS and NPR. I encourage others to join me in making a gift to recognize him."

This perpetual, named fund will be invested and managed by the FGCU Foundation in alignment with its policies and procedures. Additional contributions can be made via check or credit card payable to WGCU or the FGCU Foundation, designated for the Rick Johnson Endowment for Innovation and Education or visit [www.wgcu.org/support](http://www.wgcu.org/support). Direct any questions to Associate General Manager for Development and Community Relations Pam Garvey at WGCU Public Media at [pgarvey@wgcu.org](mailto:pgarvey@wgcu.org) or 590-2345.✪

The Rick Johnson Endowment Fund will pay tribute to Johnson's professionalism, his passion for leading-edge technology, his collegiality and his commitment to the people who have helped public media to flourish in Southwest Florida. Proceeds from the endowment will support new technology training at WGCU, professional development and educational opportunities for WGCU staff to support continuous improvement, innovation and efficiency.

A generous gift from a friend of Johnson, Katherine Todd, helped to establish the fund. "As a very longtime follower of WGCU, I've seen the good times come and go. Rick Johnson's

## Local Chamber Hires Manager

SWFL Inc. is proud to announce the hiring of Hannah Phillips as its new events and marketing manager. Phillips comes to the now seven-person staff with a background in event management.



Hannah Phillips

"I am thrilled to be at SWFL Inc. and look forward to working closely with local businesses to create lasting partnerships," said Phillips of the new role. "This is an opportunity like no other to make a difference in the community by bringing professionals together."

Phillips worked previously for the Durham Convention Center in North Carolina. She graduated from Appalachian State University in 2018 with a bachelor's degree in hospitality and tourism management. At SWFL Inc., Phillips will plan and promote signature events, manage the Leadership SWFL program and develop sponsorships with area businesses.

Tiffany Esposito, president and CEO of SWFL Inc., said she's glad to bring

Phillips to the team.

"Everything we do at SWFL Inc. centers around relationships, and Hannah is the perfect person to help us keep building meaningful connections with community members," Esposito said. "We're excited to have her join our team."✪

## University Adds To Marketing Team

Hodges University has hired Joe Nelsen as the senior social media and marketing content creator.

In this position, Nelsen will be responsible for all of the university's social media, its four electronic newsletters and *Talon* magazine.

A native of New York, he is a recent graduate of the University of Tampa with a bachelor's degree in communications. Prior to graduating, he gained experience in the planning and execution of social media strategies for national corporations. He also has experience in blog, website and copywriting.✪



Joe Nelsen

## Port Authority Names Officer

The Lee County Port Authority (LCPA) has announced Steven Hennigan, CM, ACE, as the new deputy executive director of aviation and chief operating officer. In this role, he will lead the aviation division of more than 300 employees at Southwest Florida International Airport and Page Field in Fort Myers.



Steven Hennigan

Hennigan will be responsible for the fiscal, administrative and operational oversight of the Aircraft Rescue & Fire Fighting Department, Airport Police Department, aviation security & technology, contract management, maintenance, operations and safety, as well as base operations at Page Field.

Hennigan brings more than 20 years of aviation and leadership experience to LCPA. Most recently, he was the chief of operations for the Houston Airport System (HAS), where he managed operations at George Bush Intercontinental Airport (IAH) and William P. Hobby Airport (HOU), along with oversight of operational processes and procedures for both airports.

Before that, Hennigan served as the assistant general manager of operations at IAH for six years, where he worked on the planning and development of a \$1.2 billion terminal redevelopment project. Prior to HAS, Hennigan spent seven years at Denver International Airport (DEN) working as the aviation operations manager and other roles in airfield operations and the airport communications center.

Hennigan is a certified member of the American Association of Airport Executives (AAAE) and is an AAAE Airport Certified Employee in the areas of security and operations. He holds a bachelor of science degree in aviation business administration from Embry-Riddle Aeronautical University in Prescott, Arizona, and has a commercial pilot rating.

The Lee County Port Authority operates Southwest Florida International Airport and Page Field in Fort Myers. No ad valorem (property) taxes are used for the operation or improvement of either airport. For more information, visit [www.flylcpa.com](http://www.flylcpa.com).✪

## Dean's List

Nicole Fortner-Rodriguez of Fort Myers was named to the dean's list for the spring 2021 semester at Jacksonville State University.

To be named to the list, a student must earn a grade-point average of 3.5 to 3.99 while attending full time.✪



**MYERS  
INSURANCE**  
**Condo Insurance Experts**

***Celebrating 39 Years in Business!***

**Call Us For A Free Quote**

**800-336-9377**

**[www.MyersInsures.com](http://www.MyersInsures.com)**



Will Power

## Estate Taxes And Equality



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

Requests often come from the most peculiar places. You wouldn't guess, for example, that some wealthy, influential families supported the implementation of the estate and gift tax laws around the turn of the previous century.

It's true. Although the concept of an inheritance tax can be traced to biblical times, the modern estate tax first took form in 1906. In that year, Republican President Teddy Roosevelt addressed Congress, advocating a progressive tax structure. He stated, "The prime object should be to put a constantly increasing burden on the inheritance of those swollen fortunes which it is certainly of no benefit to this country to perpetuate..."

The great influx of immigrants in the early 1900s created gaps between the "haves" and "have-nots." Politicians worried that a class of ne'er-do-wells could create a situation much like that found in revolutionary France. It wasn't only the politicians worrying, however.

Somewhat earlier than Roosevelt's speech, in a magazine article supporting estate taxes, Andrew Carnegie stated, "...men who continue hoarding great sums all of their lives, the proper use of which for public ends would work good to the community from which it chiefly came, should be made to feel that the community, in the form of the State, cannot thus be deprived of its proper share. By taxing estates heavily at death, the State marks its condemnation of the selfish millionaire's unworthy life..." John D. Rockefeller published a compliment supporting his friend Carnegie's views.

That period's wealthiest families were concerned that unless Congress taxed their estates, the wealth would do more harm to their children and grandchildren than good.

Which brings us to today, with a bill sponsored by Sen. Bernie Sanders (I-VT) to reduce today's generous federal estate tax exemption from \$11.7 million to \$3.5 million. Media have pounced on our nation's growing inequality of wealth and income, so this legislation is not entirely unexpected. Is it the right thing to do?

From a revenue-generating standpoint, the federal transfer taxes (gift, estate and generation skipping) generate less than one percent of total revenue. Even with a more aggressive transfer tax system, redistribution of this wealth from the rich to the poor can't possibly solve our current inequality problems. The transfer tax system was never intended to do so.

Instead, the transfer tax system's intent is to limit a class of inheritance-privileged citizens. It presupposes that it's dangerous to have a class of citizens born into wealth,

who have no need to work, and who can, with that wealth, exert enormous political pressure.

Before the birth of democracies in the 17th and 18th centuries, societies were built on hierarchies. The emergence of highly stratified societies came with the development, first of agriculture, then of cities. These societies were headed by a "divine" ruler on top, who was surrounded by a royal court, beneath which was an administrative elite, and at the bottom an illiterate mass that was conscripted from time to time either as an army or as a *corvée*, a labor force used in the construction of monumental buildings.

What kept the structure in place was an elaborate doctrine of hierarchy whose origins were told in myth, whose architectural representation was the pyramid or ziggurat, a massive building broad at the base and narrow at the top. The belief in this hierarchy was universal and lasted into the development of early western societies. Aristotle thought that some were born to rule, others to be ruled. Plato constructed a myth in *The Republic*, in which class divisions existed because the gods had made some people with gold, some with silver and others with bronze.

America, in contrast, is supposed to be a land embodied by Jefferson's declaration, "...that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the Pursuit of Happiness."

That we are created equal doesn't mean that we are to be equal. Many take Jefferson's words to define America as a land striving for equal opportunity. A country where an individual is free to maximize what one does with one's own natural and developed talents.

So it's complicated, isn't it? A capitalist democracy is, as we've discovered after two and a half centuries, exceptional at creating wealth, but not for all. How it moves forward while striving for equal opportunity for its citizens proves to be a more difficult problem to solve.

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

## Mobile Pediatric Vaccinations

Dozens of children, accompanied by their parents, lined up to receive their COVID-19 vaccine at Golisano Children's Hospital's new Mobile Pediatric Vaccination Clinic in Lehigh Acres recently. The mobile unit's first-ever stop, which took place at Family Health Centers, reached families that may not have otherwise been able to receive a vaccination for COVID-19 due to transportation and other factors.

"Through this mobile vaccination clinic, we are creating additional access for children age 12 and older to be able to get their COVID-19 vaccine," said Alyssa Bostwick, chief nurse executive and vice president of operations at Golisano Children's Hospital. "We want to make sure that everyone who wants to be vaccinated has the ability to do so. That's why we're taking our COVID-19 vaccination clinic to them. Our goal is to vaccinate as many children as would like to be vaccinated before the next school year starts."

The Mobile Pediatric Vaccination Clinic is tailored especially for children. It's staffed with a pediatric registered nurse to administer the vaccine. A special Pain Ease spray is on-hand to put on the injection site to alleviate any discomfort or fear of needles that kids sometimes have. Also, the mobile vaccination unit has a pharmacist, EMT or paramedic, and customer service team to assist in the process.

Anyone is welcome and there is no cost for the vaccine. There are no appointments; the Mobile Pediatric Vaccination Clinic is walk-up only.

"The response we've gotten from families on our first stop has been amazing," said Niki Shimko, supervisor for the pediatric critical care transport team at Golisano and leader of the mobile vaccination clinic. "They're so appreciative that we're coming to them. Many of them said they wouldn't have been able to get a vaccine if it weren't for this unit."

The Mobile Pediatric Vaccination Clinic

will be traveling the Southwest Florida region with future stops planned in Port Charlotte, Cape Coral, Fort Myers and Lehigh Acres.

The mobile clinic is also partnering with the School District of Lee County to bring the unit to middle and high schools during dismissal and parent pick-up time in case parents would like to get their children vaccinated at those locations. Days and schools will be announced at a later date on [www.leehealth.org](http://www.leehealth.org) under the COVID-19 Community Updates section.

Children age 12 and older can receive their COVID-19 vaccine at the clinic. A parent or authorized guardian must accompany a minor for vaccination. The second dose will be set for the same location or one nearby.

Additional stops over the next few weeks include:

Monday, June 7, 9 a.m. to 4:30 p.m. – Family Health Centers, 4300 Kings Highway, Suite 500, Port Charlotte

Friday, June 11, 9 a.m. to 4:30 p.m. – Family Health Centers, 316 Del Prado Boulevard South, Cape Coral

Monday, June 14, 9 a.m. to 4:30 p.m. – Family Health Centers, 3415 Lee Boulevard, Lehigh Acres

Thursday, June 17, 9 a.m. to 4:30 p.m. – Family Health Centers, 3415 Lee Boulevard, Lehigh Acres

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

From page 1

## Lab Theater

truly a Lab Theater original. The show features Sue Schaffel, Steven Coe, Greg Wojciechowski, Brian Linthicum, Daniel Sabiston and Madelaine Weymouth.

Tickets are \$30 each or \$10 for students with valid student IDs. There is a half-priced preview on June 10 as well as a new Thursday night special ticket price of \$25 each for adults. Seating is limited for safety. For tickets, call the box office at 218-0481 or visit [www.laboratorytheaterflorida.com](http://www.laboratorytheaterflorida.com).

The Laboratory Theater of Florida is located at 1634 Woodford Avenue in Fort Myers.✧

## CARING MEDICAL FLORIDA & THE HAUSER NECK CENTER

### 3 UNIQUE SPECIALISTS IN REGENERATIVE & CHIROPRACTIC MEDICINE TREATING:

- CERVICAL SPINE DISORDERS
- CHRONIC NEUROLOGICAL SYMPTOMS
- JOINT AND SPINE PAIN
- OSTEOARTHRITIS
- POST-SURGICAL JOINT PAIN
- SPORTS INJURIES



9738 Commerce Center Ct., Fort Myers, FL 33908 | (239) 308-4725 | [CaringMedical.com](http://CaringMedical.com)

## Superior Interiors

# Create An Office To Reach Your Business Goals



by Marcia Feeney

**R**unning your own business out of your home isn't as easy as it sounds. There's a lot to balance, and if you don't have the right workspace, you could end up sacrificing productivity. You

want a stylish office that inspires creativity and flaunts your stellar expertise as a professional if a client stops by. Before you get busy designing your decor, you must create an office that sets you up for success. Look at the big picture and then work in from there. Think layout, lighting and color before office supplies and ambience.

Pure white walls might have a certain hint of elegance and sophistication to them, but why not spice it up a little? Colors really do affect people psychologically. The body has emotional and physical reactions to different hues. Consider one of these combos when selecting your color scheme:

**Blue, green and violet** – These are relaxing colors so they can help you if you have a high stress job but might lull you to sleep otherwise.

**Green and yellow** – Green is a more natural color, and a gradient of this will give your space an organic feel, which is great for focus. Yellow is an attention grabber, so it can be a lot on its own, which is why it mixes flawlessly with green.

**Red scale** – The most aggressive of colors, red will give your room energy and might produce a lot of strong emotions, so it's recommended that it's just used as an accent.

**Purple scale** – Purple signifies creativity, perfect if you need some extra imagination.

**White, ivory and gray** – These neutral tones are dedicated for your comfort zone and they're ideal if you want to use a

splash of an accent color.

Be light, be happy. Good lighting is essential to better concentration and higher productivity. Get the right light and your mood improves, and you'll have more energy to be productive. What's your style? Are you more of a classic, crystal chandelier kind of person? Or perhaps a mod desk lamp type is more your style? This can be a great opportunity to select decorative lighting that is reflective of your personal style.

Create a view and let as much natural light in as possible. Sure, watching a butterfly float by might seem like a distraction, but having a view is thought to increase productivity significantly, hence why the big boss gets the corner office. If you can, pick a room at the back of the house to redesign as your office space so you'll be able to look out into your lovely, landscaped yard when you need a quick mental break.

When you're picking out your desk, make sure you have plenty of space, so your office supplies won't close in on you. Nothing is worse than feeling claustrophobic while doing work. Pick from a variety of styles, everything from wrap-around corner desks to clean glass toppers are at your disposal. If you think you need more space, or want a unique vibe, why not look at a selection of kitchen tables? A round shape will give your office additions a one of a kind feel to your space, but don't forget about seating. Ergonomics is everything – a good chair promotes health, safety and overall wellbeing. There's a whole science behind seating, and you'll want support from your back to your neck. Look for a professional desk chair, or even a plush armchair.

If you have clients coming to your home, you'll need a place for them to sit. Seat multiple guests at once and mix things up and go for a cushioned bench. Detail with a couple of throw pillows and you have a client-ready seating arrangement.

Personalize your space with accessories. Really step outside of your comfort zone and think outside the box. What interesting displays or vignettes can you dream up to add interest? Finalize with a vibrant area rug, and the whole space will really come together.

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

## Coalition To Resume In-Person Conversations

**F**or the first time since the COVID-19 pandemic ended gatherings last year, the FutureMakers Coalitions' (FMC) Equity Action Team will resume hosting in-person conversations about how structural racism and implicit bias is impacting the region's education and workforce outcomes.

Beginning Friday, June 18, and continuing the fourth Friday of each month, the conversations will take place at Collaboratory at 2031 Jackson Street

in downtown Fort Myers. The events are free and open to the public and will be limited to the first 28 guests to register.

To register for the June 18 event, visit [www.bit.ly/3yFAANR](http://www.bit.ly/3yFAANR)

FutureMakers Coalition outcomes have demonstrated significant achievement gaps for Black and Latinx students of all ages and these conversations are meant to help reduce these gaps.

Volunteers from the 18-member FMC Equity Action Team have facilitated the conversations with more than 1,000 Southwest Floridians since February 2020 and during COVID-19 – adapted from in-person to virtual.

“Our format was modeled after conversations developed by our partners

in Broward County from the Broward Children's Services Council who presented to the coalition at our annual Breakfast of Champions in September 2019,” said Tessa LeSage, FutureMakers Coalition director at Collaboratory, which serves as the backbone organization for the FutureMakers Coalition. “In order to meet our goals, we believe we must change the policies, practices and beliefs that are resulting in inequitable outcomes.”

FutureMakers Coalitions goal is to transform Southwest Florida's workforce by increasing the percentage of working age (25 to 64 years old) adults that hold post-high school credentials to 55 percent by 2025.

The courageous conversations are designed to support the development of equity imperatives among the FutureMakers partner organizations and beyond in hopes of establishing the foundational knowledge needed to create the anti-racist policies, practices and beliefs needed to improve outcomes for all and reach the goal of 55 percent.

The introduction to a conversation about structural racism and implicit bias provides an overview of the history of racism, including local history and concepts related to implicit bias.

“Now, more than ever, we need to have open discussions about structural racism and implicit bias,” said Indera Devi DeMine, an immigration attorney in Fort Myers. “The events that occurred in 2020, most notably, the tragic death of Mr. George Floyd, was a turning

point for me as a business owner. I felt a need to listen, to become educated, to train my staff and to become actively anti-racist. The training that our office received from the FutureMakers Coalition has given us the tools and guidance to not only recognize our own biases, but to be advocates for change in our community.”

Implicit bias refers to attitudes or stereotypes that impact our understanding, actions and decisions in an unconscious manner.

FutureMakers Coalition aims to transform Southwest Florida's workforce by increasing the proportion of working age adults with college degrees, workforce certificates, industry certifications and other high-quality credentials to 55 percent. FMC has grown to over 300 FutureMakers representing business, education, government, nonprofits, philanthropy, residents and students across Glades, Hendry, Collier, Lee, and Charlotte counties.

In January of 2020, Southwest Florida was designated a Talent Hub by Lumina Foundation in partnership with The Kresge Foundation and received a \$125,000 grant to support local efforts to increase educational attainment.

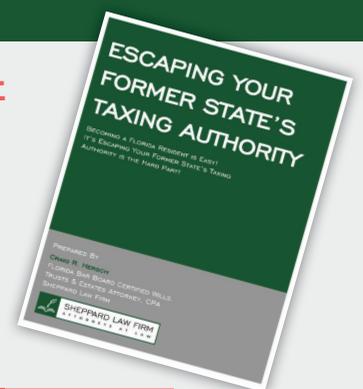
FutureMakers Coalition encourages businesses to join and invest in sustaining this community-changing initiative by visiting [www.futuremakerscoalition.com](http://www.futuremakerscoalition.com) or emailing LeSage at [tlesage@collaboratory.org](mailto:tlesage@collaboratory.org).

## BECOMING A FLORIDA RESIDENT IS EASY!

ESCAPING YOUR FORMER STATE'S TAXING AUTHORITY IS THE HARD PART!

GET YOUR FREE GUIDE TODAY!

LEARN HOW STATES TRAP YOU EVEN IF YOU'VE DECLARED FLORIDA RESIDENCY!!



[floridaestateplanning.com/escape](http://floridaestateplanning.com/escape)



**CRAIG R. HERSCH**  
Florida Bar Board Certified Wills, Trusts & Estates Attorney, CPA



**MICHAEL B. HILL**  
Florida Bar Board Certified Wills, Trusts & Estates Attorney



**HAYLEY E. DONALDSON**  
Wills, Trusts & Estates Attorney, CPA



**SHEPPARD LAW FIRM**  
ATTORNEYS AT LAW  
[SHEPPARDLAWFIRM.COM](http://SHEPPARDLAWFIRM.COM)

Main Office: Fort Myers | 9100 College Pointe Ct. Fort Myers, FL 33919  
Sanibel & Naples by Appointment | 239.322.3831

## Frankly Speaking



by Howard Prager

There are two incredible, word-defying MLB shortstops, one from Puerto Rico earning \$5.2 million in his final contract year with the Cubs, the other from the Dominican Republic earning an MLB record

14-year, \$330M salary with the Padres. I'm talking about Javy Baez and Fernando Tatis, Jr. who last weekend totally outdid themselves. Tatis' accomplishment is simpler to describe, a game-tying, towering home run out of the park. Traveling 448 feet, it went out of Minute Maid Field in Houston onto the railroad tracks. Even the announcers couldn't believe it. Tatis Jr. is having a special season, hitting .302 with 15 home runs and 36 RBI.

Javy also hits powerful home runs, 13 so far this season. But that's not the play that grabbed the world's attention. Two men on base, two outs and Javy drives a ball that Pirates third baseman Erik Gonzalez picks up and throws to first. The throw took Pirates first baseman Will Craig off the bag, who only needed to step on the bag and Javy was out. Instead, he tried to tag Javy running down the first base line. Javy, decided to play chase and headed back to home plate. In the meantime, Willson Contreras, who had run from second to third on the throw, decided he'd try and score. Craig tossed the ball to catcher Michael Perez, but Contreras slid in under the tag. While he was doing that, Baez took off towards first. Second baseman Adam Frazier had to run over to catch the ball and Perez threw it past him. Javy motored to second base on the throwing error. Said Al Yellen of [www.bleedcubbielblue.com](http://www.bleedcubbielblue.com), "If you watch baseball long enough, you'll see something you have never seen before. Never was that more true than for this play. We will likely never see anything like it again." That's the value of Baez - he can make things happen just by his presence on the field and energy and instincts he brings.

The biggest excitement last weekend was 135,000 fans seeing history at the Indy 500. The crowd itself was a first - the largest crowd for a sporting event in the world since coming back from the pandemic - and that was only 40 percent of capacity! The 135,000 spectators saw Helio Castroneves clinch his fourth Indy 500 victory. "The exuberant crowd went wild for Castroneves' historic win for the old guys." Castroneves - who also won in 2001, 2002 and 2009 - joined US legends AJ Foyt, Al Unser Sr. and Rick Mears as four-time champions over 200 laps in the famed 500 mile race. When the Brazilian took the checkered flag, he rushed to the fence for his traditional 'Spiderman' climb that belied his 46 years. He became the fourth-oldest Indianapolis 500 winner, behind Al Unser (age 47, 1987), Bobby Unser (47, 1981) and Emerson Fittipaldi (46, 1993). "I love Indianapolis," Castroneves said. "The fans, they give me energy. This is absolutely incredible. I've run two races this year and won two races, I'd say that's pretty good." Castroneves noted this might be the year for aging veterans. "I don't know if this is a good comparison, but Tom Brady won the Super Bowl and Phil Mickelson won the golf [PGA Championship], so here you go. The older guys are still kicking the younger guys' butts." The race was the fastest Indianapolis 500 in history, with an average speed of 190.690 mph. That broke the record of 187.433, set in 2013.

What's going on with NBA fans in the playoffs? Just this weekend a fan rushed onto the court at the end of the third quarter between the Wizards and 76ers. Security had to tackle him and have him removed. Charges have been filed, and he will be banned. A Celtics fan threw a water bottle at Kyrie Irving after the Nets win Sunday night. He too is subject to a lifetime ban. The Athletic reports that, "On May 26, fans were abusive to Russell Westbrook, Trae Young and the family of Ja Morant during games in Philadelphia, New York and Salt Lake City respectively." Kyrie Irving said, "It's too much and a reflection on us as a whole when you have fans acting like that." As fans, let's focus on cheering for our teams and not hurtling objects, or ourselves, at them.

Time for some good news. In a press release, Good Sports and the Ralph C.

Wilson, Jr. Foundation "renewed their partnership for an additional three years to provide \$1.2 million in brand-new sports equipment, apparel and footwear to youth sports organizations and school sports programs in need throughout Southeast Michigan and Western New York." "Active play is vital for a child's physical, cognitive, emotional and social health. The pandemic has only increased the financial barrier children in need face in access to youth sports. Loss of local sponsorships and families unable to pay participation fees remain key challenges right now," said Good Sports COO, Christy Keswick. "We are thrilled to continue working with the Ralph C. Wilson, Jr. Foundation to give a significant number of children the equipment they need to play." Recent Aspen Institute survey results show children from high-income households are participating in sports activities 2.5

hours more than children from low-income households during the pandemic. Before COVID-19, the gap was just 40 minutes (Aspen Institute, 2020). "Our local Project Play initiatives have found that the lack of access to sports equipment is a barrier that keeps many kids from sampling new sports, and the high cost of equipment is a significant burden on youth sport organizations that aim to keep their fees low for families," said Jim Boyle, vice president of programs & communications for the Ralph C. Wilson, Jr. Foundation. Let's make sure all can play ball. Have a good week my friends.

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).

## Efforts To Protect Goliath Grouper

The Florida Fish and Wildlife Conservation Commission (FWC) has directed staff to continue ongoing efforts that recognize goliath's role in the ecosystem and promote stock rebuilding while allowing access to goliath through catch-and-release, ecotourism and dive viewing opportunities. They also directed staff to develop a proposed draft rule for consideration by the commission that would build on existing access opportunities for goliath by considering a limited, highly regulated harvest.

"We should applaud our successes," said FWC Chairman Rodney Barreto. "I'm in favor of coming back with a very delineated list of line items for a limited take that wouldn't disturb the dive industry and would provide additional access to this fishery. Just because we've been doing something for 30 years doesn't mean we need to keep doing it the same way."

"I'm not suggesting we do this at the end of the day but I am saying we should direct staff today to move forward, continue to gather input on this and see if we can't come up with a win-win for all stakeholder groups," said FWC Commissioner Robert Spottswood.

The FWC will continue to monitor the status of the stock using alternative metrics approved by the commission in 2018. Learn more about goliath grouper at [www.myfwc.com/marine](http://www.myfwc.com/marine) by clicking on "Recreational Regulations" and "Goliath Grouper" under the "Reef Fish" tab.\*

## Pet Adoption Discount, Bonus Ballgame Tickets

The Fort Myers Mighty Mussels invite pet owners to bring their dogs to Saturday home games for Bark in the Park, and Lee County Domestic Animal Services (LCDAS) wants to help in the fun by lowering adoption fees for dogs ages 4 months and older.

For the month of June, fees will be only \$20 with an approved application,

and owners of the newly adopted pets will receive two free tickets to any Mussels home game.

The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. This is a \$500 package. Volunteers and staff are on hand to introduce families to their new, furry friends. Hours are 10:30 a.m. to 3:30 p.m. Monday through Saturday. The adoption center is located at 5600 Banner Drive in Fort Myers.

For more information, call 533-7387 or visit [www.leelostpets.com](http://www.leelostpets.com). Look for Lee County Domestic Animal Services on Facebook and Instagram.\*

## Rotary Plate For Youth Programs



Rotary specialty license plate

image provided

A new Florida specialty license plate is now available to Rotarians and the general public with proceeds used to fund youth programs in all eight Florida Rotary districts.

Leaders of Camp Florida, a Rotary-funded campground for children with disabilities, proposed the idea of creating a Rotary Florida tag and worked on it from start to finish. Florida Rotary district governor nominees in all eight Florida districts launched a website for pre-sales of the specialty plate at [www.floridarotarytag.com](http://www.floridarotarytag.com). Three thousand plates need to be pre-sold before production begins.

The project took several years involving numerous Rotary leaders and was signed into law in mid-2020. The Rotary-inspired tag design was reviewed by Rotary International and the Florida Highway Safety and Motor Vehicles, both of which approved the tag for pre-production in late 2020.\*

## SPORTS QUIZ

1. Name the quarterback who started for the San Diego Chargers in their 49-26 loss to the San Francisco 49ers in Super Bowl XXIX.
2. What Baseball Hall of Famer, nicknamed "Double X," became the second player in Major League Baseball history to hit 500 career home runs when he achieved the milestone in 1940?
3. Reality TV star Kendra Wilkinson (*The Girls Next Door*, *Kendra*) was married to what NFL wide receiver from 2009-18?
4. What golf equipment manufacturer introduced its Big Bertha line of stainless-steel drivers in 1991?
5. During the Korean War, Boston Red Sox legend Ted Williams flew fighter jets and was wingman for what future astronaut/politician?
6. Shannon O'Keefe, Dasha Kovalova, Danielle McEwan and Bryanna Cote are athletes in what professional sports league?
7. For what Apple TV+ series did Jason Sudeikis win a Golden Globe award for portraying a backwoods American football coach who takes a job as manager of an English Premier League soccer club?

## ANSWERS

1. Stan Humphries. 2. Jimmie Fox. 3. Hank Baskett. 4. Callaway Golf Company. 5. John Glenn. 6. The Professional Women's Bowling Association (PWBA). 7. "Ted" Ted Lasso.\*

## Doctor and Dietician

## Is Your Nervous System Shot?



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

The nervous system is defined as “the system of nerves in your body that sends messages for controlling movement and feeling between the brain and the other parts of the body.” The autonomic nervous system is comprised of the sympathetic and parasympathetic nervous systems. You are driving over the Sanibel Causeway with the windows down, the breeze blowing, Jimmy Buffett playing, the pelicans flying alongside you – it’s your happy place. Suddenly, a vehicle coming from the opposite direction drifts into your lane. To avoid a collision, you swerve toward the shoulder nearly hitting a bicyclist, but you quickly correct and get back into your lane without hitting the oncoming vehicle or the bicyclist. Fortunately, everyone is safe. Despite knowing you are safe, your heart rapidly pounds against your chest, and your clammy hands attempt to continue driving. Your mind is racing and now you are on high alert, where moments ago you were chillin’.

This scenario demonstrates the sympathetic and parasympathetic nervous systems in action. They are continuously producing responses, balancing each other out. But many external stimuli can tip to create an imbalance, tipping the scale in one direction or another.

The autonomic (occurs automatically) nervous system controls involuntary physiological responses, such as heart rate, contraction/relaxation of blood vessels, stomach and intestines. The sympathetic nervous system is responsible for generating the physiological responses

that occur from stressful or dangerous situations, commonly referred to as “fight or flight” – as in the situation described above. The parasympathetic nervous system produces physiological responses that occur at rest and is often referred to as the rest and digest state. They are essentially opposite of one another.

In our center, we see many patients with a myriad of mysterious and simultaneous conditions and symptoms that affect the nervous system. They unload a shopping bag full of medications that they are taking for all of their symptoms – none of which have helped them resolve the symptoms – along with a long list of diagnoses they have accumulated over the years. Many of these patients have what is termed dysautonomia, meaning their nerves are not communicating correctly. These symptoms can manifest themselves as problems with blood pressure and heart rate. Some also have EDS (Ehlers-Danlos-Syndrome) or Lyme Disease. Others will report that they pass out for no reason or that their heart starts beating uncontrollably, food gets stuck in their throat, their mouth burns, digestion is abnormal, and they have headaches, migraines and fatigue.

What is the cause? From our research, we have found that these problems may arise from an underlying cervical (neck) or lumbar (back) spinal instability leading to autonomic nervous system dysfunction. The autonomic ganglion is a cluster of nerve cell bodies. Their job is to send sensation signals to the central nervous system. The autonomic ganglia pass and run very close to the vertebrae of the spinal column. When the vertebrae have unstable movement, they can press on nerves, stretch out nerves, compress the autonomic ganglion. Thus, people may experience problems with vision, heart function, digestion, bladder function, temperature regulation and a wide array of other symptoms. Dynamic autonomic nervous system testing (such as the protocols we have at Caring Medical) can be performed to document why the nervous system is not functioning properly. Understanding the structural breakdown in the spine and its repair using prolotherapy and dynamic curve correction can be life-changing. Addressing emotional and stress-related aspects of life will also help keep the nervous system functioning properly.

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. Visit [www.leehealth.org/our-services/blood-centers/blood-mobile/blood-drives](http://www.leehealth.org/our-services/blood-centers/blood-mobile/blood-drives) for dates and times.

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.✱

Do not give up – there is hope for these seemingly crazy symptoms.

*This information is not intended to treat, cure or diagnose your condition. Ross Hauser, MD, and Marion Hauser, MS, RD, established Caring Medical in 1991. Caring Medical Florida and the Hauser Neck Center are located in Fort Myers. They can be reached at [info@caringmedical.com](mailto:info@caringmedical.com).✱*

## dearPharmacist

## Taurine Supports Brain And Heart Health



by Suzy  
Cohen, RPH

**D**ear Readers: The complaint of shortness of breath and exercise intolerance are exactly the same, however, the causes and treatments

may be worlds apart. Dyspnea, as it is termed, can be related to asthma or heart failure and, again, the treatment for these conditions differs dramatically.

Today’s focus is on the heart and left ventricular hypertrophy (LVH), which is the name given to someone who has a thickening of the wall of their heart’s major pumping chamber. It results in inferior pumping abilities. There are many causes for this, but elevated blood pressure (BP) is the main one. With untreated LVH, heart failure becomes more imminent as does cognitive disease. For example, LVH doubles the risk for dementia!

So my goal today is to help you with the underlying cause of dyspnea which may be related to LVH, for example. Doing so protects the heart and reduces symptoms that look like cardiac asthma. When you have a healthy heart, you don’t experience as much shortness of breath (dyspnea), wheezing, crackling, rales and/or exercise intolerance problems.

A good cardiologist can detect LVH, or the beginnings of it with some simple non-invasive tests such

as an electrocardiogram (EKG) and an echocardiogram or “echo” as it is more often called. Furthermore, your cardiologist will make the best suggestion for you, based upon your risk factors, age, lifestyle and heart function. The treatment may include medication, implanted devices, or surgery depending on the cause.

But when it comes to a conversation about alternative treatments including dietary supplements, you’re likely to hit a brick wall because a conventionally schooled physician may not be up to date on the research regarding natural options. Sold nationwide, this is an easy-to-access, inexpensive and well-researched dietary supplement that is known for its ability to support all aspects of cardiovascular health. It is absolutely crucial for a healthy heart. Why?

Because taurine is found in massive amounts in your heart and brain. Remember how I stated earlier that a person with heart failure has a two-fold risk of dementia? Well, taurine is the number one amino acid in both of these tissues which further illustrates to me how useful it can be for both tissues. Taurine is involved in heart rhythm and may be useful to people with PACs, PVCs, pauses and/or tachycardia, but do ask your cardiologist before attempting self-treatment.

Taurine calms the body. For this reason, it is sometimes taken in the evening as it helps with sleep.

Taurine has one more interesting use in the natural arena. It can stabilize neurons in the brain and is sometimes employed in people who have epileptic seizures.

Taurine is sold at all health food stores. Combining taurine with other heart-healthy supplements such as aged garlic, Arginine, L-carnitine or Ubiquinol or PQQ could be even more useful for the heart. That said, do not substitute taurine, or any vitamin for your medication, or for proper treatments by a qualified physician that you’ve been seeing. If this topic interests you, I have posted a more comprehensive article on my website 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).✱*

## Lee Health In Urgent Need Of Blood Donations

Lee Health is seeking blood donations to help replenish supply levels.

Current blood supplies are critically low, and Lee Health’s blood centers are in urgent need of donors.

As home to the region’s only trauma center, it is vital that the health system’s blood supply remains at healthy levels in order to quickly care for patients needing an urgent transfusion. 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

## Veggies And Fruits Increased In Family Benefits

The American Rescue Plan Act (ARPA) has authorized state agencies to enhance the Women, Infants and Children (WIC) benefit for a period of four months, expanding the vegetable and fruit voucher from \$9 per month for children and \$11 per month for women to \$35 per month, per participant. WIC’s vegetable and fruit voucher is known as the Cash Value Benefit (CVB), which is credited with improving the dietary quality of WIC participants and reducing the prevalence of childhood obesity among WIC toddlers.

The CVB increase will be from June 1 to September 30. All women and children age 1 to 4 who participate in the WIC program will receive the increase in their fruits and vegetables cash voucher. For example, a pregnant woman and her 2-year-old child will receive a \$70 cash voucher to use on fruits and vegetables for the four months. Fruits and vegetables can be fresh, frozen or canned and of any brand, variety, size, with no added sugar, syrup, artificial sweeteners, fat, or oil. Organic fruits and vegetables are allowed.

For more information on enrollment and eligibility, visit <http://lee.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/wic>. To schedule a WIC appointment or for breastfeeding assistance, call 344-2000.✱

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

- ARTS**
- Alliance for the Arts ..... 939-2787
  - Arts For ACT Gallery & Studio ..... 337-5050
  - Art League Of Fort Myers ..... 275-3970
  - Barbara B. Mann Performing Arts Hall ..... 481-4849
  - BIG ARTS ..... 395-0900
  - Broadway Palm Dinner Theatre ..... 278-4422
  - Cultural Park Theatre ..... 772-5862
  - Edison Festival of Light ..... 334-2999
  - Florida Repertory Theatre at the Arcade ..... 332-4488
  - Florida West Arts ..... 948-4427
  - Fort Myers Harmonica Band ..... 610-653-7940
  - Fort Myers Symphonic Mastersingers ..... 288-2535
  - Gulf Coast Symphony ..... 489-1800
  - Harmony Chorus, Charles Sutter, Pres ..... 481-8059
  - Naples Philharmonic ..... 239-597-1111
  - The Schoolhouse Theater ..... 472-6862
  - SW Florida Symphony ..... 418-0996
  - Theatre Conspiracy ..... 936-3239
  - Young Artists Awards ..... 574-9321

- CLUBS & ORGANIZATIONS**
- American Legion Post #38 ..... 239-332-1853
  - Angel Flight ..... 1-877-4AN-ANGEL
  - Animal Refuge Center ..... 731-3535
  - American Business Women Association ..... 357-6755
  - Audubon of SWFL ..... <https://www.audubonswfl.org/>
  - Caloosahatchee Chapter DAR ..... 482-1366
  - Caloosahatchee Folk Society ..... 321-4620
  - Cape Chorale Barbershop Chorus ..... 1-855-425-3631
  - Cape Coral Stamp Club ..... 542-9153
  - duPont Company Retirees ..... 454-1083
  - Edison Porcelain Artists ..... 415-2484
  - Embroiders Guild of America - Sea Grape Chapter ..... 239-267-1990
  - FM UDC Chapter 2614 ..... 728-3743
  - Friendship Force Of SW FL ..... 561-9164
  - Garden Club of Cape Coral ..... 239-257-2654
  - Horticulture and Tea Society ..... 472-8334
  - Horticultural Society ..... 472-6940
  - Lee County Genealogical Society ..... 549-9625
  - Lee Trust for Historic Preservation ..... 939-7278
  - Navy Seabees Veterans of America ..... 731-1901
  - Paradise Iowa Club of SWFL ..... 667-1354
  - Sons of Confederate Veterans ..... 332-2408
  - Southwest Florida Fencing Academy ..... 939-1338
  - Southwest Florida Music Association ..... 561-2118
  - Kiwanis Fort Myers Beach ..... 765-4254 or 454-8090
  - Kiwanis Fort Myers Edison ..... 694-1056
  - Kiwanis Fort Myers South ..... 691-1405
  - Iona-McGregor ..... 482-0869
  - Lions Club Fort Myers Beach ..... 463-9738
  - Lions Club Fort Myers High Noon ..... 466-4228
  - Lions Club Estero/South Fort Myers ..... 898-1921
  - Notre Dame Club of Lee County ..... 768-0417
  - Organ Transplant Recipients of SW Florida ..... 247-3073
  - POLO Club of Lee County ..... 477-4906
  - Rotary Club of Fort Myers ..... 332-8158
  - Sanibel-Captiva Orchid Society ..... 472-6940
  - United Way of Lee County ..... 433-2000
  - United Way 211 Helpline (24 hour) ..... 211 or 433-3900

- AREA ATTRACTIONS**
- Bailey-Matthews National Shell Museum ..... 395-2233
  - Burrough's Home ..... 337-9505
  - Calusa Nature Center & Planetarium ..... 275-3435
  - Edison & Ford Winter Estates ..... 334-7419
  - Fort Myers Skate Park ..... 321-7558
  - Imaginarium Hands-On Museum & Aquarium ..... 321-7420
  - JN "Ding" Darling National Wildlife Refuge ..... 472-1100
  - Koreshan State Historic Site ..... 239-992-0311
  - Langford Kingston Home ..... 239-334-2550
  - Ostego Bay Foundation Marine Science Center ..... 765-8101
  - Skatium ..... 321-7510
  - Southwest Florida Historical Society ..... 939-4044
  - Southwest Florida Museum of History ..... 321-7430
  - True Tours ..... 945-0405

To be listed in calling card email your information to:  
[press@islandnews.com](mailto:press@islandnews.com)

# PUZZLES

Answers on page 23



"She may have been like one of the family, ma'am, but you still ought to try the \_\_\_\_\_."

## SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Skill            

LATENT                    

Bash                        

MINGAL                            

Flame                        

LINKED                            

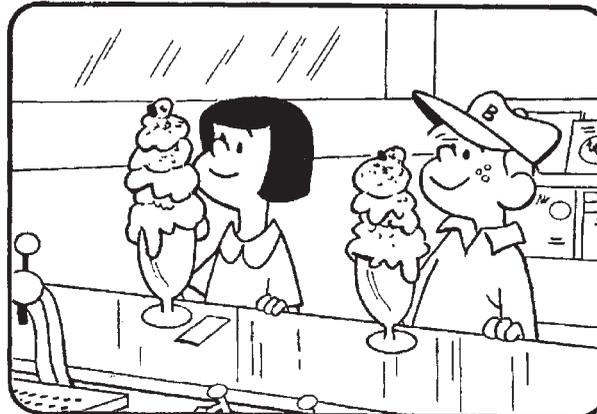
Niche                        

VOCAL                            

**TODAY'S WORD**

## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Cap is different. 2. Collar is different. 3. Spoon is added. 4. Napkin is missing. 5. Freckles are missing. 6. Bow is added.

## To Play Sudoku:

Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

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

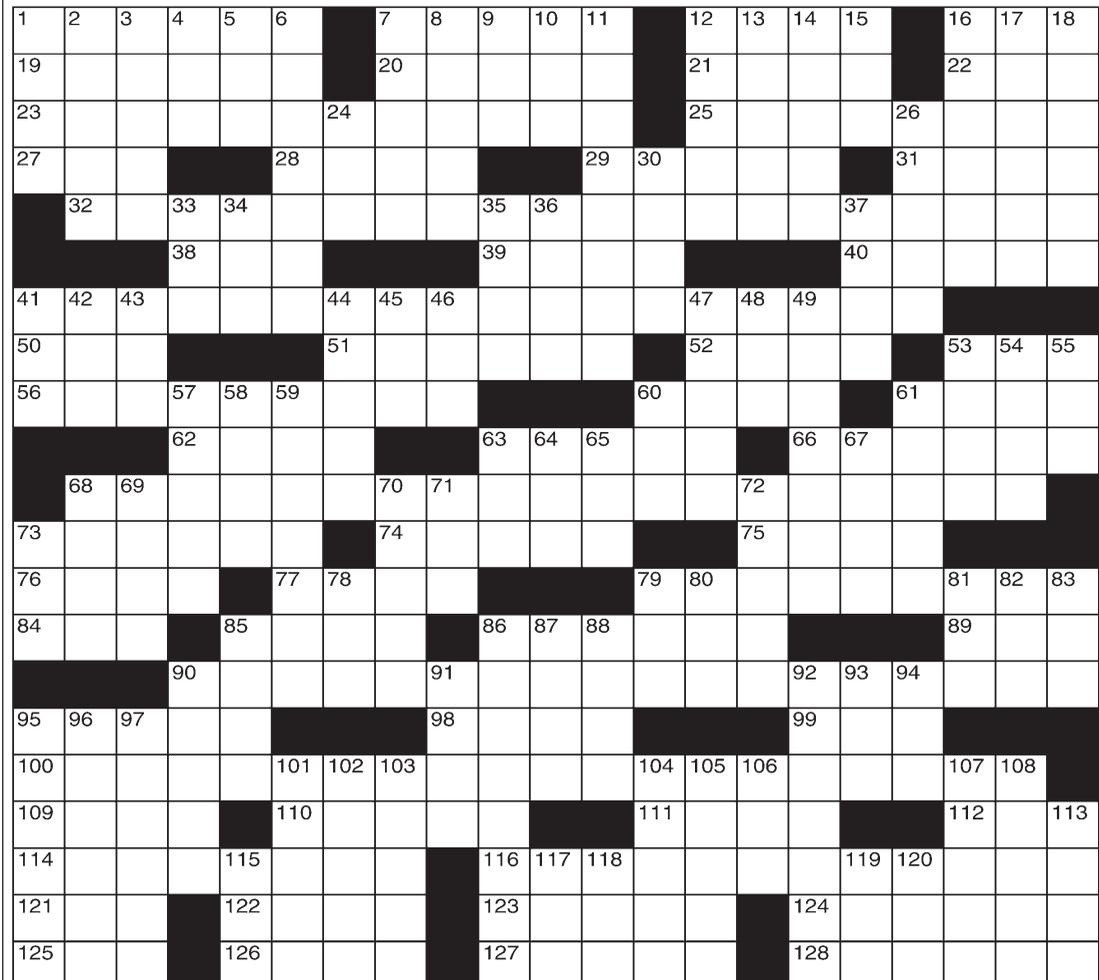
# PUZZLES

Answers on page 23

## Super Crossword

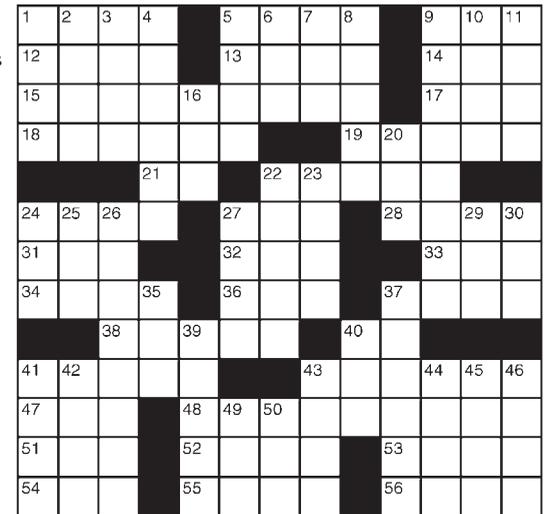
SCHOOLHOUSE  
DARK ROCK

- ACROSS**
- 1 Beethoven's Third, popularly
  - 7 Biblical twin
  - 12 "— -Ca-Dabra" (1974 song)
  - 16 Math calculation
  - 19 Fred Astaire, e.g.
  - 20 Piano challenge
  - 21 Get out of the field
  - 22 Year, in Portugal
  - 23 Start of a riddle
  - 25 Security datum
  - 27 Cockpit guess, briefly
  - 28 Math calculation
  - 29 Woolen cloth
  - 31 Many a roof edge
  - 32 Riddle, part 2
  - 38 Costume part, perhaps
  - 39 Future jr.
  - 40 Maine college town
  - 41 Riddle, part 3
  - 50 Debt slip
  - 51 "Annie" star Quinn
  - 52 Home of the Bay of Pigs
  - 53 Mr. America's pride
  - 56 Sensed
  - 60 Great serves
  - 61 It has limbs
  - 62 Bit of a lot
  - 63 Cow catcher
  - 66 Diner dish
  - 68 Riddle, part 4
  - 73 Home of Ikea
  - 74 Virtual bread?
  - 75 Elliptical
  - 76 Like saints
  - 77 Not had by
  - 79 Turns away
  - 84 With 55-Down, totally ready
  - 85 Mrs., in Berlin
  - 86 SOS signals
  - 89 "So cool!"
  - 90 Riddle, part 5
  - 95 "Heidi" author
  - 98 A juror takes one
  - 99 Corn-on-the-cob unit
  - 100 End of the riddle
  - 109 Intro studio class
  - 110 "— Gold" (Fonda film)
  - 111 Author Sarah — Jewett
  - 112 Gun rights org.
  - 114 Stunning with a gun
  - 116 Riddle's answer
  - 121 Suffix with polymer
  - 122 Town near Santa Barbara
  - 123 Everything, in Latin
  - 124 Ill-advised base
  - 125 Decimal
  - 126 New York City river
  - 127 "Zounds!"
  - 128 Notes with hashtags
  - 10 Exalting poem
  - 11 Really criticize
  - 12 The Little Mermaid
  - 13 Moisten, as grass
  - 14 GI's time off
  - 15 Clerk at TV's Kwik-E-Mart
  - 16 Actor Antonio — Jr.
  - 17 Asymmetric
  - 18 Oscar winner
  - 24 Laundry room brand
  - 26 London
  - 27 Spiteful
  - 30 Actor Ken
  - 33 "Oh, gross!"
  - 34 LI doubled
  - 35 Even — speak
  - 36 Score unit
  - 37 Itty-bitty bit
  - 41 Little drink
  - 42 Bladed tool
  - 43 "They're playing — song"
  - 44 Courtroom mallet
  - 45 Go hastily
  - 46 Dated
  - 47 Razor-inventing philosopher
  - 48 Chalked stick
  - 49 Remit, as sins
  - 53 Musician
  - 54 Bone to pick
  - 55 See 84-Across
  - 57 Tea box
  - 58 Latin "Lo!"
  - 59 Mined find
  - 60 Year- — glance
  - 61 Green car?
  - 63 Zenith rival
  - 64 "TGIF" part
  - 65 Hearth residue
  - 67 Like a missing GI
  - 69 Tony winner
  - 70 Subside
  - 71 Start for friendly
  - 72 Aplomb
  - 73 "Na Na" lead-in
  - 78 Scot's refusal
  - 79 Bible boat
  - 80 Tripod part
  - 81 As well
  - 82 Really long time
  - 83 Hen or nanny
  - 85 Govt. money guarantor
  - 86 It lacks a heel
  - 87 Wood strip
  - 88 Throb
  - 90 Shaw of jazz
  - 91 Presage
  - 92 Ration
  - 93 Mineo of films
  - 94 Three, in Rome
  - 95 Try to hit, as a gnat
  - 96 Coined thing
  - 97 China's Sun —
  - 101 Mystical board
  - 102 Lower arm bones
  - 103 Kosher
  - 104 Like plow-pulling oxen
  - 105 Lock of hair
  - 106 Neither Rep. nor Dem.
  - 107 Many a bellybutton
  - 108 Lovers' meeting
  - 113 Firefighters' tools
  - 115 Sushi eggs
  - 117 "Can u believe it!"
  - 118 — roll (lucky)
  - 119 Nashville-to-Chicago dir.
  - 120 Have debts



## King Crossword

- ACROSS**
- 1 Met melody
  - 5 "CSI" settings
  - 9 Apply cream
  - 12 Fender bender
  - 13 Gumbo need
  - 14 Mode lead-in
  - 15 Instrument panel
  - 17 Homer's neighbor
  - 18 Thread holders
  - 19 "Tiny Alice" playwright
  - 21 "Heavens!"
  - 22 Spud
  - 24 Green gem
  - 27 Church seat
  - 28 Ken or Barbie
  - 31 Glamorous Gardner
  - 32 Shoe width
  - 33 Teeny
  - 34 Baseball glove
  - 36 British "Inc."
  - 37 — B'rith
  - 40 Opposite of nyet
  - 41 "Yippeel!"
  - 43 Vile
  - 47 Ghostly greeting
  - 48 Music group at a New Year's Eve party
  - 51 Wall St. debut
  - 52 Jacob's twin
  - 53 Author Ferber
  - 54 "A mouse!"
  - 55 Peel
  - 56 Optimistic
  - 8 Nasser's successor
  - 9 "The Da Vinci Code" author
  - 10 Out of the storm
  - 11 Ordered
  - 16 Journalist
  - 20 Started
  - 22 Pearly whites
  - 23 Dumbstruck
  - 24 Bread spread
  - 25 Bird (Pref.)
  - 26 Appointment tracker
  - 27 Hide
  - 29 Meadow
  - 30 Tiki bar neck-lace
  - 35 Eastern path
  - 37 Sweeney Todd, for one
  - 39 Actress
  - 40 Female hare
  - 41 Theater award
  - 42 Aspiration
  - 43 Gulf War missile
  - 44 Pedestal part
  - 45 Hostels
  - 46 Crucial time
  - 49 "— was saying ..."
  - 50 Indian bread
- DOWN**
- 1 Tosses in
  - 2 Harvest
  - 3 Not — many words
  - 4 Not on the road
  - 5 Novelist Anita
  - 6 Alias letters
  - 7 "It's c-c-cold!"



### MAGIC MAZE ● DOUBLE LETTERS UP FRONT

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

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

Aahing	Eerie	Oogenesis	Oolong
Aardvark	Llama	Oogonium	Oops
Aaron	Llano	Oohing	Oozing
Eel	Lloyd	Oolite	



Grilled Sweet Corn with Tomato and Parmesan photo courtesy Fresh From Florida



**Grilled Sweet Corn with Tomato and Parmesan**

- 4 ears fresh sweet corn
- 2 tomatoes, diced
- 1 cup Parmesan
- 2 tablespoons fresh basil, torn

Preheat grill to high. Shuck corn and place directly on a hot grill or over hot coals. Rotate and cook until charred, about 10 minutes. Remove from heat and let cool for 5 minutes. Add diced tomatoes, Parmesan and basil just before serving.\*

# PETS OF THE WEEK



Dudley ID# A868322 photos provided Lee County Domestic Animal Services

## Dudley And Curly

Hello, my name is Dudley. I'm a brown and white 6-year-old male beagle. What is better than dogs and baseball? I am the perfect companion to adopt and take out to the Mighty Mussels game this Saturday for Bark in the Park. My medium size and spirited nature will be a big hit with the crowd, and the volunteers here are sure you will fall in love with me. My adoption fee is \$20.

Hi, my name is Curly. I'm a brown tabby 2-year-old male domestic longhair. It is true that kitten season is in full swing, but Animal Services also has adult cats ready for homes like me. I'm a handsome boy who already has



Curly ID# A865194

a full personality, and I have outgrown the pesky kitten years that keep you up at night. My silky fur and stunning good looks just add to my charm. My adoption fee is \$10, and you can adopt a feline friend for me at no additional charge.

Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit [www.leelostpets.com](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 MAY 31, 2021

- Aries** (March 21 to April 19) Although you would prefer to move forward at a steady pace, it might be a good idea to stop and reassess your plans. You could find a good reason to make a change at this time.
- Taurus** (April 20 to May 20) Just when you thought you had everything planned to the smallest detail, you get some news that could unsettle things. But a timely explanation helps put it all back on track.
- Gemini** (May 21 to June 20) Home and work continue to compete for your attention. But you handle it well by giving each its proper due. Someone you trust offers valuable advice. Listen to it.
- Cancer** (June 21 to July 22) Unsettling news creates a difficult but not impossible situation. Continue to follow your planned routine, but keep your mind open to a possible change down the line.
- Leo** (July 23 to August 22) Lick your wounded pride if you like, but it's a better idea to find out why your suggestions were rejected. What you

- learn could help you deal with an upcoming situation.
- Virgo** (August 23 to September 22) Feeling a bit listless? No wonder. You might be pushing too hard to finish everything on your to-do list. Cutting it down could help get your energy levels up.
- Libra** (September 23 to October 22) Taking time out of your busy schedule might be the best way to handle that sensitive private matter. It will help reassure everyone involved about your priorities.
- Scorpio** (October 23 to November 21) Insist on full disclosure by all parties before agreeing to be part of a "great deal." What you learn should help you decide whether to go with it or not.
- Sagittarius** (November 22 to December 21) Your decision to protect the secret that was entrusted to you might irk some people. But it also wins you the admiration of those who value trust and loyalty.
- Capricorn** (December 22 to January 19) Creative activities take on a practical approach as you realize you might be able to market your work. Ask for advice from someone experienced in this area.

- Aquarius** (January 20 to February 18) If you're suddenly a bit unsure about your decision, ask trusted colleagues and/or friends or family members for suggestions that could help resolve your doubts.
- Pisces** (February 19 to March 20) A workplace situation could get stormy. But stay on course until there's a solution that meets with everyone's approval, and things finally can calm down.
- Born This Week:** You keep an open mind on most matters, making you the confidante of choice for people who need your honest counsel.

### MOMENTS IN TIME

- On June 7, 1893, Mohandas Gandhi, a young Indian lawyer working in South Africa, commits his first act of civil disobedience when he refuses to comply with racial segregation rules on a South African train and is forcibly ejected at Pietermaritzburg.
- On June 13, 1905, pitcher Christy Matthewson of the New York Giants throws the second no-hitter of his career to lead his Giants to a 1-0 win over the powerful Chicago Cubs.

- Matthewson would go on to win 31 games that year.
- On June 12, 1920, Man O' War wins the 52nd Belmont Stakes. His only career loss came in 1919 when his back was to the starting line at the start. Before the advent of starting gates, a rope was all that held horses back from starting their run.
- On June 8, 1948, a hand-built aluminum prototype labeled "No. 1" becomes the first vehicle to bear the name of one of the world's leading high-performance automakers: Porsche. Over the next two decades, the German manufacturer would build more than 78,000 vehicles.
- On June 9, 1954, in a dramatic confrontation, Joseph Welch, special counsel for the U.S. Army, lashes out at Sen. Joseph McCarthy during hearings on whether communism has infiltrated the U.S. armed forces. Welch's verbal assault marked the end of McCarthy's power during the anticommunist hysteria of the Red Scare in America.
- On June 10, 1979, actor Paul Newman, driving a red Porsche 935, roars into second place in the fabled 24

continued on page 22

 <b>FRIDAY</b> Mostly Cloudy High: 84 Low: 74	 <b>SATURDAY</b> Mostly Cloudy High: 85 Low: 76	 <b>SUNDAY</b> Cloudy High: 86 Low: 75	 <b>MONDAY</b> Partly Cloudy High: 87 Low: 79	 <b>TUESDAY</b> Mostly Cloudy High: 88 Low: 78	 <b>WEDNESDAY</b> Mostly Cloudy High: 90 Low: 82	 <b>THURSDAY</b> Cloudy High: 89 Low: 80
---	--	---	--	---	---	---

**Redfish Pass Tides**

Day	High	Low	High	Low
Fri	10:32 am	3:21 am	10:48 pm	4:41 pm
Sat	10:52 am	3:57 am	None	5:31 pm
Sun	12:03 am	4:28 am	11:11 am	6:13 pm
Mon	1:08 am	4:55 am	11:31 am	6:52 pm
Tue	2:07 am	5:16 am	11:52 am	7:28 pm
Wed	3:02 am	5:33 am	12:16 pm	8:03 pm
Thu	3:54 am	5:47 am	12:44 pm	8:39 pm

**Point Ybel Tides**

Day	High	Low	High	Low
Fri	9:37 am	3:23 am	9:53 pm	4:43 pm
Sat	9:57 am	3:59 am	11:08 pm	5:33 pm
Sun	10:16 am	4:30 am	None	6:15 pm
Mon	12:13 am	4:57 am	10:36 am	6:54 pm
Tue	1:12 am	5:18 am	10:57 am	7:30 pm
Wed	2:07 am	5:35 am	11:21 am	8:05 pm
Thu	2:59 am	5:49 am	11:49 am	8:41 pm

**Punta Rassa Tides**

Day	High	Low	High	Low
Fri	9:52 am	3:34 am	9:56 pm	4:15 pm
Sat	10:30 am	4:13 am	11:01 pm	5:04 pm
Sun	11:07 am	4:51 am	11:59 pm	5:52 pm
Mon	11:41 am	5:29 am	None	6:36 pm
Tue	12:45 am	6:05 am	12:10 pm	7:19 pm
Wed	1:25 am	6:35 am	12:34 pm	8:02 pm
Thu	2:05 am	6:58 am	12:52 pm	8:47 pm

**Cape Coral Bridge Tides**

Day	High	Low	High	Low
Fri	12:42 pm	6:37 am	None	7:57 pm
Sat	12:58 am	7:13 am	1:02 pm	8:47 pm
Sun	2:13 am	7:44 am	1:21 pm	9:29 pm
Mon	3:18 am	8:11 am	1:41 pm	10:08 pm
Tue	4:17 am	8:32 am	2:02 pm	10:44 pm
Wed	5:12 am	8:49 am	2:26 pm	11:19 pm
Thu	6:04 am	9:03 am	2:54 pm	11:55 pm

# PROFESSIONAL DIRECTORY

**CONSTRUCTION/REMODELING**



**COOPER**  
CONSTRUCTION

Custom Homes & Remodeling Specialists  
*We can design, build and manage any endeavor you can dream up.*

**239.454.5699**  
cooperconstruction@embarqmail.com

Kerry Cooper • An Island Business Since 1982 • License # CBC1255742

**GENERAL CONTRACTOR**



**D. BROWN**  
GENERAL CONTRACTORS LLC

CGC1517615



**NEW CONSTRUCTION & REMODELS**

**239-593-1998** | www.dbrowngc.com

**TREE TRIMMING, ARBORIST**

Arbor Specialist Since 1995 "Tell A Friend"



**TREE WEST**

- Tree Trimming • Tree Removal
- Stump Grinding

**239-910-3256**  
info@treewestflorida.com  
www.treewestflorida.com  
P.O. Box 564, Sanibel, FL 33957  
Licensed, insured, workers compensation

**WINDOW CLEANING**



**JC Window Cleaning**  
239-203-5913  
407-902-7845  
Juan Penaloza

Residential-Commercial-New Construction  
Pressure Washing, Window Cleaning and  
Gutter Cleaning

LICENSED and INSURED  
jccpcleaning@aol.com / jccpwindowcleaning.com

**FISHING CHARTER**

Light Tackle Sport Fishing  
Sightseeing • Eco Tours

**CAPT. MATT MITCHELL**



USCG Licensed & Insured

C: (239) 340-8651  
www.captmattmitchell.com  
email: captmattmitchell@aol.com

**HOME SERVICES**

YARD SERVICE • TREE SERVICE • POOL SERVICE  
HOME WATCH • CLEANING SERVICE



**JUERGEN SCHREYER**  
OWNER

**ISLAND HOME SERVICE**  
P.O. Box 1050 • SANIBEL • FLORIDA 33957  
WWW.ISLANDHOMESERVICE.COM  
INFO@ISLANDHOMESERVICE.COM  
PHONE: (239) 472-5247 • CELL: (239) 229-6366

**Be a Voice for Manatees**  
Report sick or injured manatees



Learn more at  
savethemanatee.org/rescue

**CLEANING SERVICES**



**Professional Cleaning Services**

Residential & Commercial  
Construction Clean Up  
Interior Windows  
Home Watch

**Jennifer Watson**  
(239) 810-6293  
brightntidy@gmail.com  
Licensed & Insured

**CLEANING**

THE BEST AND PROFESSIONAL  
**CLEANING SERVICES**

ASK ABOUT MORE SERVICES

- ✓ Domestic cleaning
- ✓ Office cleaning

Ana Martínez (239) 443 6959



**LCEC CLEAR YOUR GEAR**  
IT CATCHES MORE THAN FISH



**Harry Chapin Food Bank**  
OF SOUTHWEST FLORIDA

Mail your tax-deductible donation to:  
**The Harry Chapin Food Bank**  
3760 Fowler Street, Fort Myers, FL 33901  
Call (239) 334-7007 or donate online at:  
harrychapinfoodbank.org

THE BEST AND PROFESSIONAL  
**OUTDOOR CLEANING**

ASK ABOUT MORE SERVICES

- ✓ Driveways
- ✓ Roofs
- ✓ Pool area
- ✓ Windows
- ✓ Building
- ✓ Decks
- ✓ Fences

Victor Lara (239) 634 0729

## Transfer Tips

As the spring semester winds down, many college students may be thinking about transferring to another school. The Kentucky Higher Education Assistance Authority (KHEAA) offers these tips for students who plan to transfer this year.

Talk with the financial aid office at your current school to make sure you don't owe anything or to find out if you get a refund. Also talk with the financial aid office at your new school to make sure you've done everything you need to get financial aid when you transfer.

Contact the registrar's office at your new school to find out which credits and grades you earned at your current school will transfer.

If you have more questions about transferring, each college should have a contact person who can answer them. For more information, visit [www.kheaa.com](http://www.kheaa.com).\*

From page 20

## Moments In Time

Hours of Le Mans endurance race in France.

• On June 11, 1989, in the wake of the Tiananmen Square Massacre, China issues a warrant for a Chinese dissident who had taken refuge in the U.S. embassy in Beijing. The diplomatic standoff lasted for a year before astrophysicist Fang Lizhi was given free passage out of the country.

### NOW HERE'S A TIP

• With the start of barbeque season, here are two tips straight from my

local butcher about grilling meat: First, let meats come to room temperature before cooking. It allows the meat to cook more evenly, and you won't end up with a cold center and a burnt outside. Secondly, when your meat comes off the grill, give it time to rest before serving. This allows the juiced to redistribute throughout the cut of meat, and you'll end up with juicy goodness in every bite. – JoAnn

• "Bring a distinctive towel to a pool party so that you will know where your towel is. You can make an extra-large towel by sewing two smaller towels together, too." – UA in New York

• "For a really fun take on kebabs, use fruit instead of meat. The kids especially love fruit on a stick. If you have some neat cookie cutters, use them to cut watermelon into different shapes." – MM in Michigan

• The best outdoor tablecloths, especially on a windy day, are fitted single sheets. Simply fit the sheet over a standard picnic table, and it's in place and ready. The elastic at the corners keeps it from flying away. You can look at thrift and discount stores for fun patterns or just plain colors.

• To keep ants from invading your patio, draw a thick line of chalk (sidewalk chalk works great) as a boundary. Ants don't like to cross a chalk line and will leave your patio party alone.

• "Frozen grapes are the best summer snack for the kids, plus they are the perfect wine ice cube ever." – JR in Oregon

### STRANGE BUT TRUE

• Sir Isaac Newton invented the cat

flap. Newton was experimenting in a pitch-black room when Spithead, one of his cats, kept opening the door and wrecking his experiment. The flap kept both human and feline happy.

• *Brave New World* author Aldous Huxley became almost completely blind as a teenager. He regained much of his sight later in life, crediting an unorthodox treatment known as "The Bates Method," which recommends never using eyeglasses and exposing one's eyes regularly to sunlight.

• The ancient Greeks believed that redheads would turn into vampires after they died.

• Walt Disney's *The Three Little Pigs*, released in 1933, was seen as symbolic of the Great Depression, with the wolf representing the Depression and the three little pigs representing average citizens who eventually succeeded by working together.

• In Japan, Domino's started testing pizza delivery via reindeer in 2016.

• James Barry, the Inspector General of the British Army in 1858 during a period when women were not respected in the medical field, had a highly successful career in surgery for more than 50 years. During an autopsy after Barry's death, he was discovered to be a woman in disguise. To avoid embarrassment, the war department and medical association arranged for the doctor to be interred as a man.

• The average office chair with wheels travels about 8 miles per year.

• Chicago Cubs outfielder Rick Monday became a national hero when he rescued an American flag from two men trying to set it on fire at Dodger Stadium during a game on April 25, 1976. The 25,167 fans gave him a

standing ovation and started singing "God Bless America."

### THOUGHT FOR THE DAY

"First find a path, and a little light to see by. Then push up your sleeves and start helping."

– Anne Lamott

### TRIVIA TEST

- U.S. Presidents:** Which president signed the Louisiana Purchase?
- Movies:** Which 1960s movie featured the theme song *Foggy Mountain Breakdown*?
- Advertising:** Sailor Jack and dog Bingo are the mascots for what snack?
- Science:** When was the International Space Station launched?
- U.S. States:** I-75 runs between which upper Midwest state and Florida?
- Television:** The long-running TV drama *ER* is set in which U.S. city?
- Language:** What is the meaning of the Latin phrase, "aut viam inveniam aut faciam"?
- Inventions:** When did the FDA approve the first oral contraceptive in the U.S.?
- History:** The ancient city of Rome was built on how many hills?
- Medical:** What is a common name for the condition known medically as pyrexia?

# CLASSIFIED

## VACATION RENTAL

### Island Vacations

Of Sanibel & Captiva

*Million \$ Views Await You!*

• Cottages • Condos • Homes •

Miles of Beaches & Bike Paths

239-472-7277

1-888-451-7277

1/4 \* TFN

## VACATION RENTAL

### VACATION RENTAL SANIBEL

Stunning remodel and decorated by Designer owner. All High End!!

This Gorgeous home offers 3 BR/2 BA, private pool, large 2 car garage, overlooking conservation area, Walk to beach. Available for a minimum of 6 months for the 2021/22 Season.

472-6747

Serving The Islands Rental Needs Since 1975  
Gulf Beach Properties, Inc.

3/19 \* TFN

## ANNUAL RENTAL

### RENTING FOR OVER \$1,500?

Inbox me your monthly rent amount and I'll send you 3 houses you could OWN for the same monthly payment.

chip@chipwolfe.com  
chipwolfe.com  
239-848-0906

REMAX OF THE ISLANDS

6/5 \* TFN

## SERVICES OFFERED

### ROGER NODRUFF ELECTRIC

Dock Lighting, affordable LED conversion. FPE panel replacement, Landscape Lighting. Generator Sizing, etc, etc, etc. Call or text Roger 239-707-7203 State License #13002788

4/20 \* TFN

### HELPER

Are you elderly, disabled or just don't have free time?

I can help!

Just give me a call...  
973-919-2116

12/11 \* TFN

## HELP WANTED

### DRIVERS

Island Taxi is looking for FT/PT drivers. Call 239-472-4888 or email ride@islandtaxi.com.

5/28 \* 7/16

## HELP WANTED

### FULL/PART-TIME SALES ASSOCIATE

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

6/4 \* 6/4

## LEGAL

### FICTITIOUS NAME

NOTICE IS HEREBY GIVEN that the undersigned, desiring to engage in business under the fictitious name of Bob's Botanicals, located in Lee County, Florida, with an address of 16710 John Morris Road, Fort Myers, FL 33908 has registered said name with The Division of Corporations of the Department of State, Tallahassee, Florida. Dated the 28th day of May 2021

Bob's Botanicals  
Bob Meier  
6/4 \* 6/4

## GARAGE SALE

### MOVING! SALE/ GARAGE SALE

1737 Serenity Lane, Gumbo Limbo, Sanibel Furniture, antiques, tools, yard equipment, refrigerator, books, artwork, records, rugs, kitchen goods, decor, jewelry Saturday and Sunday, June 5 and 6. 8 a.m. - 5 p.m.

6/4 \* 6/4

## GARAGE/ESTATE SALE

Sat. & Sun., June 5 & 6, 8 a.m. - 2 p.m.

923 Deep Lagoon Lane. South Town & River, Fort Myers Generations of nice things. Antiques, vintage, collectibles. Lots of glassware, china, crystal, stemware, cookware, table linens, home decor & wall art, furniture, small appliances, rugs, bedding and bath, like new Chico's clothing, sizes 1.5 to 3, designer shoes & handbags, coats, hats, jewelry, accessories, boys and men's clothing, books, tools, canoe & paddles. Something for everyone! No early birds, please.

5/28 \* 6/4



Cottages To Castles  
Unique Vacation Rentals

2427 Periwinkle Way  
Sanibel, FL 33957

Local: (239) 472-6385

Toll Free: (800) 472-5385

Fax: (239) 472-5858

[www.cottages-to-castles.com](http://www.cottages-to-castles.com)

1/26 \* TFN

TRIVIA ANSWERS

1. Thomas Jefferson
2. Bonnie and Clyde
3. Cracker Jack
4. 1998
5. Michigan
6. Chicago
7. I shall either find a way or make one
8. 1960
9. Seven
10. Fever

SCRAMBLERS ANSWER

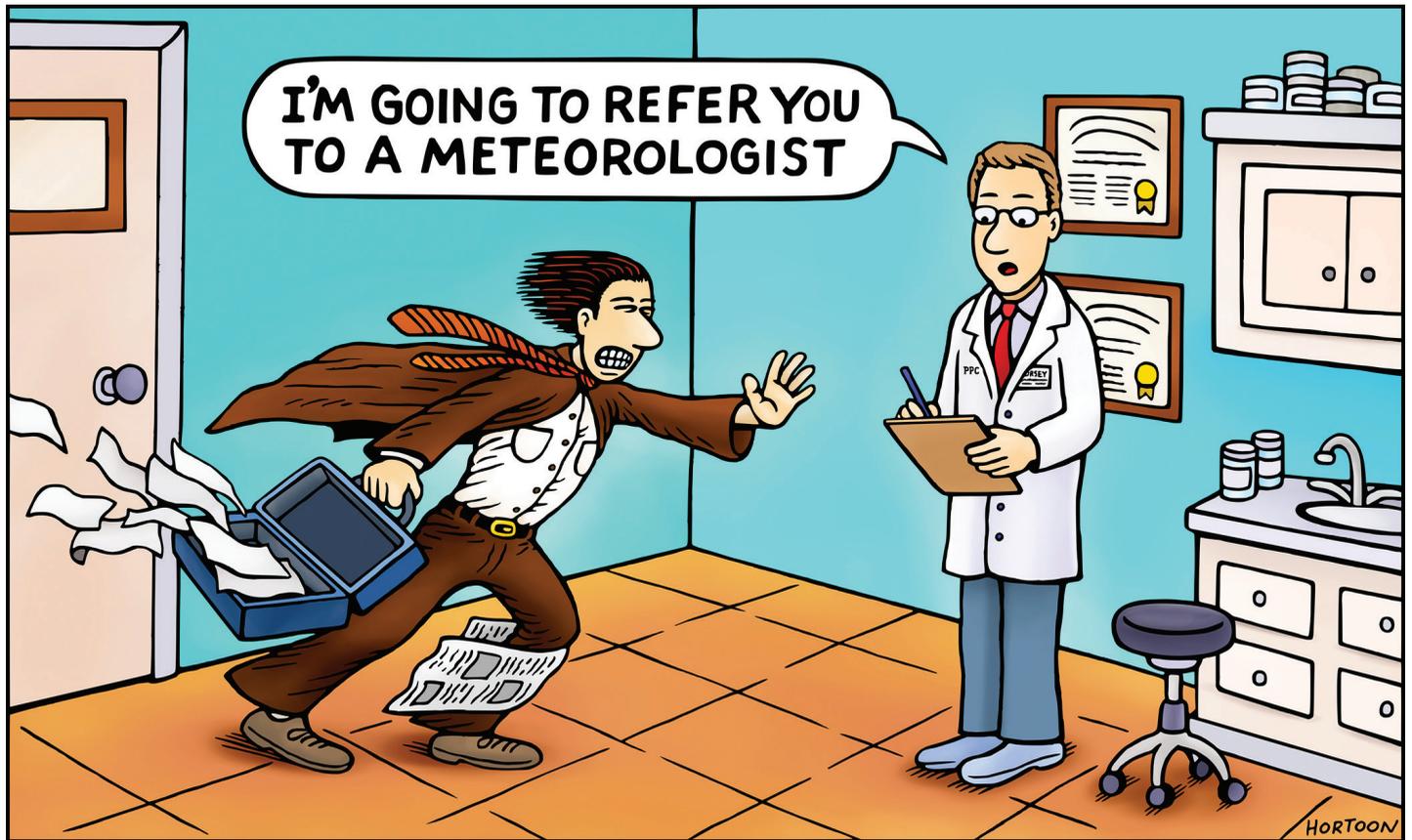
1. Talent
2. Malign
3. Kindle
4. Alcove

Today's Word  
**KENNEL**

After 9, it's turtle time!



HORTOONS



PUZZLE ANSWERS

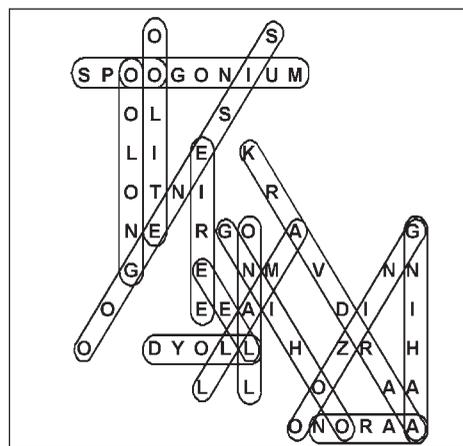
SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bay Woods	Bonita Springs	2021	4,369	\$4,095,000	\$4,095,000	224
Yacht Club	Cape Coral	2012	4,702	\$2,799,000	\$2,499,000	34
Lanes F A Bayview Subdivision	Captiva	1999	2,494	\$2,550,000	\$2,475,000	77
Gulf Cottages	Captiva	1977	1,502	\$2,450,000	\$2,400,000	86
Grand Ole Man	Fort Myers Beach	1985	2,850	\$2,475,000	\$2,233,000	55
Carolands Unrecorded Subdivision	Bonita Springs	1981	3,391	\$2,100,000	\$2,215,000	8
Vittoria	Fort Myers	2021	3,774	\$2,167,087	\$2,167,087	0
Cape Coral	Cape Coral	2016	4,444	\$2,300,000	\$2,050,000	14
Butterknife	Sanibel	2002	2,507	\$1,995,000	\$1,945,000	19
Whisperwood Cove	Sanibel	1995	4,273	\$1,995,000	\$1,940,000	36



**JUSTIN**  
Earns our Employee  
**SPOTLIGHT!**

**“FOR THE SUN-KISSED &  
SUN-DESIROUS ALIKE,  
A VACATION ON A PLATE.”**

The New York Times  
Magazine



[WWW.DOCFORDS.COM](http://WWW.DOCFORDS.COM)



THE ORIGINAL  
**YUCATAN SHRIMP!**

Visit Our Sister Locations on Ft. Myers Beach  
**The Dixie Fish Co. & The Whale**