



Summer Music Series Returns To Davis Art Center

The Sounds of Summer series will return to Sidney & Berne Davis Art Center (SBDAC) with monthly performances on June 17, July 15 and August 19. Doors will open at 6:30 p.m. with performances at 7:30 p.m.

The Friday series will feature Dueling Pianos, a Songwriters' Round with host Sheena Brook, and the Singer-Songwriter Competition. Tickets are \$10.

Dueling Pianos, an interactive musical experience, kicks off the series on June 17. Featured pianists Sarah Hadeka and David Rode will play two grand pianos placed back to back in the center of SBDAC's Grand Atrium with guests seated in the round. Attendees can approach the pianos, suggest a song and give their favorite player a few bucks. Written audience suggestions may be the next possible song in their setlist.

The evening will also feature the announcement of the People's Choice award winner for the June Juried Art Exhibition. For tickets, visit https://sbdac.vbotickets.com/event/dueling_pianos/71134.

Singer/songwriter Sheena Brook will



Sarah Hadeka and David Rode perform during Dueling Pianos

photo provided

team up with Slim Gillian to perform live on July 15. Brook is a mainstream artist with a laid-back style and an energetic and inviting vibe. She appeared on NBC's Season 12 of *The Voice* where she was hand-picked by Adam Levine. Since appearing on *The Voice*, she has gained the attention of multi-platinum songwriters and other artists to further her creativity

in her unique style. Recently, Brook became the founder of The FEM (Female Empowering Musicians) Collective, an organization that hosts events to allow the support of women and provides an outlet for their creativity.

Gillian is the ultimate "jack-of-all-trades" guy. He formed the popular rock band Fellowbliss, was a founding member of

Gypsy Native, is working on releasing new music for his traditional Irish band The Rowdy Bards, and just released a new solo EP, titled *Mighty Fine*.

For tickets, visit www.sbdac.com/songwriters-round.

On August 19, the singer-songwriter competition returns. Songwriters are invited to submit their video for a chance to perform live and win prizes, and the songwriter entry fee is waived.

After each selected songwriter performs, a panel of judges will give feedback and scores to determine the grand prize winner. The audience has a chance to vote for the People's Choice winner. The grand prize winner will earn a spot in the lineup at the upcoming Island Hopper Songwriter Festival (a 10-day local music festival in September featuring performances by singer-songwriters from Nashville and nationwide), an opening performance at Sidney's on the Roof and other goodies. For tickets, visit www.sbdac.com/singer-songwriter-competition.

Sounds of Summer is sponsored by Iheart media, Suncoast Beverage, The Irving Luxury Downtown Living, Blu Sushi and Island Hopper Songwriter Festival.

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



THE Artist's Question ANSWERED IN FIBER

The June exhibition at the Alliance for the Arts opens on Friday, June 3 image provided

New Exhibit Focuses On Quilts And Questions

The Alliance for the Arts will hold an opening reception for its June exhibition, titled *Artist's Question: Answered In Fiber*, on Friday, June 3 from 5 to 7 p.m. The exhibit, which will be on display through June 26, focuses on what an artist may ask herself or himself when starting a new piece: What idea is

important to communicate? What concept do I want to explore? What emotions do I want to evoke?

This exhibition presents the artwork of 29 individual artists who explored these themes, answering in their artwork.

The quilts in this exhibit reflect the varied traditions and artmaking methods characteristic of contemporary art quilters. Included are original surface designs on fabric, hand stitching, machine stitching, hand embellishments, applique and digital printing. Some works are representational.

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District Honors New Teacher Of The Year

Marilyn Garcia has been named the 2022 New Teacher of the Year for the School District of Lee County. Garcia teaches fourth grade math at James Stephens Elementary School.

"It is an honor to receive this award and it would not have been possible without my mentor, principal, students and family," Garcia said. "My first year as a teacher was nothing short of amazing. I truly love what I do, and I cannot wait to meet my future students and make a difference in their lives."

Garcia started as a paraprofessional at James Stephens Elementary in 2019. She did her teaching internship at the school before being hired as a long-term guest teacher last spring. She was hired full-time at the start of this school year.

"Marilyn is an exceptional first-year teacher," said Jacki Fantasia, assistant principal. "She works collaboratively with our math coach to deliver high quality, differentiated math instruction with incredible results. She seeks out feedback from her mentor teacher and applies strategies and instructional practices to improve her craft. They are a dynamic team who truly embody the idea of



Marilyn Garcia

photo provided

APPLES (Accomplished Professional Practices for Lee County Education System) mentorship creating a supportive environment where new teachers can succeed at high levels."

The New Teacher of the Year program recognizes newly certified personnel for the significant contributions 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 4th annual award winner.

Historic Downtown Fort Myers, Then And Now:

Silo Building

by Gerri Reaves, PhD



Even before construction was completed on the First Federal Savings and Loan (S&L) in 1978, it gained the nickname “the silo building.”

All these years later, even people who have no idea what goes on inside the silo – the S&L has long since departed – recognize the building by that nickname.

Those two red-brick 108-foot towers on the structure’s northwest and southeast corners guaranteed at least a modicum of architectural distinctiveness.

When the six-story \$3.5-million structure opened at Second and Broadway, it was referred to as “the largest financial complex in the city” in press coverage.

It was also viewed as a step toward reversing downtown’s downward slide in a decade when traditional downtowns across the nation were suffering economically.

By the time First Federal initiated plans for a new main office, it had been downtown for more than four decades, having been organized in 1934 during the Great Depression. For the first 15 years it operated in various rented offices.

In 1949, it moved from Broadway into its first permanent home, a modest but attractive building at First Street and Vivas Court. That building is now a law office.

The first loan it offered was for \$1,000 for home improvement to be repaid at \$10 per month.

The S&L continued to grow and, in 1956, it moved into a larger new building on the northwest corner of Main and Broadway. By then, there was a branch at Fort Myers Beach.

The move to Second and Broadway 22 years later was a mere hop, skip and jump, a bit like moving to one’s own backyard. Construction began in July 1976 with pile driving.



The former S&L is now owned by Lee County. Far right is the Richards Building on Hendry.

photo by Gerri Reaves

On February 26, 1978, more than 3,000 people attended the grand opening, ribbon-cutting and tour. More than 3,700 had registered for various prizes given the prior week.

The 1970s was an energy-conscious decade because of a series of oil crises, the first in 1973. A demand for smaller cars, many of them foreign-made, dropped ceilings in remodeling, and high gas prices were but a few of the results.

Mirrored windows on large buildings also became common because of energy savings and popular aesthetic preference. The silo building retains that feature that unfortunately is also a major hazard to birds on the lower floors.

The 1980s and 1990s were topsy turvy years for financial institutions, what with mergers and buyouts aplenty. Add to that the infamous S&L scandal, which at the time was the most expensive financial crisis for U.S. taxpayers since the Great Depression.

The silo building eventually became the Wachovia Financial Center, which some locals might remember for an unfortunate but humorous letter-loss on the façade that resulted in the name “Wacho” building.

Today, the “silo” building is Lee County Administration Building East.

Walk down to Second and Broadway and see downtown’s only double-barreled structure. Then visit the following two research centers to learn more about which financial institutions in local history survived, which ones perished, and which ones were gobbled up.

The Southwest Florida Historical Society is an all-volunteer, nonprofit organization open Wednesday and Saturday between 9 a.m. and noon. It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 for more information.

The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park. Call 332-8778 for the hours or visit www.leecountyblackhistorysociety.org.

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

Sources: Archives of the Southwest Florida Historical Society, the *Fort Myers Press, Pages from the Past* by Prudy Taylor Board and Esther B. Colcord, and *The Story of Fort Myers* by Karl H. Grismer. ✨



This photo was taken soon after First Federal Savings and Loan Association opened in 1978 at Second and Broadway. From the beginning, it was known for the two “silos.”

photo courtesy SWFL Historical Society

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From left, co-chairs Leonardo Garcia and Connie Ramos-Williams with honorary chair Mayor Kevin Anderson photo provided

Backpack Event Set For July

The Multicultural Centre of Southwest Florida will hold the 23rd annual BIG Backpack Event at the Fort Myers Skatium on Sunday, July 24 from 11 a.m. to 2 p.m. To make it easier for families, the first 2,000 students ages 5 to 12 will receive new backpacks, school supplies and groceries as they drive-thru curbside.

Fort Myers Mayor Kevin Anderson has been named the 2022 honorary event chair, while Multicultural Centre of Southwest Florida founder Leonardo Garcia and the CONRIC PR & Marketing president and founder Connie Ramos-Williams will serve as event co-chairs. More than 200 volunteers are needed to

stuff backpacks and grocery bags on Saturday, July 23 from 10 a.m. to 2 p.m., and the day of the event from 10 a.m. to 2:30 p.m. Volunteers are asked to sign up online.

"I am humbled to be named as honorary chair of the 2022 BIG Backpack Event and proud to support the Multicultural Centre of Southwest Florida," said Mayor Anderson. "The organization has consistently come through to support Lee County school children and families for more than 22 years."

The event is made possible thanks to the generosity of corporate and individual sponsors and donations. Neal Communities has once again stepped up to be the presenting sponsor.

"This year marks my 22nd year organizing The Big Backpack Event for the Multicultural Centre of Southwest Florida," said Ramos-Williams.

"Embracing diversity in our community and making sure every child, regardless of their circumstances, receives the support they need to succeed is why I continue to serve."

The BIG Backpack Event will provide much needed economic relief, supplying children with new backpacks filled with pencils, pens, paper, crayons, folders and other essential back-to-school items as well as coupons and other giveaways.

"These children and families are our motivation. No one wants to see any family struggle, or any child go back to school without new backpacks and school supplies," said Garcia.

Fort Myers Skatium is located at 2250 Broadway in downtown Fort Myers. For more information about the event, sponsorship or volunteer opportunities, visit www.multicultural-centre.org or email info@multicultural-centre.org.

Challenge Grant And Donor Match Aids Nonprofit

Our Mother's Home of Southwest Florida, Inc. (OMH) received a \$25,000 challenge grant from the Richard Schulze Family Foundation. The grant will match dollar-for-dollar all donations from donors who support them in their efforts to create an Early Childhood Learning Center in their new building, which is currently being renovated, located close to downtown Fort Myers. The agency aims to move into the new building by the spring of 2023.

The exciting news for the agency is that within 48 hours of announcing the challenge, they found a donor who matched the entire amount. Greg and Lorraine Gutheim, founders of the Jordan Ashley Gutheim Foundation, toured Our Mother's Home and felt that its mission would align with their late daughter's love of family and helping people. The foundation was founded by the Gutheim Family in 2016, after a tragic car accident took Jordan's life. Their mission is to keep Jordan's

memory alive by continuing to support causes and efforts she devoted her time, love and prayers to. They believe that matching the Schulze Foundation grant for the OMH Early Childhood Learning Center is something that Jordan would have loved to do. The center will be named after both the Schulze Foundation and Jordan Gutheim and will proudly display a picture of Jordan for others to remember her by.

"This donation and challenge grant is going to make a significant difference to our agency, as we plan to grow to help more young mothers," said OMH Executive Director Alicia Miller. "Everything that Our Mother's Home does is made possible by our loyal community supporters. The generosity the Gutheim family has shown during a dark time is remarkable and the continued support from the Schulze Family Foundation helps us to grow our mission to empower young mothers in the foster care and human trafficking systems to break that generational cycle of poverty. We are very grateful for their investment in our future in a way that encourages others to deepen their support."

For more information, call 267-4663 or visit www.ourmothershome.org.



The ribbon-cutting ceremony at Park Meadows photo provided

New Center For Boys & Girls Clubs

The Boys & Girls Clubs of Lee County hosted a ribbon cutting and open house on May 24 to celebrate its newest location – the Park Meadows Community Club in Fort Myers.

Donors and board members joined business and community leaders to tour the new center while learning about its potential impact. The Boys & Girls Clubs, which just launched a \$2.5 million fundraising campaign, plans to renovate and transform the Park Meadows Club into a flagship

location that will accommodate up to 600 children and teens annually – more than doubling the nonprofit's current membership.

The interior of the 14,500-square-foot building, located at 1900 Park Meadows Drive in Fort Myers, will feature enclosed activity centers, a tech center, gaming room, central member hub and seating pods. An outdoor patio will be enclosed to create a teen center that provides a separate space for older members. Site plans also include construction of a covered sports pavilion and installation of a multipurpose sports field to expand athletic opportunities for members. For more information, visit www.bgclee.org or call 334-1886.*

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Fort Myers Art:

Performance Piece Combined With Art Exhibit



by Tom Hall

In collaboration with the Art Galleries of Florida Gulf Coast University, Ghostbird Theatre Company will present *One Island* during the month of June in the Wasmer Gallery

on the FGCU campus. *One Island* combines a performance piece with an art exhibition.

“We have brought together a set of international artists and performers, inviting you to join us for an evening of quiet, a little music, a little wonder, where we rise and find our own paths, where we learn to hold all that we love tenderly,” said a Ghostbird representative in its advance for the production.

Four hundred million years in the making, the play follows a boy at the sea, talking about the sea. And then the sea is in the gallery. And the performers are in it too. And on the sand, stretched out, trying to speak to each other in the wind, feeling all the

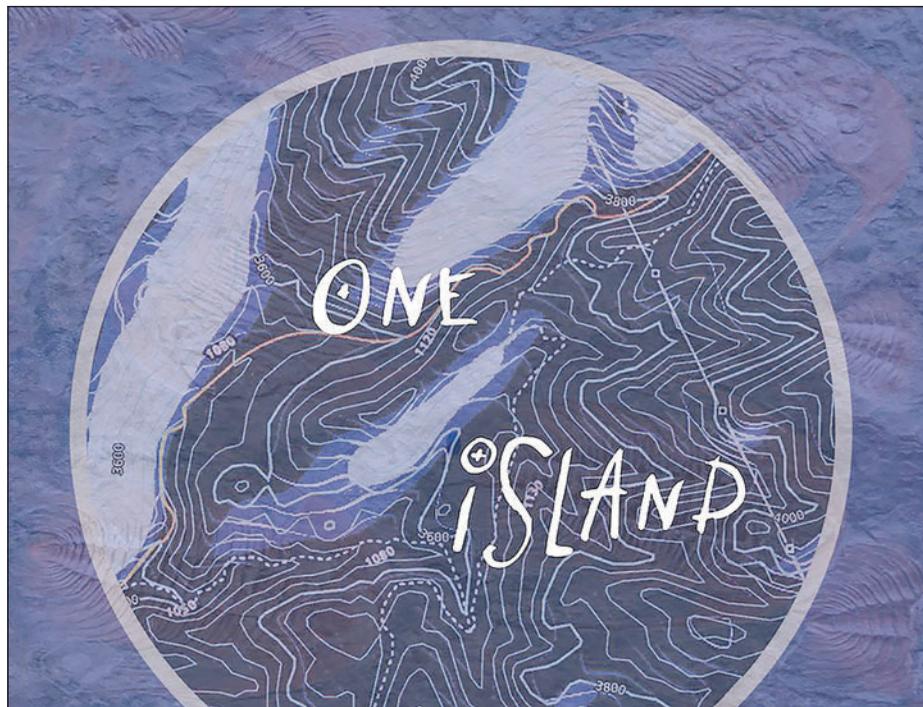


image courtesy www.artswfl.com

things that can be felt.

The project’s development began before the pandemic, but was obviously influenced by the pandemic.

The play and correlative art exhibition evolved out of conversations extending over a span of two years between local playwright James Brock, U.S. Irish poet Kimberly Campanello and Los Angeles-based theater artist Brittney Brady about building a

play that traversed the International Appalachian Trail, which runs from Florida through Maine, across the Atlantic to Ireland and England, running down Western Europe to Morocco.

“Initially, we wanted to produce a play that builds on the metaphor of Pangaea, the idea of a single continent,” said Brock. “However, as we continued our conversations about what Pangaea meant in terms of deep time, we realized a traditional play would not be sufficient to capture this moment and this place for us.” Fueled by this new vision, the collaborative team expanded and now includes Chinese conceptual designer Xiaoyue Zhang, Chilean actor Carolina Vargas Romero, German artist Philip Heubeck, Nashville actor Juliana Morgan Alvarez and Fort Myers performer Katelyn Gravel.

After securing an arts project grant from the National Endowment for the Arts, the creative team shared written fragments, poems, scenes, stories, images, songs, soundscapes and videos, from which they constructed both a performance piece and art installation. The work now involves dialogue, music, soundscape, video, poetry and

three-dimensional art that will stand as an installation work as well as serve as a performance space.

“It has been like an excavation process,” noted Brock. “We have been digging, pulling up new material and then sharing it with one another. The work is built on the things we hold most tender. And we can’t wait to share this in our Southwest Florida community.”

Toward that end, Ghostbird reached out to FGCU Gallery Director John Loscuito about partnering to mount the evolving project.

“We welcomed this opportunity to bring together these internationally significant artists and performers,” said Loscuito. “We know our visitors and Ghostbird’s audience will be moved by what they will experience at the Wasmer Art Gallery.”

“The work is about deep time and space, ancient and inaccessible, but is also about where we are, here and now, amid the pandemic, the Russian invasion of Ukraine, the political and cultural atomization of our times,” Brock amplified. “Above all, it is about the ways we hold each other tenderly. In the intimate space of the Wasmer Art Gallery, audience members will occupy the same space as the performers in this multi-medial performance. Or with the exhibition, an attendee can go on their own to explore these images, videos, objects and soundscapes in their own time, solitude and quietness.”

The performances will run from Wednesday, June 8 through Sunday, June 12, and the exhibition will run through Saturday, June 25 at the Wasmer Art Gallery on the campus of Florida Gulf Coast University. Because of the size of the gallery and Ghostbird’s desire to keep performances intimate and introspective, seating is limited.

Wasmer Art Gallery is located at 10501 FGCU Boulevard South in Fort Myers. For tickets, visit www.ghostbirdtheatrecompany.org.

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

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From page 1

Quilt Exhibit

Some are abstract.

Studio Art Quilt Associates (SAQA), a nonprofit organization whose mission is to promote the art quilt, refers to the exhibit as: “A creative visual work that is layered and stitched or that references this form of stitched layered structure.” The vision of SAQA is that the art quilt is universally respected as a fine art medium.

The featured artists are Bobbi Baugh, Gretchen Brooks, Kathleen Campau, Susan Charles, Gabriele DiTota, Mel Dugosh, Regina Dunn, Sally Dutko, Linda Geiger, Peg Green, Edith Gross, Leslie A. Hall, Diane Powers Harris, Jane Hartfield, Linda M.

Kim, Angie Knowles, Karol Kusmaul, Deborah Kuster, Susan Leslie Lumsden, Sherri Lipman McCauley, Susie Monday, Pamela R. Morris, Shannon Marie Pernoud, Susan M. Robinson, Sara Sharp, Annie Smith, Becky Stack, Beth Frisbie Wallace and Marian Zielinski. Doug Smithwick will have abstract art on display in the theater lobby and Amanda Zirzow will have spectrum-infused paintings showing in the member’s gallery.

Admission to the gallery is free, but a \$5 suggested donation keeps programming affordable and accessible.

The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information and details about each artist, visit www.artinlee.org event/fiber.*

Humanitarian Award Granted To Philanthropists

Lee Health Foundation has awarded the Frank Haskell Humanitarian Award to Susan Goldy and Scott Spieze for their passion, personal commitment and generosity in the advancement of children's mental health care. Through their leadership behind Kids' Minds Matter, the pediatric behavioral health initiative of Golisano Children's Hospital, Goldy and Spieze have dedicated themselves to bringing high-quality, comprehensive behavioral and mental health services to Southwest Florida, ensuring children have the right care at the right place and time.

The Frank Haskell Humanitarian Award recognizes outstanding leadership in the advancement of quality health care for the citizens of Southwest Florida. The award is named in honor of Frank Haskell, co-founder with his wife Betty, of Barbara's Friends – Golisano Children's Hospital Cancer Fund, which was named in memory of their daughter Barbara after cancer claimed her life when she was far too young. For the past 27 years, Frank has worked tirelessly to help local children win their battles with cancer and life-threatening blood disorders. Previous recipients of the award include Steve Machiz, Al Kinkle, Joe Catti, Jim Nathan and Amanda Cross.

Kids' Minds Matter aims to align



From left, Susan Goldy, Scott Spieze and Kathy Courtnage

photo provided

mental health providers, local agencies, the judicial system, law enforcement, schools and faith-based organizations. Since 2016, Kids' Minds Matter has grown to a multidimensional program, enabling Golisano Children's Hospital to increase its providers by over 500 percent, open three new clinics in this fiscal year as well as a testing center in Bonita Springs, grow the number of patient visits from 7,000 to over 24,000 in the past year and reduce the wait times

for an appointment from 12 months to just two months.

The prestigious award was presented at Lee Health Foundation's annual Evening of Appreciation, held April 20 at The Forest Country Club. The formal event thanked an estimated 300 donors and supporters in attendance for their generosity and unwavering commitment to enhancing health care services within the Lee Health network. Also at the event, Chris Simoneau,

the chief development, marketing and communication officer for Lee Health, shared insights into Lee Health's plans for the next five to seven years to continue to serve the Southwest Florida community, including improving access to care, addressing the social determinants of health and delivering the right care, at the right place and time, and at the right costs.

Some of the plans shared include a new Lee Health Fort Myers hospital which will serve as a center of excellence in orthopedics; extensive expansion plans for Cape Coral Hospital and the Surfside location; a new facility for Northwest Cape Coral; and developing a novel public-private partnership in Bimini Basin. Plans also include growing programs and services for cancer care and children's health care; the investment in recruiting the nation's best physicians, advanced and primary care providers and specialists; and community partnerships like Cleveland Clinic for a heart and vascular program and local colleges and universities to develop programs that are relevant to the region.

Seventeen-year-old Summer Kates provided cookies courtesy of Summer's Cookies, her nonprofit benefiting the child life program at Golisano Children's Hospital of Southwest Florida. Sponsors of the event included Coding Services Group, Skanska and Costco.

For more about health care advocacy in Southwest Florida and philanthropic opportunities with Lee Health, visit www.leehealthfoundation.org.

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Blaire Metevia photos provided

Student Artwork Adorns Trucks

Keep Lee County Beautiful, Inc. (KLCB) has partnered with Waste Pro to showcase the winning student artwork from the Leave The Scene Clean art contest. The four overall winning illustrations were enlarged and appear on the sides of Lee County Waste Pro trucks. KLCB and Waste Pro were able to visit each winning school to present the truck to the student winner and their classmates.

The four overall First Place Winners and their schools are:

Blaire Metevia of St. Francis Xavier in the Grade K-3 category;



Julia Humble

Julia Humble of North Fort Myers Academy for the Arts in the Grade 4-6 category;

Aaliyah Tourgee of Estero High School in the Grade 7-9 category; and Jamison Albertorio-Acevedo of Cypress Lake High School in the Grade 10-12 category.

The overall winning artwork will also be printed on reusable tote bags available in the fall. The bags will be available for a \$5 donation each through participating Lee County Schools, who retain all proceeds collected with the funds being used to support campus environmental projects.



Aaliyah Tourgee

This year marked the 33rd annual "Leave The Scene Clean" Art Contest, and KLCB would like to thank all the teachers, parents and students who participated. The contest drew hundreds of entries from local students, representing public, private and home schools in Lee County. Students were asked to visualize a correct environmental action and transfer that mental picture into a work of art. Submitted work was judged on artistic execution and originality as well as environmental theme, such as litter prevention, recycling, community cleanup and protecting the environment. Keep Lee County Beautiful hosted an



Jamison Albertorio-Acevedo

award reception in April at the Lovers Key State Park Discovery Center and the month-long student exhibition was open in honor of Earth month.

The "Leave The Scene Clean" project is made possible through corporate sponsorships. Sponsors for the 2022 art contest include Lee County Solid Waste, Covanta Energy, Advanced Disposal, Coca-Cola Beverages Florida, Greenfield Marketing & Media, LCEC and Waste Pro. Call Tisha at 334-3488 for more details on how you can become a sponsor.

For more information about KLCB programs, visit www.klcb.org.✧

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

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

ALL SAINTS BYZANTINE RITE CATHOLIC

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

ANNUNCIATION GREEK ORTHODOX

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

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, 7050 Winkler Road, Suite 121, 437-8835.

CHABAD LUBAVITCH ORTHODOX

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

CHAPEL OF CYPRESS COVE

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

CHAVURAT SHALOM

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

CHURCH OF THE CROSS

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

COVENANT PRESBYTERIAN

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

CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

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

[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 9 and 11 a.m. English, 10 a.m. Spanish. www.clpc.us, 8260 Cypress Lake Drive, 481-3233.

CYPRESS LAKE UNITED METHODIST

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

FAITH UNITED METHODIST

Sunday 10 a.m., 15690 McGregor Boulevard, 482-2030.

FIRST CHURCH OF CHRIST, SCIENTIST

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

FIRST CHURCH OF THE NAZARENE

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

FORT MYERS CHRISTIAN CHURCH

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

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

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

FIRST PRESBYTERIAN CHURCH OF FORT MYERS

11 a.m. Sunday, www.fpcfortmyers.org, 2438 Second Street, 239-334-2261

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

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

LAMB OF GOD

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

NEW HOPE PRESBYTERIAN

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

PEACE COMMUNITY

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

PEACE LUTHERAN

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

REDEEMER LUTHERAN

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

RIVER OF LIFE ASSEMBLY OF GOD

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

SAMUDRABADRA BUDDHIST CENTER

Meditation classes. www.MeditationInFortMyers.org, 567-9739.

SAINT COLUMBKILLE CATHOLIC

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

ST. FRANCIS XAVIER CATHOLIC

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

SAINT JOHN THE APOSTLE METROPOLITAN

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

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY

Sunday 9:30 a.m., www.saintnicholasmonast.com.

[ery.org](http://www.ery.org), 111 Evergreen Road, 997-2847.

ST. VINCENT DE PAUL CATHOLIC

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

SOUTHWEST BAPTIST

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

TEMPLE BETH EL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)

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

THE FAITH CENTER

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

THOMAS A. EDISON CONGREGATIONAL

Sunday 10:30 a.m., www.taecc.com, 1619 Llewellyn Drive, 334-4978.

UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

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

WESTMINSTER PRESBYTERIAN CHURCH

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

WORD OF LIFE

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

ZION LUTHERAN

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

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



Tough native teabush produces showy pink flowers and silvery-green serrated leaves
photo by Gerri Reaves

Plant Smart
Teabush

by Gerri Reaves

Tebush (*Melochia tomentosa*) is a long-lived densely branched shrub of the mallow family that is also called woolly pyramidflower, broomwood and grayleaf.

Native only in South Florida and South Texas in the U.S., in the wild, it grows in dry open places, coastal thickets, savannas and pinelands, and along roadsides.

In Florida, its native habitat, pine rocklands, is itself under grave threat, so the species has declined. According to the Institute for Regional Conservation, "Pine Rocklands comprise a globally imperiled ecosystem that exists only in southern Florida and parts of the Bahamas."

Teabush is presumed extirpated from much of its native range, mainly Miami-Dade and Monroe counties.

It typically grows to about three feet tall, but in good conditions can reach up to 10 feet.

The alternate evergreen leaves are about an inch long, grayish green, and covered in gray-green or silvery green hairs. The term "tomentosa" in the binomial refers to this "fuzzy" appearance.

The serration on the lanceolate leaves gives the leaves a scalloped ornamental look. There are many medicinal uses for the tea made with the leaves, including as an eyewash and a cold treatment, thus the common name.

The five-petaled flowers are pink to purple flowers with yellow centers. They bloom throughout the year – more abundantly in the cooler months – but last only a day.

A tap root bolsters the plant's high drought tolerance. It will also tolerate nutrient-poor soil, but not salt water, spray or wind. Give it full to partial sun and a dry spot.

A wide range of pollinators visit the shrub, including butterflies, native bees and honeybees. In fact, *Melochia* derives from a Greek word for "honey-bearing."

If you want to support declining bee populations, plant this "bee tree." Propagate it with cuttings or with the seeds in the reddish-brown pyramidal capsule.

Sources: *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, <https://blogs.ifas.ufl.edu>, www.fnps.org, www.plantbook.org, www.regionalconservation.org, and www.wildflower.org.

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

Adopt A Manatee For Father's Day



©David Schrichte

Adopting a manatee is a unique Father's Day gift

photo by David Schrichte

Looking for the perfect gift to show your appreciation this Father's Day on Sunday, June 19? Look no further than a manatee from Save the Manatee Club's Adopt-A-Manatee program. Your father figure will receive a personalized adoption certificate, photo and unique biography of a real living manatee studied by research teams in Florida.

There are 34 adoptable manatees in the program, including Chessie, who has made the journey from Florida's east coast to the Chesapeake Bay at least twice, and Nick, who has been known to travel north while other manatees are traveling south for the winter.

Each symbolic manatee adoption starts at \$25 and includes a one-year Save the Manatee Club membership. Members receive a quarterly newsletter,

The Manatee Zone, with updates on adoptable manatees and additional important manatee information. For a limited time, adoptions at the \$35 level or above also include a Save the Manatee Club bucket hat.

Funds from the Adopt-A-Manatee program directly support Save the Manatee Club in its mission to protect manatees and their habitat, including emergency rescue, rehabilitation and release efforts; education and public awareness programs; and other critical work to address the ongoing manatee mortality crisis on Florida's east coast.

Orders must be placed by Monday, June 6 for delivery by Father's Day. Adoptions make a great last-minute gift, as adoption certificates are emailed immediately. Visit www.adoptamanatee.org or call 1-800-432-5646.*



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Conditions Are So Right



by Capt. Matt Mitchell

What a difference a few days can make. After all that can be described as a windy tough tarpon week, conditions finally got right for the long holiday

weekend. Calm humid mornings meant lots of happy rolling tarpon. I concentrated my efforts in areas at the northern end of the sound from Redfish Pass to Boca Grande and returned to these fish day after day. Most of the tarpon we found were on the bayside and within a mile or so of the passes as they rode the incoming tide into the sound.

The busy holiday weekend is always a crazy time to be out on the water. The key was getting out super early and being done by mid-morning as boat traffic increased. We reached the fish just as the sun started to come up and were greeted with tarpon as far as the eye could see. There are not many things in life that makes your heart race than being surrounded by rolling tarpon as you watch them fin and roll and then hope one will eat your bait.

Once we located the fish, I would watch the movement and then gently and quietly crawl up on the trolling motor to get in casting range. Despite having fish roll right next to the boat, the most effective way



A tarpon boatside just before release caught while fishing with Capt. Matt Mitchell this week photo provided

is to make a long cast with a live pinfish under a float. Many times, these fish would appear behind or just too far out from the boat to get a bait to. The long downwind

cast well out in front of the approaching fish was the presentation they wanted. The further out from the boat you can keep your bait, the less chance the fish have of

feeling you there. Clean, clear water in the northern sound also made it possible to track these fish even while they were under water.

Over the past few seasons, I have tweaked my live bait setup from the standard 7/0 Trokar circle hook under a float to a custom weighted 7/0 Trokar circle hook. These hooks have just the right amount of lead molded right into the shank of the hook. This saves you from having to use a split shot which always seems to hang floating grass. This 1/8th ounce of lead keeps the drifting bait down in the water column and in the strike zone. There is nothing as frustrating as watching a unweighted bait swim up on the surface to escape the approaching pod of tarpon. Skyline Jigs is a local company based out of Port Charlotte that came out with this simple yet innovative solution for tarpon anglers. The weighted hooks are offered in a variety of weight, so you can dial it in depending on how fast the current is moving and the size of your bait.

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.

Pools To Close For Training

The four community pools operated by Lee County Parks & Recreation will be closed Wednesday, June 8, for lifeguard training and will re-open at 9 a.m. Thursday, June 9. All full-time and summer lifeguard staff will be conducting annual training, testing skills and practicing drills.

Signs have been posted at the sites to inform pool patrons of the closing. The pools are:

Lehigh Acres Community Pool, 1400 West Fifth Street, Lehigh Acres;

North Fort Myers Community Pool, 5170 Orange Grove Boulevard, North Fort Myers;

Pine Island Community Pool, 5675 Sesame Drive, Pine Island; and

San Carlos Community Pool, 8208 Sanibel Boulevard, Fort Myers.

The pools will begin their extended weekend and evening hours for summer on Saturday, June 11. Check www.leeparks.org/pools for pool hours.

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Purple Martin

by Bob Petcher



The purple martin (*Progne subis*) is a broad-chested swallow. In fact, it is the largest member of the swallow family. Its dark plumage is from the color family of black, blue

and purple. Adult males have iridescent, purple feathers covering their entire body, while adult females are more inclined to have purple mainly on their heads and backs.

The flight of a purple martin is a mixture of flapping and gliding. Interestingly, purple martins do not dine while perched or stationary, whatsoever. They are said to feed in flight, grabbing aerial insects such as dragonflies. They tend to do so higher in the air than most other swallows. They also drink midair after skimming the surface of a pond or other small body of water, scooping up water with their lower bills.

Purple martins nest exclusively in nest boxes or martin houses – condominium-style housing for many types of martins and other swallows. At the end of the breeding season, they are known to gather in big flocks and head to South America. Since they are territorial, expect



Patient #22-2352 rests after suffering left elbow trauma from a fall photo by Haillie Mesics

these birds to return to the same nesting spots in spring.

Purple martins have been around for quite some time. History reports say they nested in dried, hollow gourds thousands of years ago during Native American time, prior to Europeans coming over to America.

At CROW, a nestling purple martin was admitted from Fort Myers after it was found on the ground. Upon examination, the bird was severely dehydrated and had suffered left elbow trauma.

“The injuries were consistent with falling from the nest,” said Dr. Charlotte

Cournoyer, CROW veterinary intern. “The patient had some soft tissue swelling of the left elbow that requires time and anti-inflammatories to resolve.”

Surgery was deemed unnecessary, and the patient was given pain medication during its 10-day stay.

“The patient’s elbow was less swollen within a few days and resolved by the time it was re-nested,” said Dr. Cournoyer.

The purple martin was raised according to protocol, which included nearly 13 feeds each day.

“This is based off of its dietary

needs for its life stage,” said Dr. Laura Kellow, CROW veterinary intern. “Our rehabilitation staff is incredible. They have spent extensive time researching natural behaviors of various species of birds including how often the parents arrive at the nest and times of day to create protocols for feeding that mimic wild parents as best as possible. Of course, it is always (better) for the animal if it can be raised in the wild by its parents.”

Last Wednesday, the patient was re-nested in a foster nest in Cape Coral. It will be raised by wild parents to better its chance at survival.

“A foster nest is when we place a baby into a nest of parents of the same species that are not the birth parents. There are several species of birds that will accept foster babies,” said Dr. Kellow. “This patient was unable to be placed in the original nest and luckily, through help from our trained rehabilitation staff and our biologist partners, we were able to identify the bird’s age in days, compare this to available nests, and place the individual in a foster nest where it is currently learning wild behaviors from its foster parents.”

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



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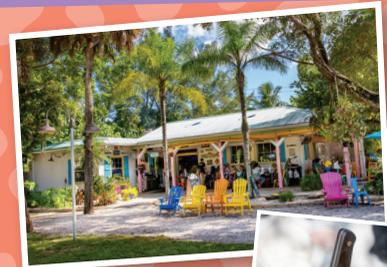
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Emily McNulty accepting the scholarship check from Executive Director Lynn Thorp photos provided

The Dubin Center Holds Annual Meeting

The Dubin Center held its 27th annual meeting at the FGCU Cohen Center, where caregivers and persons living with dementia joined the board of directors, advisory council and staff.

The evening began with a presentation about innovations in the treatment of Alzheimer's disease. Caregiver Barbara Gatison, advisory council member, spoke

about the support the Dubin Center provided her while she was the caregiver to her late husband, Lenward.

Awards were given to community members who have volunteered for over 10 years. Executive Director Lynne Thorp gave recognition to Jamie Seneca for over 20 years of service to the Dubin Center.

Emily McNulty was recognized as this year's Dubin Center scholarship program recipient. McNulty was the winner of the essay contest and received a \$1,000 scholarship. Her essay was shared aloud.

A student at University of Florida, McNulty lived with her mother and

and partners who make this program so successful. Clients are truly grateful to have the assistance to properly file their taxes. With so many tax law changes – including advanced child credits, earned income credits and dependent care credits – each year becomes more of a challenge, but the numbers reflect the dedication of our team and the trust the community has in our VITA program.”

The VITA program serves households earning \$66,000 or less by accurately preparing and e-filing federal tax returns for free. United Way's IRS certified volunteers help determine if clients are eligible for the Earned Income Tax Credit (EITC), education and/or childcare credits when they file, ensuring clients get the full refund they are entitled to.

For those who still need to file their 2021 tax return, United Way has four year-round VITA sites located in Estero-San Carlos, LaBelle, Lehigh Acres and Fort Myers. These year-round sites can also help with filing previous years' taxes and amendments. All sites operate by appointment only; call 433-3900 to schedule an appointment. Those who prefer to file on their own can do so free of charge at www.myfreetaxes.com.

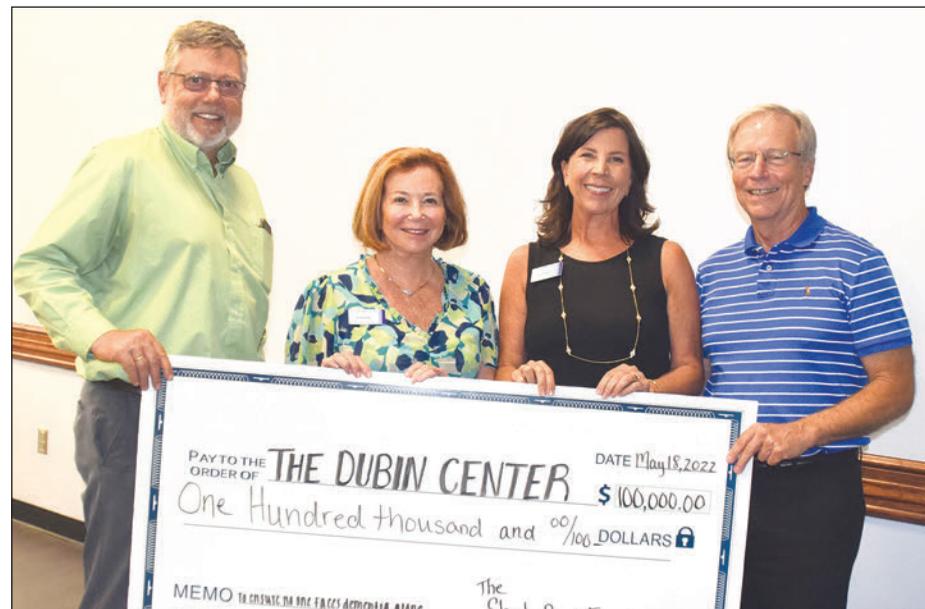
United Way will be recruiting volunteers to serve as tax preparers, greeters and interpreters for the 2023 tax season over the next few months. Volunteers will complete free classroom and online tax preparation training and certification using the TaxSlayer software. To join the VITA team, visit www.unitedwaylee.org/become-vita-volunteer.✪

Tax Assistance Program Creates \$13 Million Impact

United Way of Lee, Hendry, and Glades Volunteer Income Tax Assistance (VITA) program has concluded the 2022 tax season with monumental results. United Way's VITA volunteers provided free tax preparation services to over 6,800 individuals and families who received approximately \$10.8 million in tax refunds and saved over \$2 million in tax preparation fees. This is money that goes back into our local community, which is especially helpful during a time when so many families are seeing the cost of living rise daily and could use that money to pay higher rent and medical bills, cover escalating prices for food at the grocery store and gas to get to work.

With the help of 170 determined IRS certified VITA volunteers and the support of many community partners, the local United Way operated 20 traditional tax sites, 10 mobile sites and one completely virtual site to reach services that meet the needs and comfort level of clients and volunteers throughout Southwest Florida. Together, the VITA volunteers provided over 14,777 hours of service, valued at \$421,730; bringing a community impact for this program alone to \$13.2 million.

Patrice Cunningham, United Way's Volunteer Center vice president, shared: “We are grateful to have staff, volunteers



Members of The Shady Rest Foundation presented a \$100,000 donation

grandmother since she was a little girl in Estero. Her mother was a home health caregiver by day and caregiver to her mother who had Alzheimer's. McNulty's mother was diagnosed with cancer during the pandemic, so she came home from school to care for her mother and grandmother. Her mother recently passed away and her grandmother moved to live with another family member.

McNulty's scholarship was tripled by an anonymous donor to help her get back on her feet.

The evening concluded with an announcement by executive board

member Jo Stecher. After reviewing the annual report, The Shady Rest Foundation presented Thorp with a \$100,000 donation to support the vision of the Dubin Center – No one will face dementia alone.

“The Dubin Center changed my life,” said Carl Scharfenberg, Dubin Center Advisory Council member, who lost his first wife to cancer and his second wife to Alzheimer's. He now volunteers at the center as a support group facilitator for the men's group.

For more information, visit www.dubincenter.com or call 437-3007.✪

Third Grade Test Results Released

The Florida Department of Education has released the Grade 3 ELA assessment spring test scores. The results show that 48 percent of all third graders in Lee County public and charter schools, regardless of how long they have been with the school district, were proficient in Grade 3 reading, scoring Level 3 or above.

The results percentage is a decrease of two percent compared to the results from spring 2021.

“This has been one of the most challenging years in education,” said Chief Academic Officer Dr. Jeff Spiro. “These test results come in prior to the end of the school year which allows us to use the scores to support individual learning during the summer. Thanks to the proactivity and hard work of our teachers and school leaders, we already have a plan in place to address our student's literacy needs.”

Students who are in need of additional support will be invited to participate in Reading Camp this summer if they have not already signed up. They will also be allowed to keep their Chromebooks so they can access the iReady reading platform during the summer if they opt in.

In addition, every kindergarten, first grade and second grade student is getting 10 books to take home to read over the summer, while every third, fourth

and fifth grader is getting five books. All elementary students will also receive a science and math workbook.

“Lee County is committed to using state testing data as it is released to begin the process, post COVID-19, of setting the standard for learning moving forward,” said Superintendent Dr. Christopher Bernier. “We look forward to working together with our students, families and teachers to help students accelerate their learning after three school years of interrupted instruction.”

When this group of third grade students was in first grade, they did not return to school after spring break, missing critical time in class to build a solid reading foundation. In second grade, they were mixed between in-person and virtual learning, sometimes combining or changing between the two. Their third grade year was marked by high levels of absenteeism and quarantines.

Statewide, third grade students in 54 school districts lost ground compared to the year before on their ELA exams. The state average dropped one percent to 53 percent proficiency.

Parents are able to access their child's individual results through their FOCUS parent portal. If they do not have an account, they can create one through the district website at www.leeschools.net/our_schools/focus.

Parents can contact their child's school or visit the website for additional information on summer learning opportunities.✪

Virtual Seminar On Elder Abuse

The Area Agency on Aging for Southwest Florida will hold a free virtual seminar to raise awareness about Elder Abuse on Wednesday, June 15 from 10 to 11:30 a.m. To register for the seminar, visit <https://myeldersource.org.zoom.us/j/924123456789>.

The seminar coincides with World Elder Abuse Awareness Day. Elder abuse is the abuse of adults age 60 and older. Approximately one in 10 Americans has experienced some form of abuse. Elder abuse is a hidden crime that robs older adults of their dignity, health and, in devastating cases, their lives.

The various forms and indicators of elder abuse are:

Physical abuse (15.7 percent) – Intentional use of physical force (hitting, kicking, pushing, slapping, etc.) that results in an illness, physical pain, functional impairment or bodily injury. Warning signs: bruises, pressure marks, burns.

Emotional or psychological abuse (7.3 percent) – Verbal or nonverbal behaviors (calling names, insults or threatening isolation) that inflict anguish, mental pain and fear on an older adult. Warning signs: unusual depression, sudden change in alertness, disappearing from contact with family.

Sexual abuse (.04 percent) – Forced or unwanted interaction of any kind (sexual contact either directly or above clothing, penetration, sexual harassment and coerced nudity) with an older adult. Warning signs: bruising around breasts or genital area, stained or bloody under clothing, unexplained vaginal bleeding.

Financial abuse (12.3 percent) – Illegally or improperly using an older adult's money, benefits, belongings, property or assets (unauthorized withdrawals of money from an older adult's account, changing a will without permission, disappearance of valuable possessions) for the benefit of someone other than the older adult. Warning signs: sudden change in financial situation, large withdrawal, sudden change of bank.

Neglect (58.5 percent) – Refusal or failure to fulfill any part of a person's obligation or duties to an older adult's basic needs (deprivation of water, food, shelter,

clothing, hygiene, etc.) Warning signs: dehydrated, malnourished, inappropriate living conditions, untreated health issues.

Older adults who are victims of abuse are at a 300 percent higher risk of death than those who have not been abused. You have the ability to. To help prevent elder abuse, you have to understand and address the factors that put older adults at risk in order to protect them. Listen to the needs of older adults and provide them with support. It is not your job to prove a suspected case of elder abuse, but it is your job to report it.

For more information, call Adult Protective Services at 1-800-962-2873, fax 1-800-914-0004 or visit <https://reportabuse.dcf.state.fl.us/account-manager/guest-information>.

Microchipping And Pet Checks

Lee County Domestic Animal Services will host a Check the Chip Day on Saturday, June 4 from 9 to 11 a.m. Pet owners can get their pet microchipped or make certain their pet's microchip is up to date.

June is National Microchipping Month. Checking for a chip is one of the first things a shelter or rescue facility does when a pet is brought in. Studies show that microchipping greatly increases the chances an owner will be identified; about 74 percent of found dogs and 63.5 percent of cats turned in to shelters are reunited with their owners.

Pet owners will have the opportunity to have pets scanned to verify they are chipped and the information is current. Pets can be microchipped for \$10. Owners must bring dogs on non-retractable leashes and cats in hard-sided carriers.

Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Visit www.leelostpets.com or call 533-7387 for more information or to schedule an appointment.

College Graduate

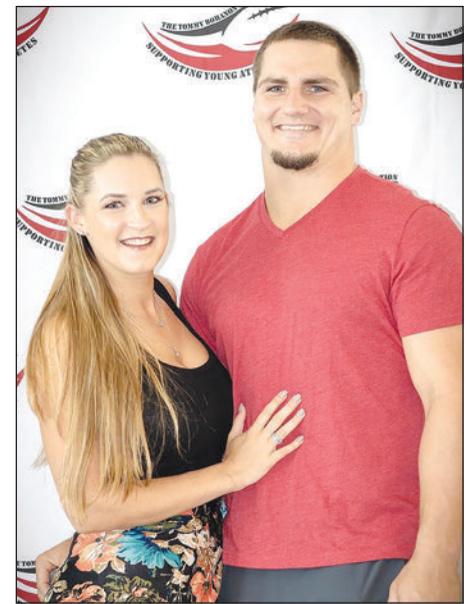
Ellie Garcia of Fort Myers recently received a bachelor of arts degree from Berea College in Berea, Kentucky.

Tailgate Party To Help Local Children In Need

The annual Tommy Bohanon Foundation Playmaker's Tailgate Party will be held at the Collaboratory on Saturday, June 11 from 6 to 10 p.m. The annual event is a night to celebrate and raise funds that will go back into the Southwest Florida community and its children in need. The Tommy Bohanon Foundation is a nonprofit organization dedicated to supporting young athletes to reach their highest potential on and off the playing field. Its programs and community outreach have helped countless youth in the Southwest Florida area.

"Every year, we give scholarships to high school level athletes who are immersed in developmental programs," said Tommy Bohanon, former NFL fullback and founder of the foundation. "This year, we are awarding three students with \$10,000 scholarships to make sure they each have the financial support they need for college and the resources they need to be successful. Through the generous support of the community, we are able to provide scholarships and programs that are helping at-risk youth to believe in their abilities, achieve success and develop future leaders."

The Playmaker's Tailgate Party will be hosted by local comedian RC Smith, who will provide laughter and entertainment throughout the night. There will be food,



Katie and Tommy Bohanon photo provided

cocktails, awards, raffles, a silent auction and a special brew Millennial Brewing Co. is developing just for this night.

Every dollar donated to the Tommy Bohanon Foundation goes directly towards supporting the organization's mission. Tickets are \$100 per person and can be purchased at [https://one.bidpal.net/playmakerstailgate/ticketing\(details:ticketing-summary\)](https://one.bidpal.net/playmakerstailgate/ticketing(details:ticketing-summary)).

The Collaboratory is located at 2031 Jackson Street in downtown Fort Myers. For more information or to donate, visit www.tommybohanonfoundation.org or call 671-0441.

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Simple Human Dignity



by Di Saggau

June is LGBTQ+ Pride Month. Events are held all across the country. Arlene Goldberg is a local leader and pioneer in the LGBTQ+ community, and the recipient of the Equality

Florida 2014 Voice for Equality Award. She was one of the plaintiffs in the groundbreaking ACLU class-action lawsuit related to same-sex marriage in Florida. History was made when she and her wife, Carol, became the first same sex couple to have their New York marriage officially and legally recognized by the State of Florida.

Goldberg has written a memoir, *Simple Human Dignity: My Life, My Wife, Our Story*. It was a labor of love to honor Carol, who passed away in 2014. She also wrote the memoir to

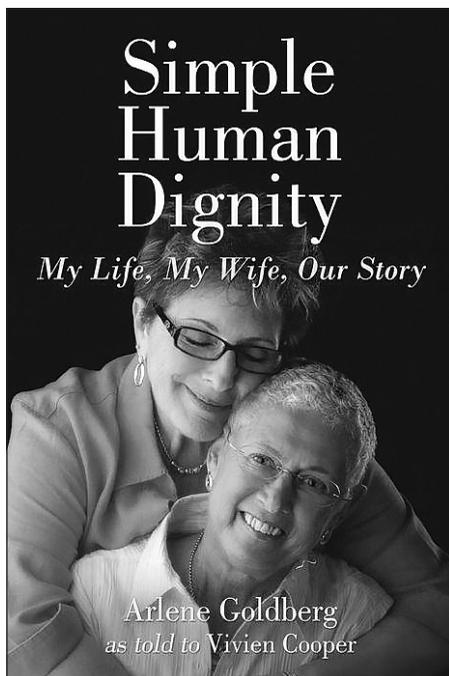


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benefit both the parents of LGBTQ+ and LGBTQ+ individuals. She said, "Parents can get a look into how 'staying in the closet' adversely impairs

those who do and what a secretive life their children are living. Children are usually taught not to lie to their parents, but 'living a life in the closet' forces them to lie just to survive. By reading my memoir, parents may better understand the anguish their children go through not being able to talk about a part of who they are."

The memoir tells the couple's story from when they met as teenagers to their marriage in New York, and their life together until Carol's death. Goldberg said, "I would hope readers of my memoir have a better understanding of how difficult our lives are and that no one would choose our way of life, if there was a choice."

When the couple moved to Southwest Florida in 1989, there was not much of an LGBTQ+ community in existence. Today, there are several groups, also bars and restaurants, that are geared to the LGBTQ+ community. When asked how she would describe the progress that has been made so far, Goldberg said, "Times have changed moving the Southwest Florida LGBTQ+ community forward, but there is still so much more to do."

Simple Human Dignity: My Life,

MyWife, Our Story is available at Barnes and Noble, Amazon and indie bound (online). Visit the website at www.simplehumandignity.com.✱

Dance Studio Performance

Dance Bochette presents BLOOM, a compilation of new choreography showcasing student dancers from preschool through adult, at the Sidney & Berne Davis Arts Center on Thursday, June 9, at 6:30 p.m.

The performance demonstrates the studio's range and multidisciplinary curriculum with ballet, tap, jazz, modern, lyrical and contemporary styles represented. General admission tickets are \$25 apiece.

Founded in 1951, Dance Bochette is embedded in Fort Myers' history and has trained generations of dancers for seven decades. The Sidney & Berne Davis Arts Center is located at 2301 First Street in Fort Myers. For more information and tickets, contact Alyce Bochette at 340-0638 or alyce@dancebochette.com.✱

School Smart



by Shelley M. Greggs, NCSP

Dear Readers, This column was published after the Parkland, Florida shootings and sadly, now again after the most recent massacre

in Texas. High profile acts of violence, particularly in schools, can confuse and frighten children who may feel in danger or worry that their friends or loved-ones are at risk. They will look to adults for information and guidance on how to react. Parents can help children feel safe by establishing a sense of normalcy and security, and talking with them about their fears. Here is some information from the National Association of School Psychologists (NASP) to help you with these difficult conversations:

Reassure children that they are safe – Emphasize that schools are very safe. Validate their feelings. Explain that all feelings are okay when a tragedy occurs. Let children talk about their feelings, help put them into perspective and assist them in expressing these feelings appropriately.

Make time to talk – Let their questions be your guide as to how much information to provide. Be patient; children and youth do not always talk about their feelings readily. Watch for clues that they may want to talk, such as hovering around while you do the dishes or yard work. Some children prefer writing, playing music, or doing an art project as an outlet. Young children may need concrete activities (such as drawing, looking at picture books, or imaginative play) to help them identify

and express their feelings.

Keep your explanations developmentally appropriate.

Early elementary school children need brief, simple information that should be balanced with reassurances that their school and homes are safe and that adults are there to protect them. Give simple examples of school safety like reminding children about exterior doors being locked, child monitoring efforts on the playground and emergency drills practiced during the school day.

Upper elementary and early middle school children will be more vocal in asking questions about whether they truly are safe and what is being done at their school. They may need assistance separating reality from fantasy. Discuss efforts of school and community leaders to provide safe schools.

Upper middle school and high school students will have strong and varying opinions about the causes of violence in schools and society. They will share concrete suggestions about how to make school safer and how to prevent tragedies in society. Emphasize the role that students have in maintaining safe schools by following school safety guidelines (e.g. not providing building access to strangers, reporting strangers on campus, reporting threats to the school safety made by students or community members, etc.), communicating any personal safety concerns to school administrators and accessing support for emotional needs.

Review safety procedures – This should include procedures and safeguards at school and at home. Help children identify at least one adult at school and in the community to whom they go if they feel threatened or at risk.

Observe children's emotional state – Some children may not express their concerns verbally. Changes in behavior,

appetite and sleep patterns can also indicate a child's level of anxiety or discomfort. In most children, these symptoms will ease with reassurance and time. However, some children may be at risk for more intense reactions. Children who have had a past traumatic experience or personal loss, suffer from depression or other mental illness, or have special needs may be at greater risk for severe reactions than others. Seek the help of a mental health professional if you are at all concerned.

Limit television viewing of these events – Be aware if the television is on in common areas. Developmentally inappropriate information can cause anxiety or confusion, particularly in young children. Adults also need to be mindful of the content of conversations that they have with each other in front of children, even teenagers, and limit their exposure to vengeful, hateful and angry comments that might be misunderstood.

Maintain a normal routine – Keeping to a regular schedule can be reassuring and promote physical health. Ensure that children get plenty of sleep, regular meals and exercise. Encourage them to keep up with their schoolwork and extracurricular activities, but don't push them if they seem overwhelmed.

Suggested points to emphasize when talking to children:

Schools are safe places. School staff works with parents and public safety providers (local police and fire departments, emergency responders, hospitals, etc.) to keep you safe.

We all play a role in school safety. Be observant and let an adult know if you see or hear something that makes you feel uncomfortable, nervous or frightened.

There is a difference between reporting, tattling or gossiping. You can provide important information that

may prevent harm either directly or anonymously by telling a trusted adult what you know or hear.

Although there is no absolute guarantee that something bad will never happen, it is important to understand the difference between the possibility of something happening and probability that it will affect you (the school community).

Senseless violence is hard for everyone to understand. Doing things that you enjoy, sticking to your normal routine, and being with friends and family help make us feel better and keep us from worrying about the event.

Sometimes people do bad things that hurt others. They may be unable to handle their anger, under the influence of drugs or alcohol, or suffering from mental illness. Adults (parents, teachers, police officers, doctors, faith leaders) work very hard to get those people help and keep them from hurting others. It is important for all of us to know how to get help if we feel really upset or angry and to stay away from drugs and alcohol.

Stay away from guns and other weapons. Tell an adult if you know someone has a gun. Access to guns is one of the leading risk factors for deadly violence.

The NASP has additional information for parents and educators on school safety, violence prevention, children's trauma reactions and crisis response at www.nasponline.org.

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

An Innovative Approach To Retirement Living

by Allison Havill Todd

As more and more baby boomers enter their retirement years, the demand for senior living options that meet their needs continues to grow. One local community is offering a new concept that provides its residents with peace of mind during uncertain times.

Amavida Living, a retirement community in Lee County, opened its doors in December of 2018 and is not your typical senior living concept. New residents are able to move in without the large entrance fee that many other facilities charge. In fact, Amavida's upfront fee, equivalent to approximately one month's rent, is typically one percent of what many competitors charge. In addition, residents will have the long-term assurance of knowing what their monthly rent will be well into the foreseeable future despite the financial effects of hurricanes, pandemics, recession or whatever setbacks may come our way. Martha Davila, director of business development, shared that they are seeing other retirement communities increase their monthly rent from six to 20 percent on an annual basis, making it difficult for seniors on fixed incomes to plan for future expenses.

Aside from the stability of a worry-free lifestyle, Amavida is all encompassing in what it provides to its community of residents. The community offers one- to three-bedroom cottages or apartments for independent living along with assisted living options and memory care as those needs may arise. This senior community is seeing younger and more active residents living well into their 90s and beyond and is committed to



Residents at Amavida live worry-free knowing they will not be faced with unexpected rent increases photo provided

providing a variety of activities to keep them socially and physically engaged. Amavida has many choices in which to participate such as pickleball, tennis, bocce ball, basketball, fitness classes and putting greens. With over 20 different clubs, residents can choose to join a myriad of activities including art classes (with artists on site to mentor, coach or teach), book clubs, a garden club and many more. The community also boasts its own restaurants, bistros, outdoor dining, clubhouse as well as a theater and library on the property.

Kristopher Svetliak, executive director of independent living, explained that Amavida is dedicated to providing a resort-style retirement experience all on one campus. The beautifully designed 32-acre property was created with the intention of preserving the natural wetlands and offering views of nature from most residences. The community is also adjacent to Lakes Park with its own entrance path onto the adjoining 258-acre property.

In addition to all of the amenities and the "rent freeze program" offered

by Amavida, one of the biggest things that sets this community apart from other senior living accommodations is the care provided for residents. Svetliak stated emphatically that, "Our care is untouchable. While most retirement communities may only have an LPN (licensed practicing nurse) on premise, Amavida has true nurse practitioners who oversee the care of residents. Amavida also partners with local skilled nursing facilities to provide a very high level of support when needed. Physical therapy, speech therapy and occupational therapy programs are

available on site without the need for transport to another medical office.

Svetliak explained, "We want our residents to move here and be able to age in place appropriately with a sense of community, stability and a worry-free lifestyle." When prospective residents ask him if Amavida is concerned about competitors stealing their idea of providing resort style retirement with pre-established rent increases, Svetliak replied, "We can only hope that other communities will embrace this model to better serve our seniors and consider their wellbeing as the priority, providing the best living environment for our senior population. They deserve to be honored, not discarded or misled."

If you would like to explore a retirement living community without enormous entry fees and unknown monthly rent increases, contact the friendly staff at Amavida to schedule your personal tour and learn how you may experience resort-style living within reach. Amavida is located at 7820 Fanning Court in Fort Myers, adjacent to Lakes Park on Gladiolus Drive. For more information visit www.amavidaliving.com or call 345-4077

Allison Havill Todd lives on Sanibel Island with her husband and two rescue dogs. She is an avid dog lover, business coach and active outdoor enthusiast. When she's not out with her dogs, you will see her running, cycling, paddling around the island. Follow her on [@thedoggiemom](https://www.facebook.com/thedoggiemom) and [facebook.com/thedoggiemom](https://www.facebook.com/thedoggiemom). ✨

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The Tradeoffs When Protecting A Spouse's IRA



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

A client came to me concerned about her spouse. His memory was failing, and if he survived her, then he might not have the capacity to properly invest the account or withdraw the proper amounts for his living expenses and care. She was also worried that he'd be vulnerable to gold diggers.

Part of this can be alleviated by naming someone as a Durable Power of Attorney who will have husband's best interests at heart if he turns out to be the surviving spouse.

While the holder of the power can help with investments and withdrawals, it doesn't do much to protect the account against a gold digger.

Normally, we name our spouses as the primary beneficiary to an IRA account. When that happens, spouse becomes the account owner, subject to required minimum distributions upon attaining age 72. Assume, for example, the spouse is 80 years old when he inherits the IRA account of \$1 million from his deceased spouse. He rolls over that account and makes it his own.

This year, the IRS issued a new Uniform Life Table that is used to calculate Required Minimum Distributions (RMDs). Under those tables, an 80-year-old's divisor is 20.2, which results in a RMD of \$49,505 – calculated as the \$1,000,000 account balance divided by the table divisor of 20.2. The next year, the divisor is 19.4 – if, because of interest and dividends, the account remained at \$1 million, then that next year's RMD would equal \$51,546.

Wife feels that with social security, some other income and the RMDs, the IRA account is likely to last husband for quite some time, providing for him for the rest of his life. It doesn't, however, solve the problem of his vulnerability due to his failing mental state.

Let's assume that wife, instead of naming husband as the primary beneficiary,

creates a marital trust as the beneficiary. She can name a trusted family member or a bank or trust company as the trustee. Now, the account isn't vulnerable to a gold digger. The problem, however, rests with a more aggressive distribution schedule.

After the SECURE Act that was enacted in 2017, most beneficiaries that can't roll over an IRA must withdraw the entire balance within 10 years. Spouses are one of the limited exceptions who may calculate the RMDs on an inherited IRA account over the spouse's life expectancy. In order, however, for the IRS to "look through" the trust to the beneficiary (the surviving spouse) for purposes of determining the RMD table to use (the life expectancy as opposed to the 10-year requirement), it must comply with the "identifiable beneficiary" IRS Treasury Regulations.

That topic is beyond the scope of today's column, but let's assume that the marital trust share and beneficiary designations are properly drafted to so comply. The tradeoff, as I mentioned, is a more aggressive distribution requirement.

Instead of a \$49,505 RMD at age 80, for the same \$1 million account, the trust must withdraw \$89,286 because the divisor is 11.2 rather than the more generous 20.2. The next year, the divisor is 10.5. You can therefore see that routing an IRA through a trust for the spouse is much more likely to deplete it quickly over the spouse's remaining lifetime.

Aside from gold digger worries, individuals who want their IRA to benefit spouse for his or her life then go to children often believe that a marital trust is a strategy that holds promise. As you can see, if a spouse lives out to a normal life expectancy, the account will rapidly drain, leaving little or nothing for the children.

Suppose the spouse creates a trust that does not distribute the entire RMD to the spouse, but reinvests some part of it? There, the income taxes will likely consume more of the distribution. RMDs that are distributed to the spouse/beneficiary will be taxed at his marginal rate. Amounts that remain in the trust are subject to a compressed tax rate schedule, where amounts above \$13,000 are taxed at the highest federal marginal rate of 37 percent.

There are strategies that can be used to reduce the tax rate that applies. In any event, this planning requires a skill set of understanding income taxation of estates and trusts, along with up-to-date knowledge of IRA distribution rules, including new regulations enacted as recently as a few months ago.

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Marketing Officer Captures Female Leader Award

Connie Ramos-Williams, president and chief marketing officer of CONRIC PR & Marketing, has been honored as one of the inaugural award winners of the 2022 100 Women to KNOW Across America Award, an award recognizing the top 100 female leaders across America.



Connie Ramos-Williams

by her peers and participated in an interview process. She is recognized for her success as an entrepreneur, business excellence, mentorship of women and community outreach.

"Attaining the 100 Women to KNOW in America Award is a once-in-a-lifetime honor," says Ramos-Williams. "I am extremely honored to be among the first 100 women in America to be recognized for this prestigious award."

For more information about 100 Women to KNOW, visit www.knowtribesummit.com.✪

City Council Approves Park Name Change

The Fort Myers City Council has approved renaming the existing Park of Palms to Vivas Palm Park in honor of Fort Myers' pioneering Vivas family, who lived on the property from 1866 to 1959.

In 1936, the Vivas family deeded the riverfront portion of their land to the city for the creation of a public park, and the "Fort Myers Garden of Palms" was dedicated in 1955 by the Fort Myers Garden Club. Over time, it became unofficially known as the Park of Palms, but through the recent efforts of Vivas descendant Jim Vivas Pridgen Jr. – the great-great-grandson of pioneers Joseph and Christiana Vivas – it will now officially be called "Vivas Palm Park," and many much-needed improvements will soon be underway.

Naples Botanical Garden will collaborate on the park improvement

project with added support of Fort Myers City Councilman Liston Bochette and local developer Rebekah Barney of Alzada Company.

"It's time to make the name change and move on," Bochette said at the May 2 council meeting when the agenda item came up for discussion. "Thanks to the family and to the developer helping fund this, [and] the Naples Botanical Garden who's also chipping in to this at no cost to the city to make this one of the premiere parks in our entire community."

"We are so very grateful that our request to rename the Park of Palms in honor of the Vivas family was accepted, and we're thankful for all the support we've received on this endeavor." Jim and Linda Pridgen said. "Our joint goal is to enhance and preserve this property so that it can be eternally enjoyed. We look forward to all future collaborations with the City of Fort Myers, Naples Botanical Garden and the Alzada Company."

Beyond consulting on the selection and care of the park's plants, the Naples Botanical Garden team hopes to tell the Vivas family story through plant life; for example, by reintroducing a cannonball tree, a tropical flowering tree with oversized blossoms and cannonball-sized fruits that once famously grew on the Vivas property. And perhaps some bamboo, which Thomas Edison and his assistant Fred Ott harvested from the Vivas estate and used as filament in Edison's ultimately successful light bulb experiments.

Vivas Palm Park is located at 2414 Edwards Drive in downtown Fort Myers. For more information, visit www.facebook.com/irvingdowntown.✪

Development Patterns/Trends To Be Revealed

Development patterns and trends in Southwest Florida will be explained by Dave Farmer, PE, AICP, CGC, at the luncheon meeting of the Real Estate Investment Society (REIS) in the Osprey Room at Pelican Preserve's Clubhouse on Tuesday, June 14 at 11:45 a.m.

Farmer will quantify development since 2019 for Lee and Collier separately, then look to the future and gauge what will be needed or developed by 2040. He will present maps to show where the development has occurred and useable vacant land to show where future development is likely. Following the presentations, Farmer will respond to questions of specific interest to the real estate and development industry.

Farmer is a principal in Metro Forecasting Models LLC, analyzing real estate investments and development projects. He is a seasoned real estate investor and developer, professional engineer, certified professional planner, licensed general contractor and real estate broker.

The meeting is sponsored by Sallee Promotions. Admission is \$30 for members and \$45 for guests, which includes lunch. Reservations are required by Thursday, June 9.

Pelican Preserve's Clubhouse is located at 9802 Pelican Preserve Boulevard in Fort Myers. To register, visit www.reis-swfl.org.✪

Superior Interiors

Window Treatment Trends To Consider



by Jeanie Tinch

If you're working to design a stylish room with all the right furnishings and accessories, you've probably found that your window treatments can make or break your success of achieving the

ambiance you're going for. Let's face it, if you try to ignore your windows and put more focus on other aspects of your space, you're going to end up with a room that looks bare or incomplete.

When it comes to choosing the perfect window coverings for your home, there's a lot to consider. Everything from the material you select to the color and style of your window treatments will significantly impact the look and feel of each room. Use these window treatment trends to guide you as you consider window covering options that meet all of your functional requirements and style preferences.

The push toward a more energy-efficient world doesn't exclude interior design, which is why one of the biggest emerging window treatment trends this year are shades that contribute to an eco-friendly home. For example, plantation shutters, honeycomb shades and motorized blinds are growing in popularity. They're particularly efficient at managing natural light, allowing more in during the day for enhanced energy efficiency. Natural, sustainable woods, like bamboo, are also starting to replace synthetics for blinds and shutters in some areas of the country.

No other window treatment has the ability to add more to a room than gorgeous custom draperies. A custom drapery treatment becomes the center of attention when it perfectly frames a beautiful window, tastefully coordinates with the upholstery in the room, smartly inserts rich colors and gracefully pulls together the intended design scheme of the entire room. A beautiful addition

to custom drapery design is an elegant top treatment or decorative hardware to literally top it off.

Add lush sophistication to your room using a silk fabric in one of many embroidered patterns or a soft classic solid color. If a more casual look is your desire, there are many attractive solid or printed cotton fabrics from which to choose. Lining a drapery is always a must as it will hang better, last longer, protect your furniture and flooring from harsh sunlight, and provide insulation around the windows.

Metallic accents have taken center stage when it comes to home decor. Incorporating a brass, chrome or stainless-steel table will always add to the visual appeal of a room. Did you know, however, that this trend has also found its way to window treatments through the addition of metallic threads carefully woven through fabrics? The hint of a metallic thread in the fabric used in your window treatment will give that subtle, elegant flair to your room. Another place to add metals is the decorative hardware for your custom drapery which is available in many different metal styles (and when combined with stylish finials) will give your custom draperies and your room that added bling that makes a statement.

Roman-style window treatments stack up evenly when opened and lay flat when closed, unlike most other drapery styles that take up more space and have folds and pleats. They have grown in popularity for their ability to contribute elegance and sophistication to a room without requiring homeowners to sacrifice the functionality of their space. For example, they work perfectly in areas where full-length draperies aren't practical, such as above the kitchen sink, the tub in your bathroom or window seats and benches. Roman shades feel right at home in a traditional scheme as well as a contemporary one as they come in a wide range of materials, hues and designs, catering to specific design themes. Some of the most popular materials include cotton, silk, denim cloths and jute.

To really transform your space, window treatments featuring head-turning patterns are currently enjoying popularity. Patterned drapery offers warmth and visual stimulation that make a room both attention-grabbing and inviting. Be sure that the selected color

combinations and patterns complement your design style as well as surrounding decor and furnishings. Bold designs and colors will draw the eye to the outside view. Remember that the pattern that's going to look best in your space depends on the window you're working with, so

you may want to consider consulting a design professional when determining the window treatment that works best for you.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coindceden.com.✪

Lee Clerk Report On Finances, Economy

As Lee County's population grew last year, housing prices and personal income jumped, according to a new financial report issued by Kevin Karnes, Lee County clerk of the court and comptroller. The 20-page report, titled *The Sand Dollar*, outlines key economic factors impacting county residents.

Trends in property taxes, government spending, investments and capital projects are all illustrated in the easy-to-read guide.

"If you pay taxes in Lee County, it's important you read this guide and learn how your tax dollars are collected and spent," Karnes said. "As your clerk, it is my priority to ensure all citizens have this information easily accessible."

Notable highlights in this year's *The Sand Dollar* include:

Property tax revenues hit a new record of \$419.2 million, a \$27.8 million increase over the previous fiscal

year; Tourist tax brought in \$52.8 million, a 24 percent increase over the pre-pandemic record of \$42.6 million in fiscal year 2019; and

Impact fees, which are charged to new development, raised \$30.2 million, or 53 percent over the previous fiscal year.

Hardcopies of the report are available at all county libraries and the clerk's offices. You can also download the report at www.leeclerk.org/thesanddollar.

The Sand Dollar is the first popular annual financial report to be issued by the Lee Clerk's office, which is constitutionally responsible for managing and auditing all county funds. The shortened reports are a best practice in county government and are modeled after the in-depth *Annual Comprehensive Financial Report*, which has earned the clerk's office 36 consecutive national awards. Both reports cover the latest county fiscal year 2021, which ran from October 1, 2020 to September 30, 2021.

For more information about county finances and the financial reports available from the clerk's office, visit www.leeclerk.org/finances.✪

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Frankly Speaking

by Howard Prager



Hope you had a good Memorial Day weekend. What happened before the weekend, and how the sports establishment responded, is the focus of this column. No one

wants to see 21 innocent children and teachers gunned down, or innocent people killed in supermarket. What happened at Uvalde and in Buffalo are tragedies that keep happening with no changes in sight. These horrendous shootings have stirred the sports world, and their responses show it. Last Thursday's Tampa Bay-Yankees game was one example. The social media pages for both teams didn't report on the game. Instead, as reported in The Athletic, "the New York Yankees and Tampa Bay Rays dedicated their social media feeds to gun violence awareness on Thursday night, collaborating to publish a series of facts in place of regular game coverage. The Yankees said 'In lieu of game coverage and in collaboration with the Tampa Bay Rays, we will be using our channels to offer facts about the impacts of gun violence. The devastating events that have taken place in Uvalde, Buffalo and countless other communities across our nation are tragedies that are intolerable.'

The Rays made a \$50,000 commitment to the support fund Everytown for Gun Safety, the "largest gun violence protection organization in America," the team said. Pause for just a minute. Two teams battling it out for the AL East lead collaborated on a message that didn't directly affect either of their towns. "This cannot become normal," the Rays statement read. "We cannot become numb. We cannot look the other way. We all know, if nothing changes, nothing changes."

Among the facts the Yankees and Rays published during Thursday's game:

Every day, more than 110 Americans are killed with guns, and more than 200 are shot and injured.

Firearms were the leading cause of death for American children and teens in 2020.

58 percent of American adults or someone they care for have experienced gun violence.

An average of 4,500 veterans die by firearm suicide every year – about 12 veterans each day.

Every three hours, a young Black man dies by gun homicide.

Each year, more than 4,100 Latinx people die from gun violence in the U.S. and 13,300 are shot and wounded.

About 4.5 million women in the U.S. today report having been threatened with a gun by an intimate partner.

From ESPN, Golden State Warriors Coach Steve Kerr did not want to talk about basketball in his pregame news conference heading into Game 4 of the Western Conference finals against

the Dallas Mavericks on Tuesday night. "Basketball, didn't matter. Since we left shoot around, (21 children and teachers) were killed, 400 miles from here," Kerr said, referring to the mass shooting at Robb Elementary School in Uvalde, Texas. "When are we going to do something?" he yelled, slamming his fists on the table. "I'm tired. I am so tired of getting up here and offering condolences to the devastated families that are out there. I am so tired of the, excuse, I am sorry, I am tired of the moments of silence. Enough!"

Warriors guard Damion Lee commented on how "it's easier to get a gun than baby formula right now," adding, "That's unbelievable in this country that we live in."

"Tonight, we play for Uvalde, Texas," the WNBA's Dallas Wings said in a statement reported by ESPN. They would go on to defeat the Sun 85-77 in Connecticut. Afterward, Wings guard Arike Ogunbowale echoed Kerr, emphasizing, "Something has to change."

Minnesota Lynx coach Cheryl Reeve's voice broke as she addressed the shooting, its impact and her fear for her 7-year-old child. "You ask the same thing every time, 'How many more?'" she said. "To be supposedly world leaders and to miss so badly in taking care of our own people. We feel terrible for the families. My kid got out of the car today, and I ran and hugged him. I can't imagine what those families go through. Tomorrow, the next day, the next week... we know it's going to happen again. It's disgusting."

Gabe Kapler, SF Giants manager, talked about his deep disappointment in the country in his press conference before Friday's Reds game, and doesn't plan on taking the field for the national anthem until he feels better about the direction of the country. He made an exception on Memorial Day. The Chicago Sports Alliance, a collaboration between the Chicago Bears, Blackhawks, Bulls, Cubs and White Sox along with the support of the Robert R. McCormick Foundation, announced it will commit \$300,000 to the Sandy Hook Promise Foundation and Robb School Memorial Fund. Now in its fifth year, the alliance was created to address the issue of increasing gun violence across the city of Chicago, dedicated to lending its collective influence and resources to support data-driven, proven solutions impacting the root cause of gun violence.

This is an issue all Americans demand answers. Gun owners seem to agree that assault rifles and large magazines should not be sold to 18-year-olds. I know I don't want to see my children or grandchildren or yours' gun downed needlessly, nor people at a mall or house of worship. I pray for sanity, for a solution. When the sports world speaks out and demands change, it's time for all of us to sit up, take notice and support action.

It would be easy to skip a good news story this week, but like writing this column, I feel that's a responsibility I owe you, to leave you uplifted. As reported in the *Chicago Tribune* last week, "The Deaflympics is the oldest multisport event after the Olympics. This spring it was held in Brazil, and a brother-sister

duo from the Chicago suburb of Darien became the first deaf badminton players to represent the U.S." Jay Yang, 18, and Judy Yang, 23, grew up playing badminton. "It was a huge rush for me, being able to meet deaf people from all over, being on my level, knowing that I wasn't the only deaf person playing badminton" said Judy, who was an Illinois state champion in high school. They played singles, then competed

together in the doubles event. I can't imagine playing a multiplayer sport when both players are deaf. That has to take amazing coordination. Remarkable, isn't it? Anything is possible.

Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments to press@islandnews.com.

Disaster Preparedness Sales Tax Holiday

Floridians are encouraged to prepare for hurricane season by taking advantage of the 2022 Disaster Preparedness Sales Tax Holiday. Passed by the Florida Legislature and signed into law by Gov. Ron DeSantis, the sales tax holiday is extended from 10 days to 14 days. It began on May 28 and continues through Friday, June 10.

This year, household pet supplies are also included in the list of items eligible to be purchased tax-free.

Qualifying disaster preparedness supplies include:

Pet leashes, collars, muzzles and pads costing \$20 or less;

Flashlights, lanterns and pet beds costing \$40 or less;

Batteries and weather radios costing \$50 or less;

Smoke detectors, carbon monoxide detectors and fire extinguishers costing \$70 or less;

Tarps and portable pet kennels costing \$100 or less; and

Generators costing \$1,000 or less.*

Workshops On Redfish Rules

The Florida Fish and Wildlife Conservation Commission (FWC) is holding a series of public workshops to gather public input on proposed rules for redfish that include nine new management regions and modified recreational bag, vessel and off-the-water transport limits. The FWC developed these proposed changes using a new

management approach to better capture regional differences in the fishery.

Workshops begin at 6 p.m. and conclude by 8 p.m. Local venues are:

Monday, June 6 – Charlotte County Administration Center Commissioner Chambers, 18500 Murdock Circle, Room 119, Port Charlotte;

Wednesday, June 8 – Rookery Bay Environmental Learning Center, 300 Tower Road, Naples.

If you are unable to attend a workshop, visit www.myfwc.com/saltwatercomments and click on "Workshops" to watch a recorded presentation. Comments can be submitted at www.myfwc.com/saltwatercomments.

Bank To Host Blood Drive

Sanibel Captiva Community Bank is hosting a blood drive in partnership with Lee Health at the Bridge Branch, located at 9311 College Parkway in Fort Myers, on Monday, June 6 from 10 a.m. to 3 p.m.

Lee Health is seeking blood donations to help replenish supply shortages that are at a critical low level. It is vital that the blood supply remains at healthy levels to quickly care for patients needing an urgent transfusion. Blood and blood products are not only used in trauma centers, but also to treat cancer patients, premature babies, anemia and a variety of other conditions.

Lee Health's blood centers are the sole supplier of all blood products for the entire health system and approximately 800 units of blood are needed per week. To sign up to donate, email Amy McQuagge at amcquagge@sancapbank.com.

SPORTS QUIZ

1. What American military leader reportedly declined an offer to be Commissioner of Baseball in 1961?
2. Basketball Hall of Famer Kareem Abdul-Jabbar's signature one-handed post move shot was known by what nickname?
3. On Nov. 17, 1990, Houston Cougars quarterback David Klingler set an NCAA record for touchdown passes in a single game with how many?
4. Name the racehorse who won both the Kentucky Derby and Preakness Stakes in 1987, but had his Triple Crown attempt spoiled at the Belmont Stakes.
5. What university in Queens, N.Y., has the nickname "Red Storm" for its athletic teams?
6. Name the brand of beer that had naming rights to the Milwaukee Brewers' home ballpark from 2001-20?
7. What NASCAR driver won the Daytona 500 four times and won three consecutive Cup Series championships from 1976-78?

ANSWERS

1. Gen. Douglas MacArthur. 2. The Skyhook. 3. 11. 4. Alysheba. 5. St. John's University. 6. Miller. 7. Gale Yarborough.

Doctor and Dietician

Injections For Bone-On-Bone



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

Many patients we see at Caring Medical Florida have been told that they have bone-on-bone knees. Typically, one of three scenarios is happening: 1) You are waiting for knee replacement or arthroscopic surgery, and the pain and malfunction of your knee is starting to get to you. You may be offered more injections and treatments that did not help in the past but are told it can “hold you over until you can get surgery.” 2) You are already getting one type of injection treatment and that is not working so you are looking at other injection options so you can avoid surgery. 3) You are getting cortisone injections and you are concerned with the long-term effects because you are

into multiple doses. Might sound familiar?

Let’s take a look at the different types of injections available for knee pain.

Cortisone (steroid) injections are no longer considered the miracle cure for knee pain and should be used sparingly if at all. Research shows that corticosteroid knee injections provided no significant pain relief after two years, thus researchers concluded that corticosteroids are not recommended for knee osteoarthritis. Randomized trials have failed to produce evidence for the effectiveness of surgery or cortisone injections and can make bone-on-bone worse by thinning out the meniscus. Other studies reveal that cortisone injections before knee surgery may lead to greater post-surgical infection risk.

Hyaluronic acid or viscosupplementation injections for knee osteoarthritis otherwise known as “gel shots” or “chicken shots” have shown conflicting results. Some studies have shown that the hyaluronic acid injections can delay the need for total knee replacement for up to 1.5 years, whereas another study suggested that they are a waste of time, money and resources. Some short-term symptomatic relief may be achieved but studies show that no reversal of osteoarthritis was achieved. At least hyaluronic acid does not cause further degeneration like cortisone injections do.

Platelet rich plasma (PRP) is where blood is drawn from the patient and then processed, and the growth factors are extracted and injected into the injured

area(s). PRP is not a single shot miracle cure. It should not be given that way. “The efficacy of PRP intra-articular injections as a nonoperative modality for treating symptomatic knee osteoarthritis-related pain, while maintaining function has become a subject of increasing interest.” When PRP does not work, it is usually not the solution used but how the treatment is given. Outcome studies comparing PRP to cortisone and hyaluronic acid revealed that those receiving PRP experienced improved clinical outcomes compared to the other two. At our clinic, we do not just provide one PRP injection into the joint. We treat the entire knee instability using comprehensive prolotherapy.

Speaking of prolotherapy, when a person has ligament injury or instability, the knee becomes hypermobile causing degenerative wear and tear on the meniscus and knee cartilage. In other words, the cells of the meniscus and cartilage are being crushed to death. When you inject PRP into the knee without addressing the knee instability, (treating the ligaments) the injected PRP cells will also be subjected to the crushing hypermobile action of the knee. The knee instability must be addressed with comprehensive prolotherapy (using natural substances) around the joint by spot-welding all of the support structures to tighten the loose unstable connections.

And finally, what about stem cell injections? Many patients have come to see us having already received an expensive stem cell treatment. Unfortunately,

one-injection stem cell treatments are typically not able to produce sustainable pain relief. A single injection, just like with PRP, will not be comprehensive enough to reverse years or possibly decades’ worth of damage affecting the entire knee structure. One-shot thinking leads to an unrealistic expectation of pain relief and joint regeneration. Your stem cells can be extracted from your bone marrow or fat stores in an in-office procedure. When directly injected after extraction, the potential for healing is great. The body knows best. Stem cells form into the cell type that your body needs. Much literature exists on the encouraging results of stem-cell treatments for knee pain when provided in combination with prolotherapy for a comprehensive treatment. We utilize this type of treatment for more severe cases, as regular prolotherapy treatments have great success as well.

In summary, do your research. Think about what makes sense. Whether you receive any of the above injection types for bone-on-bone, remember, the body optimized for healing will respond better to treatments. This means the body that is active and moving and fueled with good nutrition will respond better.

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

dearPharmacist

Disorder Drug Trims Cytokines



by Suzy
Cohen, RPh

Dear Readers: We’ve all been hearing about something called a cytokine storm, and how elevations in various cytokines contribute to fatal outcomes with

COVID-19. It’s not the pathogen per se. It’s the flooding in the body of cytokines in response to the pathogen that causes symptoms and complications.

The role of cytokines has been studied for decades. When they fall out of balance, you see exacerbation in symptoms. Anything above or below their normal value will cause health challenges.

Understanding that managing cytokines is the key to staying healthy. The word cytokine refers to a protein that you make in your body. They are created by certain immune (and non-immune) cells, and each protein has its own individual effect on your immune system. Some cytokines are known to stimulate the immune system to make it fight harder, while others slacken it to prevent self-directed autoimmune assault. There are various types of cytokine classifications too: lymphokines, chemokines, interleukins, interferons and tumor necrosis factor. Fluvoxamine is a drug known to reduce certain cytokines,

and the strange part of all this is that its real claim to fame is for Obsessive Compulsive Disorder (OCD).

The famous OCD drug reduces some cytokines, and therefore might help people with COVID and long-haulers. It can reduce the amount of histamine that gets dumped from mast cells. Because fluvoxamine reduces serotonin from concentrating in platelets, it can help reduce blood clot formation. This was noticed in patients taking the drug all the way back in 2011, and they had reduced risk of clot formation.

Fluvoxamine is an orally-administered medication that was invented in Belgium in 1983 at a pharmaceutical company, and then later it became FDA-approved here in the U.S. as Luvox in 1994. It raises serotonin in the human body, but it is not FDA-approved for the treatment of any infection, even though *The Lancet* published positive findings from the Together Trial. It may cause serious side effects, the most challenging of which are seizures, cardiac problems due to low sodium, suicidal ideation and insomnia. It interacts with a lot of medications, including warfarin, lithium, antidepressants and stimulants for ADHD. Nevertheless, many infectious disease specialists and neurologists capitalize on fluvoxamine’s lesser known benefit to reduce cytokines.

Fluvoxamine is not for everyone, so speak to your pharmacist and physician to see if it’s right for you.

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

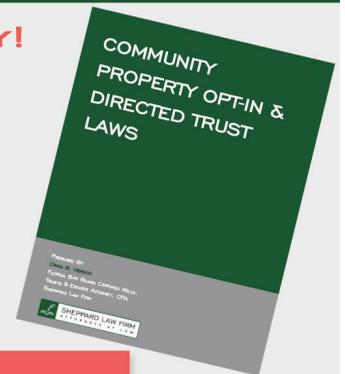
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THE RIVER

WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

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

CLUBS & ORGANIZATIONS

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

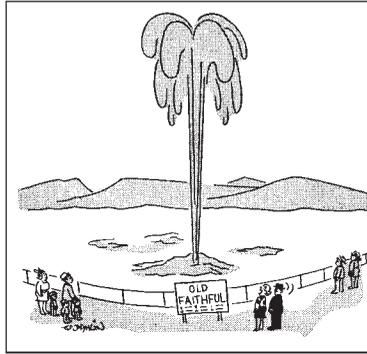
AREA ATTRACTIONS

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

To be listed in calling card email your information to:
press@islandnews.com

PUZZLES

Answers on page 23



"It reminds me of when you 'fixed' 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!

Murmur _____

LUGGER _____

Warble _____

PIRCH _____ _____

Collect _____

ANGLE _____ _____

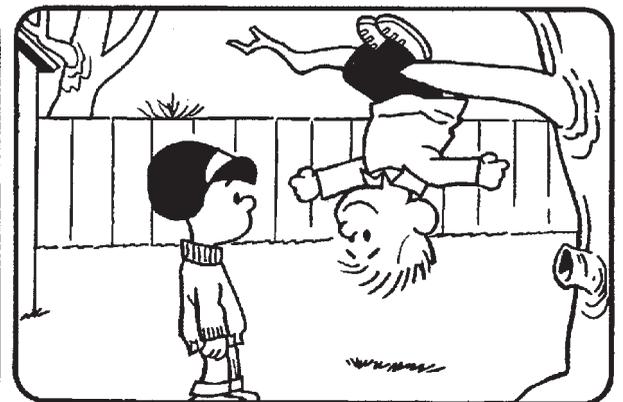
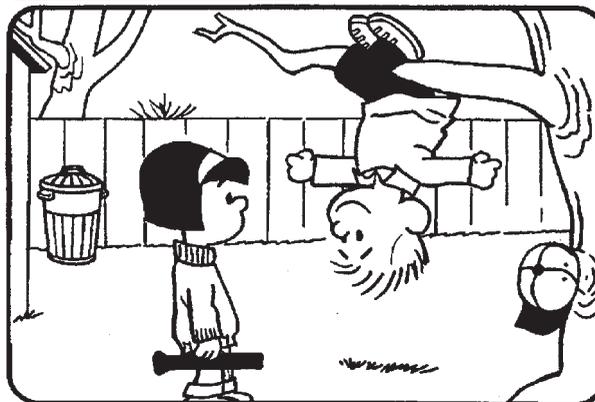
Accuse _____

AMBLE _____

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Trash can is missing. 2. Hair is different. 3. Instrument case is missing. 4. Tree limb is shorter. 5. Arm is moved. 6. Cap is missing.

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

To Play Sudoku:

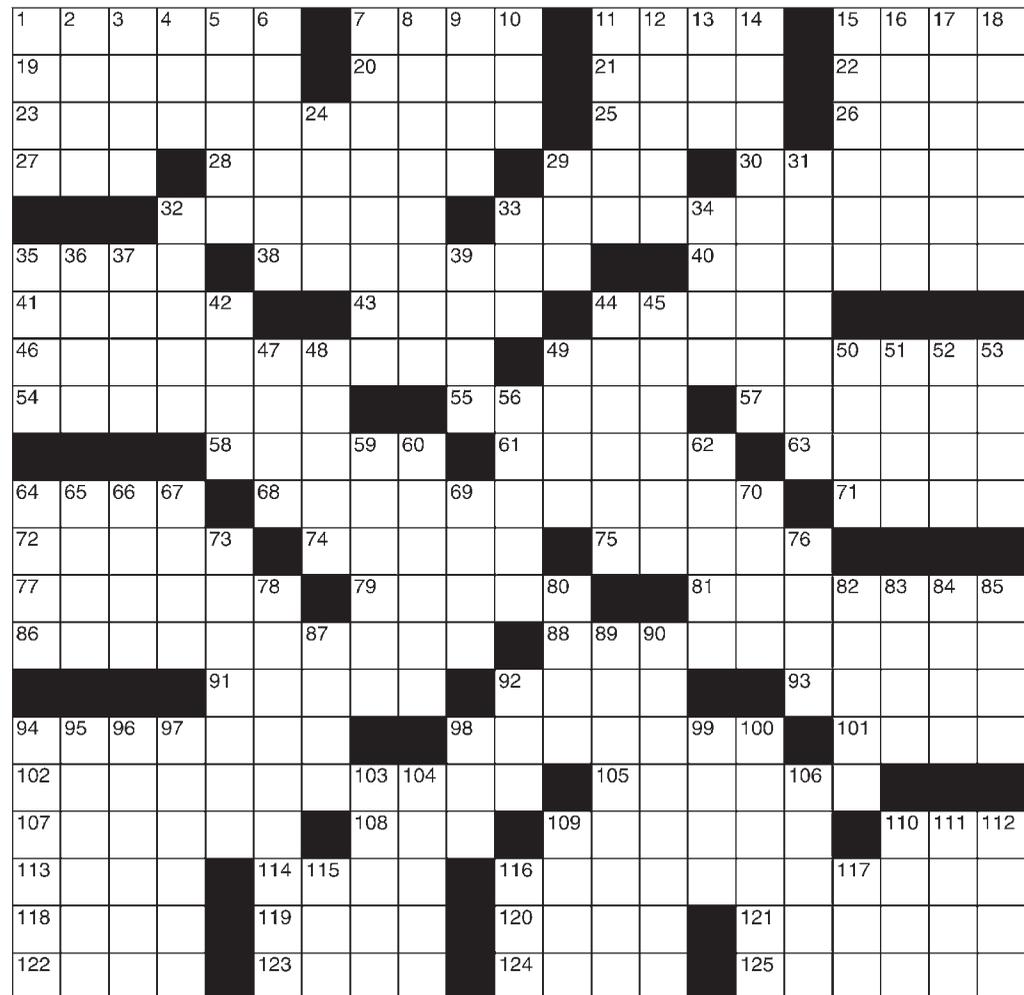
Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

PUZZLES

Answers on page 23

Super Crossword PRIZEWORTHY

- | | | | | | |
|--|---|--|---|---------------------------------------|--|
| ACROSS | 43 Stallion, e.g. | 88 "The Picture of Dorian Gray" novelist [film] | DOWN | 37 Breath freshener | 80 Part of NYSE |
| 1 Classic Pabst beer brand | 44 "Little Birds" actress [Canadian music] | 91 Panache | 1 Witty Mort | 39 Treble — | 82 Attach with laces, say |
| 7 Place for hay or a choir | 49 Longtime member of the Four Tops [off-Broadway] | 92 La — Tar Pits | 2 Like facts | 42 "Take — from me" | 83 Lost traction on the ice |
| 11 Facial mask offerers | 54 Fred dancing in films | 93 "The Piano" actor Sam | 3 Rules, for short | 44 On the train, e.g. | 84 Waste time |
| 15 Barter | 55 Tile locale | 94 Remits in advance | 4 1969 Beatle bride Yoko | 45 Illusion on a hot road | 85 Bioelectric fishes |
| 19 Retort to "Am so!" | 57 Fly of Africa | 98 Kids' racers on tracks | 5 "— I love thee?" | 47 Sandusky's lake | 87 Tiara go-with |
| 20 "La Traviata" solo, say | 58 Rice dish | 101 Lyric verses | 6 Cooks, as asparagus | 48 Merges | 89 Five-armed echinoderms |
| 21 Many a smartphone message | 61 Walton who wrote "The Compleat Angler" | 102 American labor leader [French film] | 7 Kitschy 1960s light | 49 Seep out | 90 Lots to leave autos in, to Brits |
| 22 By way of, for short | 63 Leaves port with the dummy | 105 Verbalized | 8 First | 50 In good order | 92 "Lowdown" singer |
| 23 He played V in "V for Vendetta" [sci-fi writing] | 64 Rub roughly | 107 Go- (no slouch) | 9 High-quality | 51 Move a bit | 94 World of Warcraft, e.g. |
| 25 Domain | 68 Ventriloquist | 108 Cager's hoop | 10 Gift label | 52 Capital of Norway | 95 Nike rival |
| 26 German "a" | 71 Horse pace | 109 Went flat | 11 Tarnish | 53 Sticky home? | 96 Grand home |
| 27 The, in Tours | 72 "Incredible!" | 110 Be in arrears | 12 "Firework" singer Katy | 56 Cuba — (rum cocktail) | 97 Touched comfortably |
| 28 Tarnish | 74 Delight in | 113 Blind as — | 13 Tree topper | 59 Tennis champ Andre | 98 Jewel |
| 29 Galahad's title | 75 Bus stop | 114 What any of the eight people featured in this puzzle should be? | 14 Governor's fiscal concern | 60 Courteous act, to a Brit | 99 Blabbed |
| 30 Tina of pop | 77 She's asked to "peel me a grape" in film | 116 What any of the eight people featured in this puzzle should be? | 15 "Tristram Shandy" author Laurence | 62 — secret (didn't blab) | 100 Meat sticker |
| 32 Mogadishu resident | 79 Call to a pig | 118 Dust particle | 16 Complained childishly | 64 Judge's wear | 103 Boxing venue |
| 33 "Rags to Riches" singer [Broadway] | 81 1982 Dustin Hoffman film | 119 Blu-ray Disc producer | 17 Actor Will of "30 Rock" | 65 "Pardon me" | 104 Plastic for a waterbed |
| 35 Capital of Italy, in Italy | 86 "Shameless" actress [television] | 120 Work benefit | 18 — Rico | 66 Done the backstroke, e.g. | 106 Suburb of Minneapolis |
| 38 Golfers' positions | | 121 Puts into law | 24 Amo, amas, — | 67 Prefix with 104-Down | 109 —"Pea |
| 40 Built on | | 122 Squeezed (out) | 29 Distress call | 69 House unit | 110 In time past |
| 41 Jungian inner self | | 123 Circus barker | 31 Strip down | 70 Jordanian queen | 111 Makes moist |
| | | 124 Actress Harper | 32 Island group near Fiji | 73 Major combat | 112 Word before while |
| | | 125 Least refined | 33 Summer shirt | 76 Word before hall or crier | 115 "The Raven" poet |
| | | | 34 Tiny toddler | 78 Jesuit college in Worcester | 116 Inclined |
| | | | 35 Indian royal | | 117 Rustic denial |
| | | | 36 Big burden | | |



King Crossword

- | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|-----------------------|----------------------------------|------------------------|-------------------------------|------------------------|-----------------------------|-------------------------------|------------------------------|------------------------------|----------------------------|----------------------------|----------------------------|-----------------------------|-----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|-----------------------------|----------------------------|---------------------------------|----------------------------|-----------------------------|----------------------------|-------------------------------|------------------------------|-----------------------------|------------------------------------|----------------------------|------------------------------------|----------------------------|----------------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|-------------------------------|----------------------------|----------------------------|----------------------------|--------------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|-----------------------------|------------------------|----------------------|
| ACROSS | 1 Ancient Brit | 5 Started | 8 Fail to see | 12 River to the Baltic | 13 Spanish gold | 14 "Do — others ..." | 15 Opera set in Egypt | 16 Used a Hoover, say | 18 Baseball divisions | 20 Diving ducks | 21 Leb. neighbor | 22 Ostrich's kin | 23 Sousa composition | 26 Empty, as a stare | 30 Commotion | 31 Melody | 32 "Top Hat" studio | 33 Flu foreteller | 36 Autocrats | 38 Tummy muscles | 39 Chatter | 40 Skirt style | 43 Set of words | 47 Work break | 49 Nitwit | 50 Pedestal occupant | 51 In shape | 52 Ancient Dead Sea land | 53 Taxpayer IDs | 54 NBC week-end show | 55 Scarce | 10 Leftovers recipient | 11 Lays down the lawn | 17 Gomer Pyle's org. | 19 Show to a seat, slangily | 22 Hearing thing | 23 Dallas hoopster, briefly | 24 Nabokov novel | 25 Sinbad's bird nickname | 26 Compete | 27 Man-mouse link | 28 Kiev's land | 29 "Mayday!" | 31 Reply (Abbr.) | 34 Suez and Erie, e.g. | 35 "Yeah, right!" | 36 Levy | 37 Web master? | 39 Streisand title role | 40 Hertz rival | 41 Young fellows | 42 PC picture | 43 Pork cut | 44 Musical finale | 45 Bloodhound's clue | 46 Alaskan city | 48 Conditions |
| DOWN | 1 Furnace fuel | 2 Falco of "Nurse Jackie" | 3 Spartan queen | 4 Very sad | 5 Paramour | 6 Historic periods | 7 Physician's nickname | 8 Hawaiian garment | 9 "By the power | 10 "The Raven" poet | 11 "The Raven" poet | 12 "The Raven" poet | 13 "The Raven" poet | 14 "The Raven" poet | 15 "The Raven" poet | 16 "The Raven" poet | 17 "The Raven" poet | 18 "The Raven" poet | 19 "The Raven" poet | 20 "The Raven" poet | 21 "The Raven" poet | 22 "The Raven" poet | 23 "The Raven" poet | 24 "The Raven" poet | 25 "The Raven" poet | 26 "The Raven" poet | 27 "The Raven" poet | 28 "The Raven" poet | 29 "The Raven" poet | 30 "The Raven" poet | 31 "The Raven" poet | 32 "The Raven" poet | 33 "The Raven" poet | 34 "The Raven" poet | 35 "The Raven" poet | 36 "The Raven" poet | 37 "The Raven" poet | 38 "The Raven" poet | 39 "The Raven" poet | 40 "The Raven" poet | 41 "The Raven" poet | 42 "The Raven" poet | 43 "The Raven" poet | 44 "The Raven" poet | 45 "The Raven" poet | 46 "The Raven" poet | 47 "The Raven" poet | 48 "The Raven" poet | 49 "The Raven" poet | 50 "The Raven" poet | 51 "The Raven" poet | 52 "The Raven" poet | 53 "The Raven" poet | 54 "The Raven" poet | 55 "The Raven" poet | | |

MAGIC MAZE ● FRENCH SURNAMES

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

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

- | | | | |
|----------|---------|--------|---------|
| Beaufort | Colbert | Martin | Sarkozy |
| Baumont | Dubois | Pascal | Thomas |
| Blanchet | Dupont | Perrot | Tremble |
| Charron | Favre | Pierre | |



Avocado and Egg Bake

photo courtesy Fresh From Florida



Avocado and Egg Bake

- 2 avocados
- 4 eggs
- ½ cup grated cheese (your favorite)
- Sea salt and fresh ground pepper, to taste
- Cut each avocado in half and remove

the seed. Preheat oven to 400 degrees. Cut a small slice on the bottom of each avocado half to create a flat surface so they won't roll. Crack an egg into each avocado half where the seed was. Season the top of the avocado and egg with salt and pepper to taste. Evenly add the shredded cheese to the top of each avocado. Bake stuffed avocados for 10 to 15 minutes or until the egg reaches the desired doneness. Remove avocados from oven and serve with toast.✪

PETS OF THE WEEK



Rambo ID# A870559 photos provided Lee County Domestic Animal Services



Sweetie ID# A923933

Rambo And Sweetie

Hello, my name is Rambo. I am a black and white 1-year-old male pit bull mix. I came to Animal Services after my previous owner surrendered me because she wanted me to have a better life. I am a big love bug that loves to play. My handsome face and charming personality complete the package. Come see if I am the dog for you. My adoption fee is \$20.

Hi, I'm Sweetie. I am a black 1-year-old female shorthair rabbit and the definition of my name. I am a happy, little bunny that will hop my way into your heart. I have the best ears, and I wear them well. If you are looking for a compact companion,

I may be the perfect fit for you. My adoption fee is \$5.

Lee County Domestic Animal Services is celebrating National Take Your Pet to Work Week June 20 through June 24. Adopt a canine or feline friend to have as your new co-worker. Adoption fees will be \$20 on all adult dogs and cats throughout June. Adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. That is a \$600 package.

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

My Stars ★★★★★ FOR WEEK OF MAY 30, 2022

- Aries** (March 21 to April 19) A heads-up alert to all free-spirited Ewes and Rams: Be wary of a deal that could result in compromising your independence. Check every detail before making a commitment.
- Taurus** (April 20 to May 20) New facts emerge that help put an irksome workplace situation in perspective. Meanwhile, pay more attention to a family member who needs your wisdom and strength.
- Gemini** (May 21 to June 20) A slight setback in plans is nothing to worry about. Use this delay to deal with a number of matters you might have ignored for too long. Expect news from someone in your past.
- Cancer** (June 21 to July 22) You're entering a period of stability. Use it to straighten out any outstanding problems related to a very personal situation. Also, pay closer attention to financial matters.
- Leo** (July 23 to August 22) As much as you love being a social Lion, you might well benefit from staying out of the spotlight for a while. You need time

- to reflect on some upcoming decisions.
- Virgo** (August 23 to September 22) A difficult family situation improves, thanks to your timely intervention. You can now start to focus more of your attention on preparing for a possible career change.
- Libra** (September 23 to October 22) An on-the-job change works to your benefit by offering new opportunities. It's up to you to check them out. Meanwhile, a stalled romantic situation starts up again.
- Scorpio** (October 23 to November 21) That flare-up of Scorpian temperament cools down, leaving you more receptive to suggestions about changes that might need to be made in your personal life.
- Sagittarius** (November 22 to December 21) An unusual period of indecisiveness is a mite frustrating. But things soon clear up, allowing the sage Sagittarian to make those wise pronouncements again.
- Capricorn** (December 22 to January 19) You might feel that you know best, but it's not a good idea at this time to try to force your opinions on others. Best advice: Inspire change by example, not by intimidation.

- Aquarius** (January 20 to February 18) Some setbacks could affect your plans to fortify your financial situation. But things start moving again by early next week. Meanwhile, enjoy your resurgent social life.
- Pisces** (February 19 to March 20) Show that often-hidden steely spine of yours as you once again stand up to an emotional bully. You've got the strength to do it, especially as friends rally to your side.
- Born This Week:** Your ruling planet, Mercury, endows you with a gift for writing. Have you considered penning the world's greatest novel?

MOMENTS IN TIME

- On June 6, 1683, the Ashmolean, the world's first university museum, opens in Oxford, England. Today, the collection at the Ashmolean Museum of Art and Archaeology ranges in time from the earliest implements of man, made about 500,000 years ago, to 20th century works of art.
- On June 10, 1692, in Salem Village in the Massachusetts Bay Colony, Bridget Bishop, the first colonist to be tried in the Salem witch trials, is hanged after being found guilty

- of the practice of witchcraft. The witch trials, which resulted in the executions of 19 innocent women and men, ended in October.
- On June 9, 1893, the interior of Ford's Theatre collapses when a basement pier gives way, killing 23 people. The building – where President Lincoln was assassinated – housed hundreds of government clerks.
- On June 7, 1942, the Battle of Midway – one of the most decisive U.S. victories in its war against Japan – comes to an end. The outnumbered U.S. Pacific Fleet destroyed four Japanese aircraft carriers with the loss of only one of its own, the *Yorktown*.
- On June 8, 1968, James Earl Ray is arrested in London, England, and charged with the assassination of civil rights leader Martin Luther King Jr. In 1969, Ray pleaded guilty to King's murder. Three days later, he attempted to withdraw his guilty plea, claiming he had been set up as a patsy in a larger conspiracy.
- On June 11, 1979, film actor John Wayne, born Marion Morrison, dies at age 72. The "John Wayne" name was created when the director of *The*

continued on page 22

	FRIDAY Few Showers High: 84 Low: 76		SATURDAY Mostly Sunny High: 83 Low: 80		SUNDAY Sunny High: 84 Low: 81		MONDAY Sunny High: 85 Low: 78		TUESDAY Partly Cloudy High: 90 Low: 75		WEDNESDAY Sunny High: 91 Low: 74		THURSDAY Sunny High: 89 Low: 77
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	3:03 pm	11:14 pm	None	None
Sat	3:50 pm	None	None	None
Sun	4:45 pm	12:00 am	None	None
Mon	8:43 am	12:47 am	5:53 pm	11:47 am
Tue	9:03 am	1:33 am	7:17 pm	1:36 pm
Wed	9:25 am	2:16 am	8:51 pm	3:02 pm
Thu	9:49 am	2:57 am	10:24 pm	4:09 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	2:08 pm	11:16 pm	None	None
Sat	2:55 pm	None	None	None
Sun	3:50 pm	12:02 am	None	None
Mon	7:48 am	12:49 am	4:58 pm	11:49 am
Tue	8:08 am	1:35 am	6:22 pm	1:38 pm
Wed	8:30 am	2:18 am	7:56 pm	3:04 pm
Thu	8:54 am	2:59 am	9:29 pm	4:11 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	5:17 am	8:44 am	2:48 pm	11:24 pm
Sat	6:06 am	9:39 am	3:49 pm	None
Sun	6:53 am	12:07 am	4:57 pm	10:34 am
Mon	7:35 am	12:56 am	6:04 pm	11:37 am
Tue	8:12 am	1:45 am	7:21 pm	1:35 pm
Wed	8:44 am	2:29 am	8:34 pm	2:54 pm
Thu	9:11 am	3:05 am	9:44 pm	3:50 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	5:13 pm	1:45 am	None	None
Sat	6:00 pm	2:30 am	None	None
Sun	6:55 pm	3:16 am	None	None
Mon	10:53 am	4:03 am	8:03 pm	3:03 pm
Tue	11:13 am	4:49 am	9:27 pm	4:52 pm
Wed	11:35 am	5:32 am	11:01 pm	6:18 pm
Thu	11:59 am	6:13 am	None	7:25 pm

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Support Group Meetings

PFLAG virtual support groups, sponsored by Visuality, Inc., are offered on the third Monday of each month from 6:30 to 8 p.m. via Zoom. Go to <https://us02web.zoom.us/j/85002664611> (ID: 850 0266 4611).

PFLAG is the first and largest organization for lesbian, gay, bisexual, transgender and queer (LGBTQ+) people, their parents and families, and allies. For more information, visit www.visibilityswfl.org, email visibilityfloridainc@gmail.com or follow PFLAG Fort Myers on Facebook.*

From page 22

Moments In Time

Big Trail didn't think Marion was a good name for an actor playing a tough Western hero.

• On June 12, 1982, a large crowd descends upon New York City's Central Park, demanding nuclear disarmament. Estimates placed the number of attendees at over a million.

NOW HERE'S A TIP

• When you need to cook something that needs covering (say, chicken) alongside something that does not (like

hot dogs), simply invert an aluminum roaster/cake pan over the needs-covering item. You can purchase smaller size pans that can be reused. – JoAnn

• "I have a tip about taking medicine. Regardless of the size of the pill, I always feel as if it is stuck in my throat. I have started to have a chunk of banana after taking a pill. I don't get that stuck feeling anymore."

– TB in New Hampshire

• "The sticky residue from price tags can be really annoying. I use WD-40 to get it off. Works every time for me!"

– JK in Alabama

• "Painting stairs? This tip will save your life! Paint every other step to start with. When they are dry, go back and paint the others. This way, you can use the staircase anytime during your project. This is particularly important if the stairs are the only way to get to bed after a long day of painting!"

– IL in Nevada

• Mix a quarter cup of salt in with two tablespoons of bath wash for a sudsy, refreshing, skin-soothing salt scrub.

• To travel with pleated skirts, use this packing trick: Turn the skirt inside out, and straighten all the pleats. Then tape the bottom so that all the pleats are held together. Next, feed the skirt into a leg of pantyhose with the foot cut off. You'll end up with a nice tube, which you can tuck into the side of

your luggage.

STRANGE BUT TRUE

• Idaho is the only U.S. state to explicitly declare that cannibalism is illegal.

• In 2001, the FBI warned Russell Crowe that al-Qaeda were planning to kidnap him as part of a cultural destabilization plot. For nearly two years, the agency guarded the actor in public, but refused to provide him with any details about the threat.

• In Germany, folks who urinate in the streets are called "wildpinklers," meaning "free pee-ers."

• Gorillas sing happy songs while they eat – louder when enjoying a favorite food.

• Talk about election fraud. In 2013, police in the Maldives arrested a coconut for loitering near a polling station during the presidential election. The fruit's offense? Locals feared it might have been imbued with a magic spell to influence the election, as there was a Surah (chapter from the Quran) written on it. The coconut was released upon being found to be fake.

• In 2014, over 2.8 million American dogs were on an antidepressant drug similar to Prozac.

• Alarmed neighbors of a couple in Sydney, Australia, called the police after hearing a woman screaming, furniture crashing and a man shouting: "I'm going

to kill you, you're dead! Die! Die!" When the law arrived on the scene they found, however, not a typical case of domestic violence, but a frenzied attempt to kill a spider.

• Now here's a good reason to call your plumber: A leaky faucet dripping once every second can waste up to 3,000 gallons of water in a year – enough for 180 showers.

• The U.S. government gave Indiana University one million dollars to study memes.

THOUGHT FOR THE DAY

"Yesterday's home runs don't win today's games." – Babe Ruth

TRIVIA TEST

- U.S. States:** Which state is the smallest in land area?
- Medical:** What is a common name for the medical condition called hyperlipidemia?
- Psychology:** What is the abnormal fear represented by peccatophobia?
- Food & Drink:** What fish is the basis of Worcestershire sauce?
- Geography:** Nuuk is the capital of which island constituent country?
- U.S. Presidents:** Which state has produced the most presidents?
- Art:** In which major city would you find the Uffizi Gallery?
- Movies:** What is the main setting of the *Mama Mia!* movies?

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5/6 * TFN

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6/5 * TFN

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4/20 * TFN

PSA

AL-ATEEN HELP LINE

Are you concerned with a friend or family member's drinking?

Call the 24-hour help line of South Florida Al-Anon at 941-564-5098 or visit www.southfloridaal-anon.org.

4/24 * TFN

CAREGIVER

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

Contact Lisa 239-395-0153.

1/21 * TFN

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

Shore Fishing:



Don't Harm The Fish by Capt. Matt Mitchell

Landing a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish.

Hold the fish in the water while you unhook it if you're going to release it.

The less you can touch a fish before release the better for the fish.

If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.

Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.

Florida residents as well as out of state visitors need a fishing license to fish from shore.

9. **Mythology:** What is the name of the Greek god of wine?
10. **General Knowledge:** Where is the rock formation called Giant's Causeway located?

TRIVIA ANSWERS

1. Rhode Island 2. High cholesterol 3. Fear 4. Fermented anchovies 5. Greenland 6. Virginia, with eight presidents 7. Florence, Italy 8. Skopelos, Greece 9. Dionysus 10. Northern Ireland

SCRAMBLERS ANSWER

1. Gurgle 2. Chirp 3. Glean; 4. Blame

Today's Word
PLUMBING

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HORTOONS



PUZZLE ANSWERS

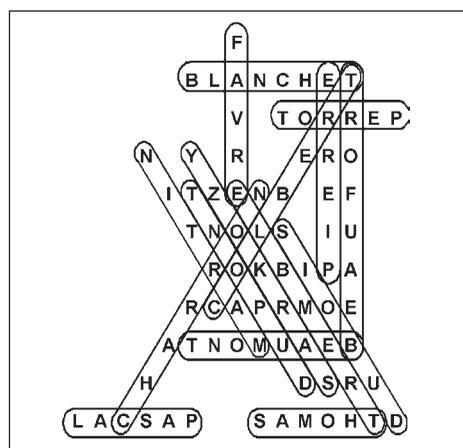
SUPER CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Dickeys John R Subd	Captiva	1930	2,112	\$8,795,000	\$8,795,000	0
Tichenors F H Silver King	Captiva	1972	4,402	\$8,900,000	\$8,600,000	281
Fort Myers	Fort Myers	2004	5,127	\$3,950,000	\$3,800,000	75
Cape Coral	Cape Coral	2013	4,001	\$3,985,000	\$3,450,000	6
Venetian Gardens	Fort Myers Beach	2013	3,590	\$3,485,000	\$3,405,000	12
Little Hickory Shores	Bonita Springs	1993	2,300	\$2,999,000	\$2,800,000	4
Hidden Harbor	Bonita Springs	1991	3,630	\$2,700,000	\$2,700,000	2
Town And River	Fort Myers	2006	5,381	\$2,650,000	\$2,650,000	5
Colonial Farms	Fort Myers	2022	5,895	\$2,595,000	\$2,595,000	2
Hidden Harbor	Fort Myers	2016	3,080	\$2,179,900	\$2,300,000	2

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