



THE RIVER WEEKLY NEWS

FREE
Take Me Home

Vol. 21, No. 26

From the Beaches to the River District downtown Fort Myers

JUNE 24, 2022

Alliance Hosting Reception For Member Exhibit

Alliance for the Arts will hold an opening reception for its current members and their artwork following the theme Reflections in the main gallery on Friday, July 1 from 5 to 7 p.m. The month-long group exhibition will celebrate the artists that make the community so unique.

Reflection can mean many things. It can be defined as the throwing back of light, an image in a mirror or reflecting surface, or a careful thought about something. The last few years have been a tumultuous time and have prompted many to reflect on their lives and experiences. This year's member exhibition committee asked artists to reflect on and showcase their artistic style. The theme reflection can be interpreted literally through depictions of mirrors and windows, reflections on water, or metaphorically.

The Alliance strives to support and foster all styles and mediums ranging from



Evolving Totem, mixed media collage by Beverly Gordon images provided

traditional two- and three-dimensional mediums like painting, drawing, printmaking, sculpture, ceramics, fiber and mixed media to emerging and contemporary trends such as digital,



From left, Through the Light of Flourishment by Adorable Monique, Glissando by Caren Pearson and Beals by MANO

installation, performance and experiential based works.

Beverly Gordon, a retired professor from the design studies department at University of Wisconsin-Madison, will be exhibiting her artwork in the theater lobby. Gordon creates unique artworks

that engage with nature and spirit. Her collage and assemblage pieces bring together a range of materials, including natural detritus such as bones and pods. The "earth beings" that come to life are intimate and intriguing. They have a

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Artwork by Doug Smithwick

photo provided

Meet The Artist At ACT Gallery

Arts for ACT Gallery will host an opening reception and meet-the-artist session during Art Walk on Friday, July 1 from 6 to 9 p.m. Artist Doug Smithwick will be featured.

Born in Norfolk, Virginia, Smithwick was exposed to art at an early age. He has always been drawn to abstract art, with influences like Picasso, Mondrain and Kandinsky being his inspirations. As a teenager, Smithwick spent summers in

New York City and experienced the art and architecture.

Smithwick's love of straight edge lines and angles gives his art a mid-century modern vibe. He says he never has a plan when he starts a new work... he just starts with a form and lets the canvas dictate where to go from there. He loves color and balance, and his favorite shape is the triangle.

This exhibit will remain on view through Monday, August 1.

Arts for ACT Gallery is a nonprofit gallery that is devoted to representing

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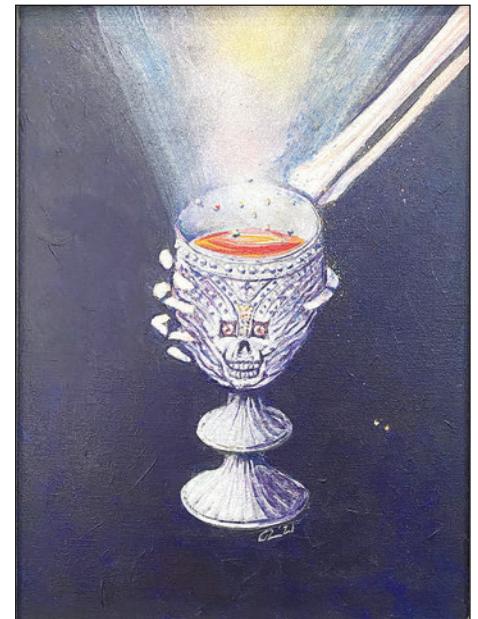
July Exhibitions At Davis Art Center



Artwork by Danielle Branchaud, part of the Age of Titans exhibition images provided

The Sidney & Berne Davis Art Center (SBDAC) will host an opening reception for two art exhibitions during Art Walk on Friday, July 1 from 6 to 10 p.m. The Age of Titans will be featured in the downstairs Grand Atrium, while an exhibit titled Pythonesque will be on display upstairs in the Capital Gallery.

The titans were the 12 children of the primordial deities Uranus (heaven) and Gaea (earth) that preceded the Olympians. For this group show, 12 local artists selected one titan each to use as inspiration for their art from the six gods and six goddesses: Cronus, Oceanus, Coeus, Hyperion, Crius, Apetus, Thea,



Artwork by Robert Allen, one of the pieces in the Pythonesque exhibit

Phoebe, Mnemosyne, Themis, Rhea and Tethys. The talents of the artists were taken to new heights, creating art pieces of titanic proportions, and the artists were given wide scope to create on giant eight-by-nine-foot canvases. Artists from diverse talents accepted the call and worked in varied mediums such as oils, spray paint, acrylic and found objects to create unique and impressive large-scale works of art.

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Historic Downtown Fort Myers, Then And Now:

Plantation Pancake Inn



by Gerri Reaves, PhD

After World War II, Fort Myers entered a period of intense growth, and businesses proliferated on Cleveland Avenue south of the main business district.

Numerous motor courts, now called motels, restaurants, independent businesses and franchises like the one in this circa-1965 postcard image, were among them.

Businesses such as Plantation Pancake Inn, McDonald's, and Howard Johnson's Motor Lodge and Restaurant were just three that contributed to the rapid development of Cleveland Avenue, or South Trail.

The pancake restaurant was a fast-track project, with four lots being purchased in November 1964 and the restaurant opening in January of 1965 on the northwest corner at Hill Avenue.

The large site accommodated off-street parking and was across Cleveland from McDonald's.

The 4,200-square-foot one-story building was constructed of concrete block, aluminum and glass. The design was Colonial and the furnishings hard rock maple. It was open seven days per week, 6 a.m. until midnight. Although it specialized in pancakes – serving 27 varieties of pancakes and waffles – it also was known for steaks and cakes, as the sign indicates. In fact, the menu includes a steak special with trimmings for only \$1.39.

As the restaurant's first tourist season began to wind down, it featured an all-you-can-eat pancake special, Monday through Thursdays.

Fast-forward about 15 years, and Cleveland, or South Trail, was chock-a-block with business and traffic.

In the late 1978, the Pancake Inn was less pancake and waffles and more all-you-can-eat "outstanding smorgasbord" in the evening hours.

Perhaps that was intended to compete with another well-known smorgasbord franchise, Sweden House, which had opened further south on Cleveland by then.

Pancake Inn closed about two years later.

The building remains and has been a bicycle shop for years.

McDonald's is still in business across the street but in a new, second building.

Take a trip down Cleveland to see the former pancake restaurant that now sells bicycles.

Then visit the following two research centers to learn more about the many franchises and other businesses that flourished along Cleveland Avenue in the post-WWII growth spurt.

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



The Plantation Pancake Inn opened on Cleveland and Hill avenues in 1965

photo courtesy SWFL Historical Society



The former restaurant is now a bicycle shop

photo by Gerri Reaves

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 and *The New-Press*.✪

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Disabled Veterans To Fish For Free



A wounded and disabled veteran with a snook caught while fishing during the Fish With A Hero's 34 Days of Summer Tournament photo provided

Southwest Florida wounded and disabled military veterans are eligible to participate free of charge in Fish With A Hero's 34 Days of Summer Tournament through July 18. The month-long tournament, which began June 15, is sponsored by First Nation Group. An awards dinner will be held on Wednesday, July 20.

Fish With A Hero's 34 Days of Summer Tournament will be awarding prizes totaling up to \$4,000 for the biggest catches in each category: snook, redfish, largemouth bass and peacock bass. If your winning fish is caught using fly-fishing gear or gear that you tied or built yourself, you'll receive a bonus cash prize.

All Southwest Florida U.S. military veterans with a 30 percent or more Veteran Affairs (VA) disability rating can participate with no entry fee. Participants not currently members of Fish With A Hero must register for the tournament online and submit proof of at least a 30 percent disability rating from the VA. Visit www.fishwithahero.com for complete tournament rules and

an entry form.

"We hope this tournament will provide an opportunity for our wounded and disabled veterans to get out on the water, hook up some big fish and feel like the heroes they are," said Larry Kendzior, Fish With A Hero executive director and military veteran.

Many local professional guides and captains will assist tournament participants, and recognition awards will be given to winning guides and captains. Qualified guides can be active charter captains or other individuals having experience on the waters they will be fishing.

This is an opportunity for veterans to get involved in a therapeutic activity and spend time with fellow veterans.

Fish With a Hero, Inc., is a public charity and Florida not-for-profit corporation which provides world-class fishing experiences and sponsors programs designed to assist participants in dealing with the effects of post-traumatic stress disorder, traumatic brain injury and other disabilities and wounds of war.✳

Free School Physicals And Supply Giveaway

The board of directors, staff and team of volunteers of Premier Mobile Health Services will hold their inaugural Back-To-School Health Fairs and Bookbag Giveaways at two locations:

Friday, July 29 from 9 a.m. to 1 p.m. at the Café of Life, 26724 Nomad Drive in Bonita Springs;

Saturday, August 6 from 9 a.m. to 1 p.m. at Mt. Hermon Ministries, 2856 Douglas Avenue in Fort Myers.

At least 500 families from

low-income and underserved communities are expected to be in attendance. Premier Mobile will provide free back-to-school physicals, free dental/oral health screenings and school bookbags for children. In addition, they will offer free medical health screenings for adults including blood pressure screening, blood sugar testing, COVID testing and COVID vaccinations. Through the health fairs, the intention is to bring back-to-school health services to those families that need it the most.

Premier Mobile is seeking monetary contributions to purchase medical supplies and/or donations of back-to-school bookbags and supplies. Items needed include bookbags, crayons, pencils, pencil sharpeners,

pens, three-ring binders, composition books, packets of ruled paper, rulers, highlighters, glue sticks and pencil cases.

Donated items can be dropped off at the Premier Mobile Health Services walk-in clinic located at 10676 Colonial Boulevard, Suite 20, in Fort Myers.

For more information, call 288-7949 or visit www.premiermobilehealth.org to make a monetary donation. Sponsorships are available.✳

Join Parade On Fort Myers Beach

Applications are being accepted for organizations and businesses to participate in the Town of Fort Myers Beach's annual Independence Day Parade that will be on Monday, July 4 at 10 a.m.

Interested participants are asked to apply at www.fmbgov.com. Click on Things to Do, Bay Oaks Recreational Campus and 4th of July Parade Application 2022.

Walking and marching parade participants must be age 6 or older. Entry fees are \$40 for businesses or \$20 for non-profit organizations.

Application deadline is Friday, June 24. Questions can be directed to Danielle Felton by calling Bay Oaks Recreational Campus at 765-4222 or emailing danielle@fmbgov.com.✳

Continental Women To Meet

The Continental Women's Club will hold its monthly luncheon meeting at The Hideaway Country Club on Thursday, July 7 at 11:30 a.m.

The program this month will feature Doug MacGregor, a cartoonist for over 40 years as well as a graphic designer, freelance artist and children's book author and illustrator. He currently works in the Arts in Healthcare field for Lee Health.

Cost to attend the luncheon is \$24.

The Hideaway Country Club is located at 5670 Trailwinds Drive in Fort Myers. For more information or to register, call Liz Paul at 691-7561.✳

Local Named To Dean's List

Shania Church and Madelyn Walther, both of Fort Myers, were named to the dean's list for the spring 2022 semester at Valdosta State University in Valdosta, Georgia.

To qualify for dean's list, students must achieve a semester grade point average of 3.50 or higher on nine or more semester hours with an institutional grade point average of 3.0 or higher.✳

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Fort Myers Art:

Sponsors Needed For Art Installation Water Feature

by Tom Hall



On May 17, the City of Fort Myers Public Art Committee unanimously voted to eliminate the water feature of the *Uncommon Friends* public artwork in Centennial Park

unless a sponsor is found by Thanksgiving 2022. *Uncommon Friends* is one of 23 public artworks created by the late Don (DJ) Wilkins over a 25-year span beginning in the mid-1980s. The artist's widow, Jeanne Wilkins, and several of DJ's friends are spearheading the campaign to find a sponsor for *Uncommon Friends* so that it can be kept just as Wilkins conceived and created the installation in 1988.

Uncommon Friends depicts a seated Henry Ford, kneeling Harvey Firestone and reclining Thomas Edison gathered around a campfire on a 20-foot island set within the center of a 40-foot diameter pool. In the water surrounding the island are life-size sculptures of a mother alligator and her five babies, a mother manatee and her calf, otters, 16 fish, four floating



The *Uncommon Friends* public artwork in Centennial Park photo courtesy www.artswfl.com

lily pad groups that are piped as fountain heads and 12 frogs sitting on top of six small protrusions of land which similarly double as fountain heads.

The fountain heads provide an auditory feature that Wilkins found particularly important. "Because we are 70 percent water, people naturally find the sound of water both relaxing and inspirational," Wilkins remarked in a 2011 interview. "That's what they're intended to do for everyone who visits *Uncommon Friends*."

Wilkins was commissioned to create *Uncommon Friends* by former Mayor Art Hammel, who once proclaimed Wilkins to be the "Sculptor of Fort Myers." Wilkins researched the piece, collaborated with *Uncommon Friends* author James D. Newton (who gave Wilkins permission to

use the title of his book as the name for the artwork), and engineered, wired, piped and constructed the fountain and pool.

However, 34 years later, *Uncommon Friends*' water feature now requires expensive yearly maintenance, chiefly because of the way the public interacts with it. Damage is caused by people wading into the pool to cool off or hopscotching across the outcroppings of rock or on the backs of the manatee and alligator to reach the island to take selfies and photographs with the three inventors.

True, some of the required repairs are the result of corrosion. For financial reasons, Wilkins was not able to use stainless steel or aluminum to support the 16 fish seen swimming in the tidal pool. Instead, he used rebar, which is now causing the fish to crack and crumble. Additionally, the liquid chlorine and chlorine tablets that city staff periodically adds to the pool to keep the water clean and clear compromises other elements, such as the water lilies, which have brass components.

The city funded a complete restoration of *Uncommon Friends* between November 2018 and February 2019 at a cost of \$69,904. This sum not only included patching holes, but also recasting and replacing several missing frogs and water lilies. The work was performed by Rosa Lowinger & Associates (RLA), a Miami-based team of experts experienced in repairing and maintaining works of public art. RLA had estimated the cost of routine maintenance at \$6,000, but with the damage, it will now cost an additional \$10,763.

This prompted committee chairperson Carolyn Gora to invoke the provisions of the committee's formal city council-approved deaccession policy.

By ordinance, the public art fund only receives money when the city embarks upon a "capital improvement project" of \$250,000 or more. Since 2017, there has only been one qualifying project. As a consequence, the public art program is chronically underfunded when it comes to maintaining the city's collection as a whole. Last year, the committee proposed and city council approved a Sponsor-A-Sculpture program to work around these limitations. But so far, only the Fort Myers-Lee County Garden Council has stepped forward to sponsor one of the city's artworks, in their case, *Lorelei*, the decapitated siren who now resides in the Berne Davis Botanical

Garden on Virginia Street.

Wilkins' widow, along with longtime friend Brent Sheneman, are actively seeking one or more sponsors to underwrite this cost so that *Uncommon Friends* can be kept just as Wilkins designed and built it. This entails a five-year \$10,000 to \$12,000 annual commitment. Jeanne Wilkins and Sheneman are hopeful they can find like-minded folks who desire to keep the *Uncommon Friends* water feature notwithstanding the cost of repairing the damage caused by the public annually.

If a sponsor does not come forward, the committee is prepared to recommend to city council that the mother alligator and her five babies, momma manatee and her calf, otters, all 16 fish, four floating lily pad groups and 12 frogs be removed and returned to Jeanne Wilkins and be replaced with saw grass or similar plant material.

Deaccessioning the fountain feature and its figures would also require Historic Preservation Commission (HPC) approval. Even if HPC and city council approve the elimination of the water feature, the island with the three inventors will be retained as is. The committee also plans to rededicate the three statues to remind the public not only of Edison, Ford and Firestone's legendary friendship, but the role they played in pioneering leisure travel in the early part of the 20th century, especially the use of cars and trucks for visiting campsite and other vacation destinations.

While the use of saw grass would arguably provide a more historically accurate and realistic depiction of where the inventors camped during their outings in the Florida Everglades, in Gora's estimation, and that of the committee as a whole, it understandably comes down to money.

First, several committee members feel it is not proper or prudent to commit such a large percentage of the limited funds available to the committee to maintain one artwork. Since 2018, there has only been enough money in the public art fund to maintain *The Florida Panthers* and the *Wes Nott Memorial*. *The Spirit of Fort Myers* statue needed more work than what was covered by the conservators' budget estimate. Several other artworks, including *Fire Dance* in Centennial Park West, the *Caloosahatchee Manuscripts* light sculptures on the sidewalk outside the Sidney & Berne Davis Art Center and several of the Carmona sculptures are in need of immediate attention.

Secondly, and just as importantly, the committee expressed concern about spending thousands of dollars to repair the pieces in the water feature that are subject to continual breakage since there is no realistic way to prevent or discourage the public from seeking selfies and photo ops with the three inventors.

Wilkins and Scheneman, however, advocate to maintain *Uncommon Friends* as it was originally intended and highlight the importance of the history and heritage of the monument has to fall on the city and its public art program.

If you would like to sponsor *Uncommon Friends* or any of the city's 39 other outdoor public artworks, contact City Public Art Consultant Tom Hall either

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Florida grasshopper sparrow photo provided

Historic Milestone For Recovery Of Endangered Bird

It was not the most dramatic animal release of all time, but it was a dramatic milestone for one of North America's most endangered birds. On June 1, the 501st grasshopper sparrow completed its journey from White Oak Conservation with 12 friends, flew out of its enclosure and joined its fellow birds in the wild of the central Florida prairie.

Florida grasshopper sparrow populations were on the decline prior to 2019 due to habitat loss, among other factors. Without intervention, the extinction of these tiny birds was a real possibility. In response, the Florida Fish and Wildlife Conservation Commission (FWC), U.S. Fish and Wildlife Service (Service), White Oak Conservation, the Fish & Wildlife Foundation of Florida (Foundation) and partners have collaborated on a multipronged strategy including a conservation recovery and release program to bring them back from the brink.

The first releases took place in May 2019 and since then the wild Florida grasshopper sparrow population has increased. A year following the first release, biologists detected released birds successfully pairing and breeding with wild Florida grasshopper sparrows. In 2021, biologists confirmed that some offspring produced by released birds had become breeders themselves. During both the 2020 and 2021 breeding seasons, 65 percent of the young that were produced in the wild at the release site came from nests that had at least one parent that was part of the recovery program. From 2019 to 2021, biologists have seen an 84 percent increase in the sparrow population at the original release site. "Along with other important

conservation measures, such as habitat management and nest protection, the conservation-recovery and release program has had a clear positive impact on the Florida grasshopper sparrow population at the release site," said Juan Oteyza, lead sparrow research scientist at the FWC Fish and Wildlife Research Institute. "We are incredibly happy with these results but Florida grasshopper sparrows are still critically endangered and therefore we must stay committed to our conservation efforts to create a more resilient population."

Since 2012, the partnership has dedicated significant financial resources and personnel to the recovery of the Florida grasshopper sparrow, including proceeds from the foundation's "Conserve Wildlife" license plate.

"We are excited about the progress the program has been making over the past few years," said Mary Peterson, endangered species recovery biologist for the service. "Many of the lessons we have learned with the Florida grasshopper sparrow could be applied to other Florida imperiled species, such as the endangered Cape Sable seaside sparrow, or other grassland birds."

The program has grown in recent years, including other conservation breeding facilities, including the Avian Preservation and Education Conservancy, Brevard Zoo, as well as support from Welaka National Fish Hatchery. In 2021, the program's expansion included the release of 99 sparrows from these partners at a second site, where partners are starting to see positive results.

In addition to the success of the conservation breeding and release program, crucial habitat for the birds was conserved recently. With 6,000 acres of sparrow habitat, the DeLuca Preserve in Osceola County has one of the largest known breeding populations of Florida grasshopper sparrows.

"This is a once-a-generation gift of land, 27,000 acres," said Andrew Walker, foundation president and CEO. "Conserving this land was a key component in pulling the Florida grasshopper sparrow back from the brink of extinction."*

Dean's List

Evan LaPorta of Fort Myers was named to the dean's list for the spring 2022 semester at Piedmont University in Demorest, Georgia. The honor goes to students who achieved a grade-point average of 3.50 to 3.99 during the semester.*

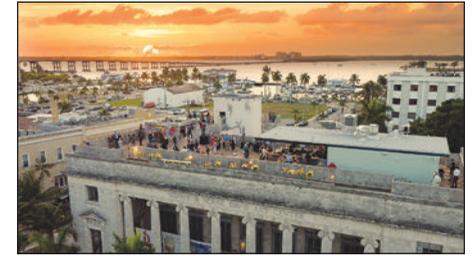
Watch Fireworks From The Rooftop



See the fireworks from the rooftop photos provided

The Sidney & Berne Davis Art Center will hold an evening of barbecue, libations and live music to celebrate America's 246th birthday on its rooftop on Monday, July 4 from 7 to 11 p.m. There will be live music from The Freecoasters and a barbecue buffet by Dave's Bangin' BBQ.

General admission to the Sidney's Rooftop Sculpture Garden party is \$99 in advance, \$125 the day of event and \$1,000 for VIP tables of four. It will include a three-course buffet meal, draft beer and wine, and live music. The buffet menu features appetizers including turkey sliders, brisket sliders and fresh fruit; entrees including



A view of the rooftop during sunset

ribs, pulled pork and chicken; sides including salad, rolls, mac and cheese, coleslaw and baked beans; and desserts including strawberry cupcakes with strawberry buttercream frosting, apple pie cupcakes with vanilla ice cream frosting with a caramel drizzle, key-lime pie cupcakes and homemade banana pudding.

The rooftop offers a 360-degree view of the city and unobstructed views of the annual downtown Fort Myers fireworks show. Limited tickets are available, and dress is patriotic casual.

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



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Members of the School District of Lee County with the plaques they received

photo provided

Lee Schools Earn District Of The Year Honors

Cambridge International, part of the University of Cambridge and the world's largest provider of international education programs, has officially honored the School District of Lee County with the U.S. District of the Year Award plaque this week during a recognition ceremony at Lee County

Public Education Center.

"We are extremely proud to have received this recognition," said Dr. Jeff Spiro, chief academic officer. "Cambridge International provides us with a curriculum that challenges our students and expands access to opportunities that allow students to reach their full potential. This award demonstrates the hard work of our students and teachers, and we look forward to ensuring that all our students have access to educational opportunities that support students in their pathways to college and career."

Cambridge International's U.S. District

of the Year Awards recognizes school districts that have consistently strong student performance in their schools, continue to expand their offering of subjects of the Cambridge Pathway, and provide students in all high schools in their district the opportunity to participate in the Cambridge program.

The School District of Lee County received the District of the Year Award in the large district category for the 2021-22 school year. First partnering with Cambridge International in 2007 in a handful of schools, Lee County schools has now expanded Cambridge's rigorous

programs to 42 schools in the district.

"We are so humbled to have formally recognized the School District of Lee County with the District of the Year Award plaque," said Mark Cavone, regional director of Cambridge International, North America. "This award demonstrates the hard work Lee County teachers, and school and district leaders have put in to ensure all students have access to rigorous coursework that prepares them for their college and career. Congratulations are in store for the School District of Lee County."*

Kids Fishing Tournament

Ostego Bay Foundation Inc. and Bonita Bill's Waterfront Café will hold the annual Fourth of July Kid's Fishing tournament in the back bay waters off the cafe docks on Saturday, July 2. Registration begins at 8:30 a.m., and the tournament will run from 9 a.m. to noon.

The free family event is for children ages 3 to 15 and can be assisted by family members. Trophies and prizes will go to those who catch the most fish, the longest fish and the heaviest catch. Rules include one pole per child, one hook per pole and have fun. A free lunch follows at noon with a hot dog, chips and cookies meal followed by the awards ceremony. The young fishermen are assisted by members

of the Tarpon Hunters Club with treats of watermelon throughout the morning.

Last year's sponsors were Ostego Bay Marine Science Center, Bonita Bill's Waterfront Cafe, Semmer Electric, Gore Seafood Inc., Mom's Restaurant, Tarpon Hunters Club, Petes Time Out, Sanibel Seafood, Haley Ward, Inc., First Citizens Bank, Snug Harbor Restaurant, Dixie Fish Co., Doc Ford's Rum Bar & Grill, Loffreno Real Estate Inc., Red Coconut RV Park and Lani Kai Island Resort.

"The goal of this event is to bring families together and introduce our children to the excitement and wonder of our marine life," said Joanne Semmer, president of Ostego Bay Foundation Inc. "With lessons learned, they shared the beauty of our natural area. We are grateful to all our community partners who share our ideals and continue their support every year which makes this event possible and creates lasting childhood memories."*

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.simplesimpleworship.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.revtedalhouse@aol.com 10200 Cypress Cove Circle, 850-3943.

CHAVURAT SHALOM

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

CHURCH OF THE CROSS

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

COVENANT PRESBYTERIAN

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

CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

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

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

REDEEMER CHURCH

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

CYPRESS LAKE PRESBYTERIAN

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

CYPRESS LAKE UNITED METHODIST

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

FAITH UNITED METHODIST

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

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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.fpcforyers.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

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SAINT COLUMBKILLE CATHOLIC

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ST. FRANCIS XAVIER CATHOLIC

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

SAINT JOHN THE APOSTLE METROPOLITAN

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

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY

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

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

ST. VINCENT DE PAUL CATHOLIC

Tuesday through Friday 9 a.m.; Saturday 4 p.m.; Sunday 9 and 11 a.m., 13031 Palm Beach Boulevard, 493-0818.

SOUTHWEST BAPTIST

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

TEMPLE BETH EL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)

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

THE FAITH CENTER

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

THOMAS A. EDISON CONGREGATIONAL

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

UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

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

WESTMINSTER PRESBYTERIAN CHURCH

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

WORD OF LIFE

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

ZION LUTHERAN

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

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

Plant Smart

Pitchapple

by Gerri Reaves

Pitchapple (*Clusia rosea*) is a member of the mangosteen family and was once found wild in the Florida Keys. However, it is now thought to exist only in cultivated situations.

Another “iffy” question about the species is its native status, which some experts doubt.

It is also called Scotch attorney, Caribbean monkey apple and autograph or signature tree, the latter two because the leaf surfaces retain messages scratched or written on them – so well that in early Florida history, Spanish soldiers created playing cards with the leaves, according to Dick Workman.

This long-lived tree can grow up to 30 feet tall but is rarely that tall.

A moderate grower, it is commonly used as a hedge and regularly sheared off. Thus, the pretty flowers, which appear in terminal cluster, are rarely seen in a cultivated landscape.

It makes a good screen, buffer, or shade tree too.

The ornamental evergreen leaves are smooth, thick and leathery.

They are medium green on the uppersides and paler yellow-green on the undersides.

Opposite and paddle-shaped, or spatulate, with a prominent midvein, pitchapples are up to eight inches long, more than four inches wide and notched at the tip.

The dense foliage provides cover for wildlife.

The camelia-like flowers have six white petals splashed with pink and yellow centers, thus the term *rosea* in the binomial. They bloom mostly in the warmer months and open at night.

The large fleshy fruits are about three inches across and loved by birds. The fruit is toxic to humans, however.

When mature, the fruit turns black and splits to reveal red seeds surrounded by a black resinous substance that inspires the term “pitch” in the common name. That resin, at one time, was used to caulk boat seams.

Pitchapple also has medicinal uses, and the wood is used to make furniture and other items.

This tree prefers full sun to partial



Pitchapple's attractive foliage and adaptability make it a good screen or shade tree photo by Gerri Reaves

shade and moist soil, although it tolerates drought, salt air and spray, and even poor soil. It is also hurricane resistant.

Note that it will not tolerate frost.

One unusual habit: the tree sometimes starts life strangler-fig style (*Ficus aurea*), as an epiphyte germinating in the crown of a palm or amid orchids or bromeliads in a tree canopy and then sending out aerial roots.

Propagate pitchapple with seeds or cuttings.

The plant does not require pollination to produce seeds.

Sources: *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehan; Florida, *My Eden* by Frederic B. Stresau; *Growing Native* by Richard W. Workman; *Native Florida Plants* by Robert G. Haehle and Joan Brookwell; *The Shrubs and Woody Vines of Florida* by Gil Nelson; <https://edis.ifas.ufl.edu>; fnps.org, and www.regionalconservation.org.

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

Blue-Green Algae Bloom Alert For River

The Florida Department of Health in Lee County has issued a health alert for the presence of harmful blue-green algal toxins at the Caloosahatchee River – North Shore Park in response to a water sample taken on June 13.

Residents and visitors are advised to take the following precautions:

Do not drink, swim, wade, use personal watercraft, water ski or boat in waters where there is a visible bloom;

Wash your skin and clothing with soap and water if you have contact with algae or discolored or smelly water;

Keep pets away from the area. Waters where there are algae blooms are not safe for animals. Pets and livestock should have a different source of water when algae blooms are present;

Do not cook or clean dishes with water contaminated by algae blooms. Boiling the water will not eliminate the toxins;

Eating fillets from healthy fish caught in freshwater lakes experiencing blooms is safe. Rinse fish fillets with tap or bottled water, throw out the guts and cook fish well; and

Do not eat shellfish in waters with algae blooms.

Blue-green algae are a type of bacteria that is common in Florida's freshwater environments. A bloom occurs

when rapid growth of algae leads to an accumulation of individual cells that discolor water and often produce floating mats that emit unpleasant odors.

Blue-green algae blooms can impact human health and ecosystems, including fish and other aquatic animals. For more information, visit www.floridahealth.gov/environmental-health/aquatic-toxins.

To find current information about Florida's water quality status and public health notifications for harmful algal blooms and beach conditions, visit www.protectingfloridatogether.gov. Protecting Florida Together is the state's joint effort to provide statewide water quality information to prioritize environmental transparency and commitment to action.

To report a bloom to the Florida Department of Environmental Protection, call 855-305-3903 or report online at www.surveygizmo.com/s3/3444948/algal-bloom-reporting-form.

To report fish kills, contact the Florida Fish and Wildlife Research Institute at 1-800-636-0511.

To report symptoms from exposure to a harmful algal bloom or any aquatic toxin to the Florida Poison Information Center, call 1-800-222-1222 to speak to a poison specialist immediately. Contact your veterinarian if you believe your pet has become ill after consuming or having contact with blue-green algae contaminated water.

If you have other health questions or concerns about blue-green algae blooms, call the Florida Department of Health in Lee County at 690-2100.*



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Change Of Focus



by Capt. Matt Mitchell

With tarpon fishing slowly winding down as water temperatures get up into the upper 80s, my trips this week became more family oriented. Warmer

summer waters can make catching shiners more of a challenge, though the pass bite is getting stronger on both pinfish and grunts. Look for the cooler water to be both near the passes and out on the beaches.

For nonstop action, the passes were hard to beat with our summer time snook bite in full swing. With Blind Pass almost completely closed up, the lack of tide has slowed down the once almost guaranteed nonstop snook bite there. Hopefully there are plans to dredge this pass in the near future as it's a much needed flush point of the middle sound and really helps with overall water quality in the bay. As in years past, the closing of this pass is partly the result of a Captiva beach renourishment. All winter long, prevailing north winds shift this sand south and quickly grow this sandbar closing up this small pass.

Both Redfish and Captiva passes have been the better choice for snook action as the tide is much stronger and more predictable. Look for snags, blow downs,



Brian from Fort Lauderdale with a quality pass snook caught this week with Capt. Matt Mitchell photo provided

jetties and tide eddies to locate lots of snook. With the water so clear in the northern sound, it's been possible most days to sight fish these laid-up fish. Both free-lined shiners and pinfish on a jig head kept the rods bent.

Many of my family charters this time of year like to include a fresh fish dinner. With our mangrove snapper bite being as good as it gets in the sound, a quality fresh fish dinner has come relatively easy.

These tasty abundant food fish are being caught all through the sound and passes with small pinfish, live shrimp and shiners all working well. The lighter the gear you can use, the more you will fool these leader-shy fish. Start with a 1/0 light wire hook and then at least three feet of 15- to 20-pound fluorocarbon leader. My best snapper action this past week came while fishing around deeper docks in the southern sound and Matlacha Pass.

Boat traffic out on the water has noticeably quieted down over the past few weeks as our seasonal residents have headed home. It sure feels good to have lots of options and very few other anglers to compete with. Getting out early and trying to beat the heat has become a necessity as our summer heat index has been creeping into the 100s daily. I cannot say enough about drinking lots of water along with electro-light loaded drinks to stay hydrated during this extreme heat.

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.*

From page 1

Davis Center

Participating artists in the Age of Titans art show include Mariapia Malerba, Reynier Llanes, Danielle Branchaud, Brian Weaver, Dharma Lefevre, Mully, Savannah Leslie, Cesar Aguilera, Samantha Taylor, Israel Alpizar, Dawn Webb and JC Franchevich. This exhibition has been centuries in the making, and is sure to be one of the epic highlights of the SBDAC's Season of Giants.

Pythonesque is a group show that explores works inspired by *Monty Python*. For Pythonesque, artists were invited to produce works directly inspired by the many quips and punches from *Monty Python's* comedies including *Flying Circus*, *The Holy Grail*, *The Life of Brian* and *The Meaning of Life*. This most iconic and influential comedy series debuted over 50 years ago and continues to inspire the arts, music and film media to this day. Surrealism, stream-of-consciousness and absolute absurdity are continually celebrated in this exhibition. Fine art featuring man-eating rabbits, the blessed cheesemakers, knights who say NI and men dressed as women dressed as men may adorn the walls.

The exhibits will be on display through Friday, July 29.

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

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Peninsula Cooter

by Bob Petcher



The peninsula cooter (*Pseudemys peninsularis*) is a freshwater turtle with a long lifespan that can reach 30 years or so. This reptile has been known to make a great pet turtle that

adapts quite well to life in captivity.

The peninsula cooter has distinct physical features including a unique ridge-like shell shape; a body color of olive green, light green with yellow streaks; thick claws on its feet for digging; yet thin webbing between each toe for swimming.

At CROW, an adult female peninsula cooter was admitted after being found in Cape Coral with a fishing hook embedded in her mouth. Upon arrival to the clinic, veterinarians noted she was actively and severely bleeding from the wound site where the hook had fully penetrated through the lower mandible.

Veterinarians removed the hook then elected to suture the wound closed.

"The sutures that were placed were individual stitches to close the wound and to stop the bleeding from a damaged blood vessel," said Dr. Robin Bast, CROW staff veterinarian. "We used a type of absorbable suture that will



Patient #22-3054 was lucky not to lose too much blood

photo by Haillie Mesics

naturally degrade with time, so no suture removal is required in this case.

"The amount of blood loss was significant enough to require medical intervention – tying off the blood vessel to prevent further bleeding, and administration of injectable fluids and iron and B12 to help as the patient regenerates new red blood cells. If the bleeding had not been controlled, then it would have been fatal for this turtle."

The patient was provided supportive medications and placed in a temperature-controlled reptile recovery room.

"Turtles are ectothermic, meaning

they cannot internally regulate their body temperature. They take on a body temp similar to their environment, so they are kept in a warmer room where the temp is closely monitored," said Dr. Bast. "This is important because turtles kept below their preferred optimal temperature have slower healing times, are often more lethargic, etcetera."

The turtle is being closely monitored under supportive care in rehabilitation.

"We are monitoring this turtle's bloodwork to ensure that it is regenerating new red blood cells appropriately and the anemia is resolving

– turtles regenerate blood cells slower than mammals and birds," said Dr. Bast. "While that happens, it is supported with fluids and the supplements."

The blood loss did give CROW medical staff a scare.

"At this time, the patient has stabilized compared to when it first presented to the clinic. It is not yet out of the woods, as it will take weeks for the anemia to resolve, and we need to continue to manage the infection from the hook injury," said Dr. Bast. "We are still hopeful it will recover to be released, but it may take one to two months."

This medical case possibly could have been avoided if fishing equipment was not carelessly left behind.

"If you accidentally hook a turtle, please do not cut the line. Slowly reel in the turtle and tape the line to the shell, then contact us for further instructions so we can transport it to CROW for appropriate treatment including hook removal, pain medication and antibiotics," said Dr. Bast. "Always make sure to clean up your fishing gear instead of leaving it in the environment where it is a danger to wildlife. For more information, please visit www.mindyourline.org."

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.



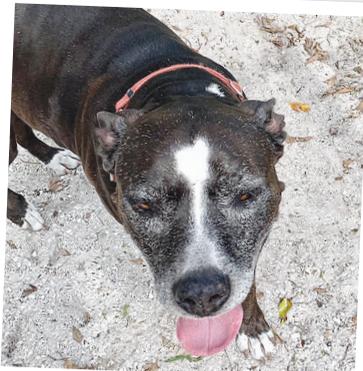
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New Manatee Up For Adoption

A new manatee has been added to Save the Manatee Club's popular Adopt-A-Manatee program. Zelda is a female manatee who has been sighted in recent years in the Florida Keys. Zelda was given a name starting with the letter "Z" because a distinctive scar on her back reminded researchers of that letter.

"Like nearly every other living manatee, Zelda bears permanent watercraft scars from encounters with boats, and researchers can use those scar patterns to identify and track manatees," said Patrick Rose, an aquatic biologist and executive director of Save the Manatee Club. "The data from her sightings over the years are a good reminder that manatees utilize habitat throughout the state of Florida."

Zelda was first photodocumented in 2002 at the Florida Power & Light power plant in Fort Myers. Over the years, she has been sighted throughout Florida's west coast, including Sarasota, Apollo Beach and Terra Ceia Bay. Recently, she has seemed to favor the Florida Keys, appearing in Key West and Summerland Key. In late May, she was spotted in the Keys with a newborn calf.

Various organizations, including Mote Marine Lab, U.S. Geological Survey's Sirenia Project and Florida



Zelda with one of her calves. She has been sighted with four different calves over the years. photo by Jennifer Chandonnet

Fish and Wildlife Conservation Commission (FWC), have contributed

sightings of Zelda over the years. She has also been documented by members

of the public who have submitted sighting information and photos for inclusion in the statewide Manatee Individual Photoidentification Database (MIPS). Anyone can contribute a manatee sighting via Save the Manatee Club's Manatee Sighting Form.

"I am extremely excited to see Zelda included in the adoption program. As she is a frequent visitor to my canal, I have grown to care so much about her," said Jennifer Chandonnet, an employee for Back to the Island Society and recent FWC marine mammal volunteer. The mission of Back to the Island, a Save the Manatee Club supporter, is to preserve and honor the history, culture and lifestyle of Key West. "Seeing Zelda and her calf in such close proximity to people and boats in my area makes me worry about them and how they are managing. I really want to educate others to watch out for her and all manatees. I hope her adoption raises awareness about manatees here in the Keys."

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 in the Indian River Lagoon. To adopt a manatee, visit www.adoptamanatee.org or call 1-800-432-5646.*

Operation Hopes To Limit Boaters Under Influence

Many boaters are not aware of the very real, life-threatening dangers associated with consuming alcohol while boating. Add environmental stressors to those usual factors resulting from drinking alcohol, and a truly perilous condition is present.

Consuming any type of alcohol produces certain physiological responses that directly affect the safety and well-being of the captain, passengers and other boaters. Judgment and skills deteriorate impacting peripheral vision, balance and ability to process information. Physical performance and reaction time are reduced.

Alcohol reduces depth perception, night vision, focus and the ability to distinguish colors, especially red and green navigation lights. Alcohol consumption can result in inner ear disturbance, which can make it impossible for a person suddenly immersed in water to distinguish up from down. Life jackets are designed to move an unconscious victim face up, that is providing you are wearing one in the first place.

Operation Dry Water 2022 will heightened enforcement during Independence Day weekend from July 2 to 4. Operation Dry Water is a national awareness and enforcement campaign focused on reducing the number of

alcohol and drug-related incidents and fatalities and fostering a stronger, more visible deterrent to alcohol and drug use on the water.

The leading cause of fatalities in Florida is drowning with 73 percent not wearing a life jacket. All the local public safety experts encourage boaters to wear their life jackets and save the consumption of adult beverages for the marina.

According to U.S. Coast Guard Auxiliary Flotilla 91, Fort Myers Beach Commander Greg Masonick stated, "The Coast Guard has a zero-tolerance policy for boating while intoxicated. Always have a sober captain and save the party for the pier." According to Florida Fish and Wildlife Commission, the lead agency in investigating boating accidents reported that in 2021, 83 percent of boating accident fatalities did not take a boating safety class.

The Operation Dry Water outreach and awareness portion of the campaign is in effect year-round. Through the outreach efforts of National Association of State Boating Law Administrators (NASBLA), the U.S. Coast Guard and the participating law enforcement agencies nationwide, Operation Dry Water focuses on spreading awareness of the danger of boating under the influence, as well as changing the cultural acceptance of drinking and boating.

The bottom line is boaters should learn more about safe boating by taking a safe boating class. Did you know that anyone born on or after January 1, 1988, must have a boating safety

education ID card to legally operate a boat in Florida? Boating education just makes sense. Fort Myers area boaters can find the local classes online at www.aux91fmb.org/safeboating or by calling 690-6780, option 1.*

Free Vessel Safety Checks

There are many different law enforcement vessels – from U.S. Coast Guard to the Lee County Sheriff – and each one of these agencies may board your vessel and perform a safety inspection. During this inspection, they look for items such as the required number of life jackets and visual distress signals. The law changes depending upon the size and purpose of the vessel.

The U.S. Coast Guard Auxiliary will be offering vessel safety checks at Moss Marina, 450 Harbor Court on Fort Myers Beach, on Saturday, July 2 from 9 a.m. to 1 p.m. The free service is for area boaters to be certain their boat follows federal laws and state regulations. Highly trained and experienced vessel examiners will come to your residence or your marina.

Fort Myers Beach area boaters find this free service to be beneficial as it could prevent boat owners from being fined by local law enforcement while operating their boats on the water without the proper equipment. "We welcome the opportunity to inform boat owners on safe boating practices while checking their boat for potential

problems," stated Greg Masonick, the flotilla commander of the Fort Myers Beach Flotilla. "The auxiliary does not issue citations for violations, but rather provide recommendations and insight on how to stay out of trouble. Boats that comply receive an annual VSC sticker which demonstrates their commitment to safe boating."

According to Florida Fish and Wildlife Commission, the 2021 boating statistic report, Florida had 751 boating accidents, 60 of which were deadly. Accidents happen without warning, but boater education and having the right equipment may reduce risks.

The goal of the Coast Guard Auxiliary is to help reduce these numbers through ongoing programs such as vessel safety checks and safe boating classes.

Boaters may request a free vessel safety check online at www.aux91fmb.org/vsc.cfm or by calling 690-6780, option 2.*

From page 4

Fort Myers Art

by phone at 691-2292 or via email at tom@artswfl.com or by completing the form on the Sponsor-A-Sculpture page on the city's website at www.cityftmyers.com.

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



CROW staff releasing one of the sea turtles

photo by Shane Antalick

Two Loggerhead Turtles Released

The Clinic for the Rehabilitation of Wildlife (CROW) released two loggerhead sea turtles recently.

The first loggerhead (patient 22-1436) was admitted on April 8 from Bonita Springs after she was found floating with over two feet of monofilament line extending from her cloaca. Further examination revealed a large fishing hook internally and hospital staff monitored her closely in hopes she would pass it on her own. Unfortunately, the hook wasn't moving and veterinarians scheduled her for hook removal surgery.

During surgery, veterinarians found the hook had punctured through the gastrointestinal tract, and they carefully removed the hook before closing the surgery site. After surgery, the turtle was still suffering from some buoyancy issues and rehabilitation staff fixated weights on her shell to help her pass any gas causing her to float. She was still floating weeks later so a CT scan was scheduled to evaluate internal health and treatment decisions moving forward. The scan revealed she had a collapsing lung and free floating air in the body cavity, so she underwent another surgery to suction out the air, and her own blood was used to form a patch to seal the lung tear.

The second loggerhead (patient

22-1935) was admitted from Everglades City on April 28 after she was found floating with deformities. Upon examination, she had several abrasions, lesions and lacerations all over her body, with heavy algae and barnacle growth on her shell. Additionally, her shell and flippers were deformed potentially from some type of entanglement during her development. Radiographs confirmed she was suffering from pneumonia and gas trapped in her intestines, which could have resulted in her buoyancy issues. She was also scheduled for a CT scan which confirmed the presence of pneumonia. Hospital staff continued to provide supportive care under close monitoring.

After 54 days in care for patient 22-1436 and 34 days in care for patient 22-1935, both were cleared for release. Local photographer Shane Antalick joined the CROW team to document the turtles' return to the wild.

If you find an animal in distress, contact FWC at 888-404-FWCC (3922) or CROW at 472-3644 ext. 222.*

Dean's List

Maxwell Aciri of Fort Myers has been named to the dean's list for the spring 2022 semester at Siena College in Loudonville, New York.

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

Nonprofit Invests In Pet Adoption Services

Lee County Domestic Animal Services (LCDAS) is set to receive a \$10,000 grant investment from national nonprofit Petco Love during a special celebration at Petco on Thursday, June 30 at 2 p.m. The grant is in support of LCDAS' lifesaving work for the animals in Lee County.

Petco Love is a national nonprofit leading change for pets by harnessing the power of love to make communities and pet families closer, stronger and healthier. Since its founding in 1999, Petco Love has invested \$330 million in adoption and other lifesaving efforts. And Petco Love helps find loving homes for pets in partnership with Petco and more than 4,000 organizations – like ours – across North America, with 6.5 million pets adopted and counting.

"Our investment in LCDAS is part of more than \$15 million in investments recently announced by Petco Love to power local organizations across the country as part of our commitment to create a future in which no pet is unnecessarily euthanized," said Susanne Kogut, president of Petco Love. "Our local investments are only part of our strategy to empower animal lovers to drive lifesaving change right alongside us. We recently celebrated the one-year launch anniversary of Petco Love Lost, a national lost and found database that uses pet facial recognition technology to simplify the search for lost pets."

"Petco has become a vital part of our lifesaving efforts at Lee County Domestic Animal Services," said Pablo Adorno, director. "Through our partnership with Petco Love, we're excited to continue our positive momentum to help save more lives year-round."

Lee County Domestic Animal Services is a nonprofit organization that assists over 10,000 stray animals in Lee

County each year. LCDAS is the only stray facility for Lee County's 750,000 residents, while also providing education on responsible pet ownership, reuniting lost and missing pets with their rightful owners, and adoption of unwanted pets.

Petco is located at 13742 South Tamiami Trail in Fort Myers. For more information, visit www.petcolove.org.*

Chamber To Host Inaugural Awards

The Greater Fort Myers Chamber of Commerce will hold its inaugural Chamber Awards at Pelican Preserve Golf Club on Thursday, August 11. Nominations for the awards program are open through 5 p.m. on Friday, July 8 at www.fortmyers.org.

The program will feature an award ceremony and gourmet dinner to honor finalists and name honorees for their impact. It will be followed by an installation ceremony for the chamber's 2022 board of directors. There will be surprises including a cash bar reception, 144 envelope prizes and a dessert dash.

Chamber members recognized for their outstanding contributions to the greater Fort Myers community will be awarded in the following categories: Small Business of the Year (one to 25 employees); Large Business of the Year (25 or more employees); Community Impact Award (awarded to an individual); Entrepreneur of the Year (awarded to an individual); Nonprofit Excellence Award (awarded to an individual); and Young Professional of the Year (awarded to an individual).

Registration for the Chamber Awards and June luncheon are \$60 for individual seating and \$110 for couples seating.

Pelican Preserve Golf Club is located at 9802 Pelican Preserve Boulevard in Fort Myers. To make a nomination, purchase tickets or learn more about sponsorships, visit www.fortmyers.org, call 332-2930 or contact Cameron Peden at cameron@fortmyers.org.*

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Book Review

French Braid

by Di Saggau



In Anne Tyler's latest novel *French Braid*, several storylines develop around a Baltimore family. The Garretts are responsible, middle-class types. Robin and Mercy own a plumbing

supply store and are parents of three children. Two teenage daughters of differing personalities and an adorably serious 7-year-old son, who seems smart beyond his years.

It's 1959 and the Garretts are going on a vacation spending a week in the woods at a rustic cabin. We get to know them as they get to know each other. The children notice that Robin doesn't exactly like vacations. Meanwhile, Mercy gets lost in her amateur painting. David, their youngest, would rather not learn to swim. He'd rather play with his plastic GIs. Fifteen-year-old Lily is enamored with a handsome 21-year-old man, and she has expectations that border on the ridiculous. Alice, the oldest, seems to be on steady ground.

Tyler then jumps to 1970 and paints a different portrait of the family. Mercy and Robin are driving David to college. The words exchanged between them

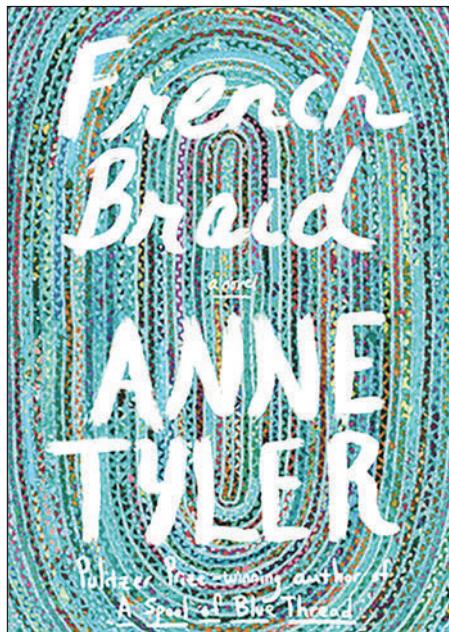


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are vague and there are complicated, conflicting thoughts inside the car. It's as if they forgot how to talk to one another.

Eventually, Mercy packs her bag and moves to a small room a few blocks away from home. She says it's her painting studio, but her real intention is to distance herself from her husband. Little by little, she transfers her things from home to her new abode and spends most of her time there while Robin remains in the family home.

The book is full of heartbreak and

hilarity. *French Braid* is a stirring insightful novel of great warmth and humor that shows the kindnesses and cruelties of our ordinary daily lives. By

the end, we get a sense of time, of decades of generations having gone by, and we see how close every family is to itself. ✨

School Smart

by Shelley M. Greggs, NCSP



Dear Shelley, I am concerned that my middle school aged children will forget a lot of what they have learned over the summer.

I am really worried about their math skills since it was so hard for them to learn them in the first place. They hate worksheets and things like that. What else can I do to help them?

Maria C, Cape Coral

Maria,

You are accurate in being concerned about your children losing skills over the summer. The bad news is that almost all kids' skills regress over the summer; the good news is that most kids can recoup their skills loss in four to 10 weeks after school resumes. The better news is that if they practice their skills across the summer vacation months, there should be only minimal skill loss, if any. In general, low-income students lose around three months of grade-level equivalency during the summer months and middle-income students lose about one month of grade-level equivalency. Math is the subject where the regression is most evident for all students.

There are many things you can do for and with your children to help stop the skill loss. Computer games and apps provide a good variety of math practice but it's so easy for kids to have too much screen time, especially during the summer. Here are some other ideas that might work for you.

Some of the most interesting and just plain fun math practice ideas that I have encountered were recently published in *The New York Times*. These activities build on current popular events that seem more entertaining for kids than traditional skill and drill work sheets. Here are a few of them.

Take advantage of this year's Summer Olympics by having your kids graph medal counts from their favorite events or countries. They can compare and contrast medal counts from previous Olympic games and the current games for example. The swimming events with their split-second results can also yield great math practice in percentages, fractions and decimals.

Baseball is a gold mine for statistics. Learn how to figure batting averages, base running averages, earned run averages and much more. The website www.basic-mathematics.com/calculate-baseball-statistics.html is a great site to help you understand how to use baseball statistics for math practice.

Have the children observe themselves. They can track all sorts of

personal data. Select specific quantities to record such as the time they wake up or go to sleep, time spent eating meals, doing chores, reading, how much time they spend with digital media, and even how many text messages or e-mails they send and receive. They can chart these data, figure out daily percentages for some activities and then even compare the data across different weeks of the summer. They can create their own personal profile with this information and maybe get a better understanding of how they spend their time.

Summer vacation provides an opportunity for kids to relax and spend time with family and friends. School is hard work and they do need some down time to refresh and recharge themselves. However, it won't hurt them to work on a few of these fun math activities during their vacation time to keep them on track for their next school year.

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. ✨

Dean's List

Joseph Mera of Fort Myers and Taylor Jount of Cape Coral were named to the dean's list for the spring 2022 semester at Samford University in Homewood, Alabama.

To qualify for the honor, a student must have earned a minimum 3.5 grade point average out of a possible 4.0 while attempting at least 12 credit hours of coursework. ✨

From page 1

Alliance

mythic quality and speak to a sense of mystery and wonder.

Gordon has a master of arts degree in textile arts and a doctor of philosophy degree in design history. Her experience as a fiber artist and scholar of global design and culture has deeply informed her work, but what has emerged is a distinctive expression that is both playful and profound.

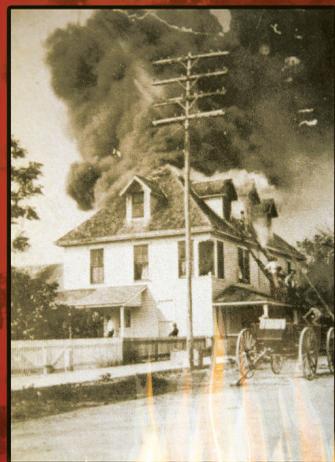
Gordon is also a writer who has authored multiple books and articles. She leads writing groups where the focus (like her visual art) is on expressing from the "inside out."

Updated gallery and administrative office hours are Tuesday through Friday from 9 a.m. to 5 p.m. and Saturday from 9 a.m. to 1 p.m.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information, visit www.artinlee.org. ✨

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From left, Christi Finger, Olivia Orth, Teri Hansen, Nicki McTeague and Jonathan Price photo provided

Gold And Bronze Telly Awards For Marketing Firm

Priority Marketing recently won two Telly Awards for videos promoting Norman Love Confections and Golisano Children's Hospital of Southwest Florida.

The 2022 Telly Awards that the marketing firm took home were:

Gold Award – A 55-second video promoting the Virtual Wine & Chocolate Tasting Experience by Norman Love of Norman Love Confections; and

Bronze Award – An eight-minute, 40-second video offering a Virtual Tour of Golisano Children's Hospital for Lee Health.

"These two videos had very different goals, but both used vivid imagery and compelling scripts to engage and captivate viewing audiences," said Priority Marketing President and Chief Creative Officer Teri Hansen, APR. "Video today is everywhere, and our team understands that creativity, originality and storytelling are key elements that makes a video memorable and successful."

Priority Marketing has won 16 Telly Awards since 2006.

Founded in 1979, the Telly Awards is a premier global competition honoring video excellence across all

screens, including local, regional and cable television commercials as well as non-broadcast video and television programming. The 2022 Telly Awards attracted more than 12,000 entries from all 50 states and five continents. Winners represent some of the most respected advertising agencies, television stations, production companies and publishers around the world.

Priority Marketing's video production team includes multiple in-house videographers who collaborate with a team of creative professionals that provide concepting, scriptwriting, filming, directing, editing and production, animation, motion graphics and voiceovers.✪

Classic Car Show Open To Public

Amavida Resort Retirement Community in Fort Myers is hosting a classic car show featuring the Hot Chili Rods Car Club on Wednesday, June 29 from 11 a.m. to 2 p.m. Food trucks will be on site and there will be a live remote with WAVV 101.1-FM. The show is open to the public.

Amavida is located at 7820 Fanning Court, off Gladiolus Drive near Lakes Park. For more information, call 237-0501.✪

Physical Disaster Loan Application Deadline Nears

The U.S. Small Business Administration (SBA) has approved 12 disaster loans in the amount of \$1,034,900 for Florida businesses and residents affected by the severe storms and tornadoes on January 16. The SBA is encouraging businesses of all sizes, non-profit organizations, homeowners and renters to take advantage of the opportunity to apply for disaster assistance for their uncompensated physical losses before the July 1 deadline.

The declaration includes Lee County and the adjacent counties of Collier, Charlotte, Hendry and Glades.

"Our mission is to help businesses and residents rebuild and resume their normal lives as quickly as possible," said Kem Fleming, director of SBA's Field Operations Center East in Atlanta.

Interest rates are as low as 2.83 percent for businesses, 1.875 percent for nonprofit organizations and 1.438 percent for homeowners and renters, with terms up to 30 years. Loan amounts and terms are set by the SBA and are based on each applicant's financial condition.

Applicants may apply online using the Electronic Loan Application (ELA) via SBA's secure website at <http://disasterloanassistance.sba.gov/ela/s> and

should apply under SBA declaration No. 17436.

Disaster loan information and application forms may also be obtained by calling the SBA's Customer Service Center at 800-659-2955 (if you are deaf, hard of hearing, or have a speech disability, please dial 7-1-1 to access telecommunications relay services), or by emailing disastercustomerservice@sba.gov. Loan applications may be downloaded at www.sba.gov/disaster. Completed applications should be mailed to: U.S. Small Business Administration, Processing and Disbursement Center, 14925 Kingsport Road, Fort Worth, TX 76155.

The filing deadline to return applications for physical property damage is July 1. The deadline to return economic injury applications is February 2, 2023.✪

New Air Service To Fort Myers

Breeze Airways, one of the newest airlines in the United States and a new air carrier in Fort Myers, will offer nonstop flights to Charleston, South Carolina (CHS) and Las Vegas, Nevada (LAS) from Southwest Florida International Airport (RSW). The flights will operate twice a week utilizing a new A220-300 aircraft, with 126 seats in a three-class configuration.

For more information, visit www.flylcpa.com.✪

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Will Power

Health Care Surrogates



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

What's the difference between Living Wills and Health Care Surrogates? The living will, you may recall, is the document detailing your end-of-life instructions after your attending physician and one other certifies that life prolonging procedures are only artificially delaying the process of dying. Nothing can be done at that point to save you.

The Designation of Health Care Surrogate, in contrast, names someone to make health care decisions for you if you can't do so yourself. It can encompass your personal care, residential placement and medical treatment.

Many health care surrogate forms are rather short, however, they delve into a variety of other situations, including:

- Long-term or hospice care situations;
- Whether to maintain you in your residence during a prolonged illness;
- Grant your surrogate access to your medical records;
- When and how to employ health care personnel;
- Directions regarding pain relief;
- Consent to psychiatric treatment; and
- Coordination with your living will.

These are all details that you should discuss with whomever you name in this important role. For married couples, this is usually the spouse. If, however, your spouse suffers from an impairment such as dementia or Alzheimer's, it's vitally important that you sign a new health care surrogate and living will, putting

someone else in the primary position of authority.

Each state, Florida included, has a different designation of health care surrogate law. If you are a resident of Florida and haven't yet updated your document to Florida law, you should do so. Even if you have a summer residence somewhere else, if you are a Florida resident, you should have a Florida compliant document. Your Florida document is valid in all 50 states because you are a Florida resident.

I also suggest a serious discussion with your loved ones about your wishes in a variety of situations. Americans tend to shy away from conversations regarding our health or end-of-life decisions. You don't want to leave your loved ones guessing as to what your intent may be. That's what led to the Terri Schiavo situation, where she laid comatose in a hospital bed from 1990 to her death in 2005.

Some of my clients decide to name all their adult children in the role of health care surrogate. This can become a problem if the hospital won't act without all their consents. An unavailable party can become a big problem. Also, when you require a unanimous consent, one party holds incredible veto power.

Beyond end-of-life decisions, there are situations that can last years, such as the tortuous decline from diseases like ALS or Alzheimer's. In such cases, it's important for your loved ones to know how you want to be cared for once you are no longer able to voice direction. Your surrogate should also be familiar with your finances, budgets and long-term care insurance policies.

Finally, don't wait until a crisis arises to update your estate plan. During the coronavirus pandemic, we've fielded many calls, with some clients requesting drastic changes. When this happens en masse, it puts a strain on any office, especially when many work remotely. Further, radical changes made during a crisis might call into question the mental acuity of the party making those changes, or whether he was unduly influenced.

In any event, Florida compliant Designation of Health Care Surrogate and Living Will legal documents are a must for any Florida resident.

©2022 Craig R. Hersch – The Sheppard Law Firm. Learn more at www.floridaestateplanning.com.✪

Family Initiative Promotion

Family Initiative has promoted Leigh Ann Drew to child welfare director. In this role, Drew oversees all the child welfare programs and services statewide for the Florida-based nonprofit.



Leigh Ann Drew

Family Initiative focuses on providing compassionate training, education and support to families in two areas: those with children living with autism spectrum disorder (ASD); and those who care for children in the Florida child welfare system.

"Leigh Ann has a passion to be in service, and a desire to impact children and families," said David Brown, MSW, co-founder and president of Family Initiative. "She is a natural leader, and we are all excited for her to take on this new role as our organization continues to grow statewide."

The organization officially gained Drew's expertise in 2019 when she assumed the position of program manager for Family Initiative's Family Impact Program in Sarasota, Manatee and Desoto counties. Drew has contributed to the nonprofit's development as a volunteer at Family Initiative's weekly Autism Playgroup since its inception in 2016.

Drew graduated from Florida Gulf Coast University with a master's degree in social work in 2013 and became a licensed clinical social worker in 2017. She has since become a certified trust-based relational intervention

(TRBI) practitioner.

With over 10 years of experience in child welfare, hospice and community mental health settings, Drew embraces her passion for service through the families supported by Family Initiative.✪

Theater Hires Director

Mark Fleming has joined the Cultural Park Theatre as executive director. With over 40 years of experience, he has produced and directed over 250 productions in the New Jersey and New York area, including Asbury Park.



Mark Fleming

Fleming has worked with and brought to the stage prestigious performers including, but not limited to:

Tony Award winner Debbie Shapiro Gravitte;

Academy Award nominee Jesse Eisenberg;

American Idol Constantine Maroulis; Stage, film and television actress Adrienne Barbeau (Broadway's original Rizzo in *Grease*);

Soap opera star James DePavia; Texas tenor Marcus Collins;

Television performer Ron Pallilo (*Welcome Back Kotter*); and Law & Order's Milena Govich.

Fleming has also produced television and stage writers Jane Milmore and Billy Van Zandt (brother of Steven Van Zandt) in U.S. debuts of their original stage comedies, now published by Samuel French Inc. and performed

around the world. His work in the televised industry has led to productions with Don Rickles, Richard Lewis, Renee Taylor and Martin Lawrence, to name a few. Fleming also coached two Miss America contestants, one top-10 finalist, and has taught students performing in all Disney parks around the world as well as countless cruise ships, Broadway and national tours.

Cultural Park Theatre is located at 528 Cultural Park Boulevard in Cape Coral. For more information, call 772-5862 or visit www.culturalparktheater.com.✪

Marketing Firm Hires Coordinator

Livia Rosales has joined Priority Marketing as a marketing coordinator who works alongside account managers and department directors to help clients reach their goals.

In this role, Rosales facilitates communications between clients and the firm's account services team, as well as marketing professionals whose responsibilities include advertising, public relations, graphic design, web development and digital marketing. Account management duties include assigning and expediting projects, managing budgets and coordinating production deadlines, creative deadlines and media placements.

Rosales previously was a social media intern for a St. Petersburg-based



Livia Rosales

marketing and lead generation agency, where she created social media campaigns and syndication schedules, elevated brand awareness, and designed graphics and social media posts. She also has experience as a marketing intern for a financial services firm.

Rosales earned a bachelor's degree in marketing from the University of South Florida.✪

Last Call For Awards Nominations

The Industry Appreciation Awards, which celebrate Lee County businesses that drive the local economy, employ the workforce and shape their industries, will close nominations for the 2022 awards program on Thursday, June 30.

The awards program is coordinated by the Horizon Foundation, Horizon Council and Lee County Economic Development Office. There is no cost to nominate a business. Self-nominations are allowed.

The seven award categories include Innovator of the Year; Manufacturer of the Year; Small Business of the Year; Large Business of the Year; Technology Award; Small Business Inclusion & Diversity Award; and Large Business Inclusion & Diversity Award.

Winners will be announced at the 2022 Industry Appreciation Awards in October at the Caloosa Sound Convention Center in Fort Myers.

For more information or to nominate a business, visit www.industryappreciationawards.com. To learn more on each category, visit www.leecountybusiness.com/horizon-foundation (News & Events).✪

Superior Interiors

To Do And Not To Do On Dining Room Wall Colors



by Marcia Feeney

Redecorating the dining room? Start with the foundational aspects of the space. Painting your walls and developing the right color scheme can help

turn a dated room into a place that's chic and inviting. If you have trouble navigating between certain hues, have no fear. We've created a list of colors to consider, as well as ones to avoid, while decorating your dining room. There's nothing worse than painting the room and then deciding that was just the wrong decision.

Consider these suggestions when deciding how to paint your dining room walls:

Truffle brown – If you're working with a variety of wooden furniture in the dining room, it is commonly recommended to paint the walls in truffle brown to harmonize the space and tie finishes together. This will help to create a calmer, monochromatic effect.

Neutral gray or beige – A semi-deep neutral shade makes the perfect canvas for the room as you can decorate with vibrant accessories to create an abstract masterpiece out of the dining area. Gray continues to remain a desired neutral along with a subtle warm beige, recently returning as the "in" backdrop color. Using neutral shades will allow you the ability to decorate the space as you please, with complementary shades or

bold hues.

Soft yellow – Subtle shades of yellow have a way of creating a warm and inviting living space. Paint your dining room walls in this hue for an elegant and welcoming touch.

Apple green – Crisp, soft green hints at subtle energy, bringing life to a once-dull room without going overboard.

Now, consider the ones you should be avoiding as well:

Most shades of blue – According to color experts, shades of blue can suppress your appetite... which isn't an ideal feeling to collect in the room that's built for dining.

Pastel pink – Stay away from trending colors that grow outdated quickly to avoid having to repaint within a year. One trending wall color is pastel pink, so steer clear of it in the dining area. If you find this color appealing, add touches to your home with the addition of decorative pillows, rugs and other accessories in this shade.

Orange popsicle – Think bright orange, like a popsicle or freshly carved jack-o-lantern. This exciting shade is currently trending and tends to evoke the "wow" factor, but in an unappealing way in the dining room.

Poppy red – Bright red shades are known as emotion-inducing colors. Keep this shade far away from the space you'll be hosting family and friend get-togethers.

Now that you have a selection of shades and hues to choose from, it's time to get in touch with a design professional. He or she will come to your home to assess your dining room and offer decorating insight and expertise based on your space. With this assistance, you can paint the walls perfectly and create the gathering space that you and your guests will love to spend time in.

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

Cybersecurity Program At FSW

As part of a more than \$2.5 million commitment from Brian and Kim Rist and the Rist Family Foundation, Florida SouthWestern State College's (FSW) School of Business and Technology has established the Rist Cyber Institute.

Funds will be used to provide enhancements to the cybersecurity program including equipment, technology and additional instructional staff. Additionally, the Rist Cyber Institute will house two new computer labs, a hardware/software lab, a maker space for students to experience new technology and a high-tech Cyber Room.

According to the Bureau of Labor Statistics, the cybersecurity industry is expected to grow 33 percent between 2020 and 2030, and www.cyberseek.org reports there are currently approximately 21,000 open cybersecurity jobs in Florida, with the

total current employed workforce at 47,800.

"The cybersecurity program at FSW will increase the skill level of students entering the ever-growing cybersecurity workforce in Southwest Florida," said Dr. Mary Myers, dean of FSW School of Business and Technology. "It will also give FSW an opportunity to offer continuing education for IT practitioners in the field. With thoughtful course development and program planning, the landscape of cybersecurity will change for the better."

"It is mine and Kim's honor to be a part of the growing innovative programs at FSW," said Brian Rist. "We feel the need to support programs like the cybersecurity program. It gives young adults the opportunity to use their specialized skill sets that aren't typical in other programs offered. Our hopes are for these students to stay local and be beneficial to the Southwest Florida community. As I always say, let's try to improve ourselves to help make this world a better place."

Through these contributions, the

Rist Family Foundation also supports FSW's Respiratory Care program and named "The Rist Family Foundation Respiratory Laboratory and Classroom" in 2021.

"The support of generous donors like Brian Rist and the Rist Family Foundation have allowed FSW to expand and serve the Southwest Florida community and workforce over the last 60 years," said Dr. Jeff Allbritten, FSW president. "As the world continues to change and the skills and technology needed to keep up with these changes continue to evolve, it will be these generous FSW supporters who will continue to help us provide the world-class learning environment that our local workforce needs." ✨

Free College For Union Members And Their Families

The School District of Lee County will have a new opportunity for members of the Teachers Association of Lee County (TALC) and the Support Personnel Association of Lee County (SPALC) and their families to continue their education. Union Plus, a nonprofit organization founded by the AFL-CIO in 1986, is offering scholarships to earn an associate's degree or a bachelor's degree online for free.

Union Plus partners with Eastern

Gateway Community College to offer the free online associate's degree. After earning an associate's degree, students can transfer into the bachelor's degree program. Partner schools include Paul Quinn College in Dallas, Texas; Central State University in Wilberforce, Ohio; and Franklin University in Columbus, Ohio.

Current and retired TALC and SPALC members, their spouses, domestic partners, children (including stepchildren and children-in-law), financial dependents, grandchildren, siblings and parents can all take advantage of this opportunity. Family members do not need to be financial dependents or living with the member to be eligible. New employees are eligible once they join TALC or SPALC. These last-dollar scholarships cover the difference between any federal grants and employee assistance and tuition, fees and e-books.

There are four simple steps to take advantage of this scholarship:

1. Apply to Eastern Gateway Community College;
2. Complete a FAFSA form;
3. Submit proof of high school graduation or GED; and
4. Enroll in classes.

Union members and their family members can call Union Plus at 1-888-590-9009 for more information, send an email to online@egccfreecollege.org or complete the request information form at www.unionplusfreecollege.org/request-information.

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Frankly Speaking



by Howard Prager

Can you say dynasty? That's what people are calling the Warriors right now after winning their fourth NBA championship in eight seasons, with a total of six finals appearances in

that time. The years they didn't make it they were awful, in part because of season-long injuries to Steph Curry and Klay Thompson. That's remarkable endurance and teamwork. And it is the T in teamwork that describes Golden State. When asked after the finals what it felt like for Steph Curry to win the MVP, Curry vehemently replied even before the question finished – "Forget that! Why start with that question? We've got four championships!" He smacked both hands against the desk in frustration. A true superstar who puts his team first. Stats show that the team plays better when Curry plays, even if he's NOT scoring. He raises the game of everyone around him. Fansided wrote that "When the leader, the best and most successful player in franchise history, is that team-focused, then it clearly has a trickle-down effect and can become infectious among teammates and anyone within the organization."

So is Steph Curry among the greats of the game? From the Bleacher Report, "Curry's offensive box plus-minus (OBPM)

of 13.2, for example, is head-and-shoulders better than Jordan's record of 9.8. Jordan, incidentally, is the only player besides Curry to average at least 30 points and six assists per game while shooting 50 percent or better from the field. And of the 67 times someone has ever pumped in 30 points per game, there hasn't been a single instance in which anyone has come relatively close to rivaling Curry's true shooting percentage." From Ethan Strauss: "More crazy Curry stats. From 28 feet to 50 feet, he's 35-of-52 this season which is better efficiency than making 100 percent of your twos." Back to the Bleacher Report: "Stephen Curry's ability to draw defenders and then make a split-second decision on whether to shoot, pass or continue to dribble is what makes him so special. Not only can he attract defenders like a magnet, he knows what to do when they collapse on him... He creates 20.4 points per game off assists, good for fourth in the NBA. That's almost 20 percent of the Golden State Warriors' 101.7 points per game. Curry averages 8.9 assists per game, tied with John Wall for second in the league only behind Chris Paul." So statistically Curry belongs in the greats category.

My additional two cents are on character, something not always present in superstars. Curry is unassuming and unselfish as a person. I loved Jordan, but he ruled with an air of kingdom. He deserved it. But I didn't see Jordan helping others nearly the way Curry does. From CBS Sports: "Through the foundation that he formed with his wife Ayesha, Eat.Learn.Play., Curry has helped provide 16 million meals to children and families in Oakland that are at risk of

food insecurity over the past year." He's involved in no less than nine charities including Animal Rescue Foundation, Boys & Girls Clubs of America and Partnership for a Healthier America. If character counts, Curry is at the top of his class.

Are the Avalanche crashing down on the Stanley Cup? With the second highest margin of victory in the Stanley Cup against the defending champions, the Avalanche can blow away the Lightning this week. Colorado dismantled Tampa Bay in Game 2. From CBS: "The Avalanche were better in every facet, from 5-on-5, to special teams, to goaltending, to offense, defense, battles, races – you name it, Colorado excelled at it. It was shocking, in a way, to see the Lightning appear so discombobulated. There was no point where Tampa Bay seemed to turn a corner and try something – anything – to stop the bleeding. The Avalanche kept pushing. The Lightning never pushed back. What does that mean for the reigning champions as this series shifts to their turf? Has Tampa Bay's confidence been cracked? Or is it that the Lightning simply don't have the legs to keep up with Colorado? They wouldn't be the first team in these playoffs to realize it." As you would expect, Tampa Bay did win Game 3 at home, so it won't be a sweep. And if they can even it in Game 4, this will get interesting.

MLB rules are coming to the forefront this season and here's a bizarre one. The Cubs turned an embarrassing and excellent double play against the Braves. Last Saturday, the Braves Adam Duvall hit a pop-up into short right field with a runner on first. Three Cubs players

tried for it and it fell between them. But because the runner expected it to be caught, he froze at first and they were able to throw him out at second. And that's when the rules come in. Braves first base coach Eric Young touched Adam Duvall, the hitter who was on first but headed to the dugout thinking that was the third out. It wasn't. However, the rules say the coach cannot help physically steer a runner back to the base, which is what Eric Young did. Cubs catcher Willson Contreras was on top of it, told the umpire who then called Duvall out, double play.

From Steve Hartman and CBS News comes our good news story of the week. Jake Thibeault was paralyzed during a high school hockey game his senior year and was told that he would likely never walk again. Until then, Jake's goal in life was to play college hockey. He was devastated. One day his high school principal came to visit and before he left, Jake told him I'm going to walk at graduation. Jake doesn't know why he said that. But it became Jake's new goal and just the motivation he needed as he immersed himself in therapy, working out longer and harder for trying to make that walk under his own power. Nine months later, he did it, 30 steps across the stage to wild applause. Never underestimate the power of someone committed to achievement. Jake, I can't wait to see what your next step will be!

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

Urgent Need For Blood Donations

Lee Health is experiencing an extreme Type O blood shortage and is seeking blood donations to help replenish supply levels. Current blood supplies are below critically low, and Lee Health's blood centers are in urgent need of donors.

As home to the region's only trauma center, it is vital that the health system's blood supply remains at healthy levels in order to quickly care for patients needing an urgent transfusion. Blood and blood products are not only used in the trauma center, but also to treat cancer patients, premature babies, anemia and a variety of other conditions.

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

The Lee Health Blood Mobile will be at numerous locations throughout Southwest Florida in June. For more information, visit www.leehealth.org/our-services/blood-centers/blood-mobile/blood-drives.

All blood donated at Lee Health stays

within the health system to care for patients in Southwest Florida. If unable to attend one of the upcoming blood drives, donations can also be made at one of Lee Health's blood centers to help save lives.

For more information on how and where to donate, drop by one of Lee Health Blood Centers. Visit www.leehealth.org/our-services/blood-centers to learn more.✪

Bridging Gap Between College Costs, Student Aid

Most college-bound students qualify for financial aid to help pay for their education, such as federal and state grants, scholarships and federal loans. But some students may find that these programs don't cover all the costs of college, according to Kentucky Higher Education Assistance Authority (KHEAA). Others may not qualify for state and federal aid because they're going to school less than half the time.

Because interest rates on private loans depend on the borrower's credit rating, students may have to pay higher rates than they would on federal student loans. In addition, many lenders require students to have a cosigner, and most require the college to certify that the student needs

the loan.

Students and parents should compare the private loans offered by various lenders to find the best possible deal. And, they should definitely check into the advantage education loan at www.advantageeducationloan.com. Those loans are made by Kentucky Higher Education Student Loan Corporation (KHESLC), a nonprofit provider of private student loans, and disbursed by KHEAA.

For more information about those services, visit www.kheaa.com or www.kheslc.com.✪

From page 1

ACT Gallery

distinctive artists and offering premium quality original works of art. Monies raised support Abuse Counseling and Treatment, Inc., the domestic violence, sexual assault and human trafficking center serving Lee, Hendry and Glades counties.

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

SPORTS QUIZ

1. Name the actor and comedian who led the singing of *Back Home Again in Indiana* 36 times at the Indianapolis 500 from 1972-2014.
2. The *Red Line Rivalry* game is contested between what two Chicago universities' basketball teams?
3. What Wisconsin golf course was the site for the PGA Championship in 2004, '10 and '15, and hosted the Ryder Cup in 2021?
4. What rare defensive feat did Philadelphia Phillies second baseman Eric Bruntlett achieve in the 9th inning vs. the New York Mets on Aug. 23, 2009?
5. Name the arena, famous for its parquet basketball court, that opened in 1928 and was demolished in 1998.
6. What NHL Wales Conference division, formed in 1974, was the predecessor of the Northeast Division and the Atlantic Division?
7. Name the running back for the Pittsburgh Steelers (1987-93) and Chicago Bears (1994) who later became an analyst for ESPN.

ANSWERS

1. Jim Nabors. 2. The DePaul Blue Demons and the Loyola Chicago Ramblers. 3. Whistling Straits. 4. An unassisted triple play. 5. Boston Garden. 6. The Adams Division. 7. Merrill Hoge.

Doctor and Dietician

Beating The Heat



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

Here we are. Summer in Southwest Florida. It is HOT. We try to exercise early in the morning before the sun comes up, but seriously, does it really make it better? Okay, maybe the sun is not beating down on you, but the humidity is high, and the temperatures are in the 80s already.

This is where knowing your Hauser Diet Type is helpful. Those who type as protein/fat-based diet types, such as the Hauser Lions and Otters, typically tolerate the heat because they are typically cold. Conversely, those who type as Monkey

and Giraffe Diet Types (more vegetarian) are typically hot – thus working out in the Southwest Florida summer is brutal. Of course, the Dr. and Dietitian's Diet Types fall opposite each other – Otter and Monkey. Thus, Dr. Hauser loves the heat, while Marion, not so much.

Here are tips for managing the heat while exercising or working in the heat:

1. Consume more acidic foods prior to and after your workouts. By “acidic” we mean foods that will lower your blood pH. Why? When overheated, your blood pH is elevated or more alkaline. Foods that acidify the blood are coffee, lemon water, fruit, fruit juices and carbohydrates.

2. Consume both water and sports drinks during extensive workouts or prolonged periods of time in the heat like working or doing gardening. We lose more energy and fluids; thus, we need to replenish.

3. Watch your electrolytes. With added perspiration comes increased fluid and electrolyte loss. Those who perspire heavily may need to take additional electrolytes. We utilize electrolyte capsules and/or powders that can be added to water. We choose natural items that do not contain dyes or fructose.

4. Dress appropriately. Moisture-wicking workout clothing helps keep the body cool. Sweatbands and/or hats/visors to keep the sun out of your face

are extremely helpful. We also utilize cooling towels when running or gardening. These can be moistened and used to wipe your face, chest and arms. Cotton clothing soaks up perspiration, thus we recommend avoiding it.

5. Add ice to your beverages. This may sound like a simple idea, but sometimes we forget. Ice will cool down the body. If you like a cup of coffee prior to working out, make it an iced coffee.

6. Monitor your heart rate and overall feeling of wellness while exercising in the heat. At times, you may need to take intermittent walk breaks to keep the heart rate down. Deep breathe in through the nose and out through the mouth. It is okay to do this. You want to stay safe.

7. Consider exercising indoors. We have a basement gym with a treadmill and elliptical, and we can put our bicycles on trainers to ride inside. If it is just too hot outside, you may need to move indoors and get that fan out.

8. Get in the water. Even warm water cools you down. If you have access to a pool, get in it. Aqua jogging is a wonderful way to beat the heat instead of regular running. We have used this method for various injuries as well. Walking and exercising in the pool keep you cool as well.

Here are a couple of ideas for summer cooling foods:

1. Make salads so you do not have to heat up your kitchen – Grill shrimp, chicken, or steak and use on the salad. Or make egg, tuna, or shrimp salad.

2. It is smoothie time – These can easily add up in calories, but one of Marion's favorite post-workout smoothies is made from 1 cup blueberries (frozen), 1 banana (frozen), 2 scoops pea protein, 1 to 1 ½ cups of oat milk, 1 cup fresh spinach or kale (also frozen), ice cubes and a tsp of nut butter. You can also add chia or flax seeds. This makes two servings.

3. Fruit – Fresh fruit is higher in carbohydrates, and nutrients, fiber and water. Thus, it makes for a great snack. One of Marion's favorites, especially made with fresh melon cubes, but other fruits as well, is to drizzle the fruit with fresh lime juice (add zest if you love lime like we do), sprinkle with sea salt and drizzle with a fruit-based balsamic vinegar. This may sound weird, but for those who love savory, you will love it.

Be mindful out there. Monitor how you are feeling... and keep moving.

*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

Key Metabolites That Impact Prostate Cancer



by Suzy
Cohen, RPh

Dear Readers:
Few words strike more fear than the word “cancer” and today's article is devoted to helping you find out what critical metabolites should

be evaluated. Prostate cancer is very common in the United States and was responsible for over 34,000 deaths in 2021.

Early in the course of prostate cancer, before it's even known, the growth of cancer cells is kept in check by natural, normal pathways in the body, usually those under the control of testosterone and related hormones known as androgens. These reproductive hormones deliver one signal to the prostate cancer cell telling them to “be fruitful and keep multiplying.”

With continued replication, the cells pour out a protein called “prostate specific antigen” dubbed PSA. When the PSA levels are measured in a blood test, and seen as abnormal (above the normal reference range), the doctors worry this is a first sign of possible prostate cancer.

Testing for PSA levels isn't nearly enough. Neither is testing for testosterone levels, or DHT. There's so much more, and thankfully doctors can test you using urine “at home” test kits now. I offer these

at my website too.

But right now, what I'd like to do is make sure you're fully armed with the knowledge of important (measurable) biomarkers that are often overlooked as there's so much hyper focus on PSA and DHT and a few others. Overlooking any one of the following could lead to more complications and progression of cancer at a faster rate. Testing yourself properly is important to your health and longevity.

The following are biomarkers:

Vitamin B12 – Too much B12 may produce problems, and it is unclear if this is from the resulting elevation of homocysteine or some other mechanism. Measuring levels is important.

Glutathione – Higher levels of glutathione are protective and useful as an antioxidant. This is pretty simple because in prostate cancer patients, antioxidant defenses are low and DNA damage is high. Glutathione protects the cell because it's an antioxidant.

Melatonin – The famous sleep hormone has anti-cancer activity, and has been studied for its protective effect on the prostate gland. Did you know meditation raises levels?

Testosterone – It is more the metabolites of testosterone, than the hormone itself. This is why urine metabolite testing is so important. Doing a spot check of testosterone in the morning via blood isn't as informative unless you also have the metabolites from a urine test to compare with it. I recommend the DUTCH at-home test kit for this.

Estrogen Metabolites – Men make estrogen as well as women, and it is the break down product (the metabolite) of testosterone. So the more testosterone you make, the higher your estrogen levels... and if you're breaking estrogen down badly, it raises risk for prostate problems. Urine testing via DUTCH can

evaluate these metabolite levels, not blood testing. If you are interested in a longer version of this article with more details, sign up for my informative newsletter at www.suzycohen.com.

This information is not intended to

*treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit www.SuzyCohen.com.**

GET YOUR LOVED ONES THE HELP THEY NEED



MEDICAL LIAISON SERVICES LLC

Supporting patients returning home in the Fort Myers / Cape Coral area upon discharge from the hospital. At Medical Liaison Services, we believe that as soon as a loved one returns home from the hospital healing begins.



- Assisting with personal care.
- Ensuring proper discharge follow up appointments with primary care physician and others.
- Dropping off prescriptions and picking up medication.
- Picking up groceries and more.
- Assisting communication with client family members.

Deborah Danish
CNA Licensed and Insured
239-464-6919

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

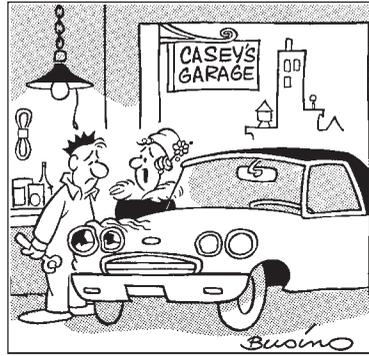
To be listed in calling card email your information to:
press@islandnews.com

PUZZLES

Answers on page 23

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!



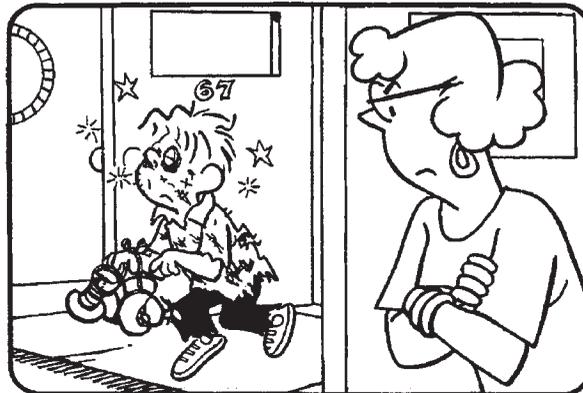
"The _____ has been acting up again!"

- World ELARM [] [] _____
- Thread BRIEF [] _____
- Artificial TENURED [] [] _____
- Payment MITER [] _____

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Frame is missing; 2. Gloves are missing; 3. Fringe is missing; 4. Number is changed; 5. Earring is different; 6. Bracelets are missing.

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

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.

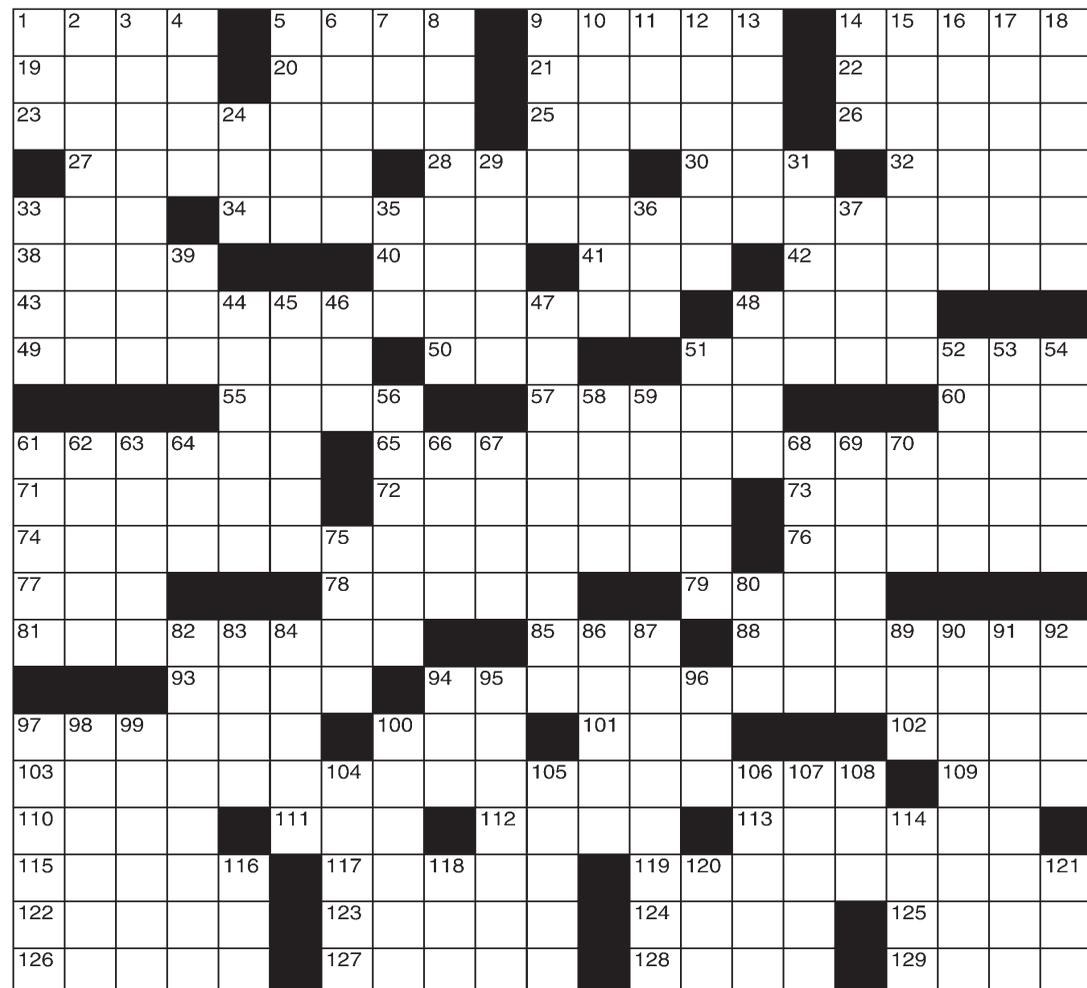
PUZZLES

Answers on page 23

Super Crossword

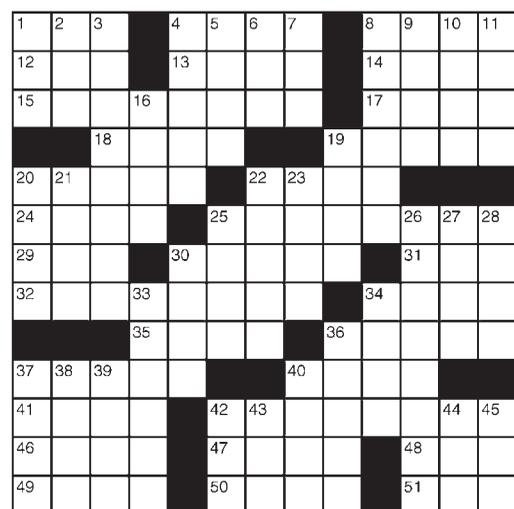
COMMAND LINES

- ACROSS**
- 1 Several
 - 5 Utah town on the Colorado
 - 9 Arafat's PLO successor
 - 14 — Rica
 - 19 A quarter of twenty
 - 20 Oscar winner Bancroft
 - 21 Unwilling
 - 22 Recon info
 - 23 Absence of muddled thoughts
 - 25 Jazz fusion pianist Chick
 - 26 Poker-faced
 - 27 Capital of Turkey
 - 28 Mail opening
 - 30 "I — Rock" (1966 hit)
 - 32 Hastens, old-style
 - 33 Rescue squad VIP
 - 34 2005 Donna Andrews mystery novel
 - 38 Chicken chow —
 - 40 Joe Biden's party: Abbr.
 - 41 Bodily blinker
 - 42 Top-shelf
 - 43 Make repairs
 - 48 MYOB part
 - 49 Sound systems
 - 50 Agnus — (prayer)
 - 51 Spy spoof of old TV
 - 55 Saddle-making tools
 - 57 Campsite hookup
 - 60 "The L Word" actress
 - 61 Sirs' counterparts
 - 65 "Sheesh, no need to be so critical!"
 - 71 Boulevard
 - 72 Town in east-central New York
 - 73 Attack like a cat
 - 74 Means of thwarting software piracy
 - 76 Futilely
 - 77 Amazement
 - 78 Linda Ronstadt's "— Easy"
 - 79 Grain holder
 - 81 Alternative to People
 - 85 Unvarnished
 - 88 Remus' twin
 - 93 Winners' signs
 - 94 Digital entertainment periodical
 - 97 Place for keeping bees
 - 100 Used a rocker, e.g.
 - 101 Call to a ewe
 - 102 — dixit (claim with no evidence)
 - 103 Discover via unpleasant personal experience
 - 109 Guided
 - 110 TV's Swenson
 - 111 Lead-in to nuptial
 - 112 — Field (Mets' home)
 - 113 Language of Libya
 - 115 Really militant sort
 - 117 Claims
 - 119 Option lists that might include the starts of seven answers in this puzzle
 - 122 Plant stem
 - 123 River to the Rio Grande
 - 124 Many 4WD autos
 - 125 "Quo Vadis" emperor
 - 126 Weight allowances
 - 127 Like white, wet weather
 - 128 He and she, e.g.
 - 129 Big dino
- DOWN**
- 1 Colts' and Broncos' gp.
 - 2 Light bulb wire
 - 3 Day's end, poetically
 - 4 Not potent
 - 5 Olympic skiing champ Phil
 - 6 Actor Ryan
 - 7 Ortiz of the screen
 - 8 Mattress supporter
 - 9 Metal-industry giant
 - 10 Illegal booze
 - 11 Tavern
 - 12 Anxiety-free
 - 13 SeaWorld whale, once
 - 14 Counterpart to trans-, gender-wise
 - 15 At no cost, slangily
 - 16 Emotion-hiding types
 - 17 Group beliefs
 - 18 Milano of "Mistresses"
 - 24 "Cool, dude!"
 - 29 "I wanna!"
 - 31 Foppish scarf
 - 33 Australian avians
 - 35 Roush of baseball
 - 36 Soap ingredient
 - 37 Addition sign
 - 39 Neither here — there
 - 44 Join forces
 - 45 TV doctor
 - 46 Immigrant's course: Abbr.
 - 47 Pneumatic engines
 - 48 Huck Finn's polite assent
 - 51 Reactions to corny puns
 - 52 Refrigerator brand
 - 53 Christina of "Cursed"
 - 54 Stolen
 - 56 Enterprise engineer
 - 58 Caesar's "I came"
 - 59 This, in Peru
 - 61 East Asian gambling mecca
 - 62 States openly
 - 63 Old-time lawyer and senator
 - 64 At least one
 - 66 Les — et les autres (both, in French)
 - 67 Gumshoes
 - 68 Literary finale
 - 69 California wine county
 - 70 Adore, on a candy heart
 - 75 Lubricants
 - 80 A Gershwin
 - 82 Not too hard to get around
 - 83 Designer Saارين
 - 84 Make excited
 - 86 Ready to hit the baseball
 - 87 Most tired
 - 89 Israeli gun
 - 90 Cosmetic accentuating the kisser
 - 91 Not behind a firewall, say
 - 92 Ovule, e.g.
 - 94 Oom- —
 - 95 Partook of humble pie
 - 96 Miffed
 - 97 It hasn't been seen before
 - 98 Fiesta target
 - 99 Bergman of film
 - 100 Rocker Tyler
 - 104 Snares
 - 105 Type of fit
 - 106 Forgo
 - 107 — -crafty
 - 108 Holiday tuber
 - 114 Bowed
 - 116 Green-lights
 - 118 — -friendly
 - 120 "Obviously!"
 - 121 Chicago White —



King Crossword

- ACROSS**
- 1 Embassy VIP
 - 4 Apple tablet
 - 8 Mexican money
 - 12 Scratch
 - 13 "It can't be!"
 - 14 Eve's man
 - 15 Finished
 - 17 Latvia's capital
 - 18 Gusto
 - 19 Neptune's realm
 - 20 Pale
 - 22 "Of — and Men"
 - 24 Kite flier's need
 - 25 Affectionate sign-off
 - 29 Flamenco cheer
 - 30 Bedouins
 - 31 Arthur of "Maude"
 - 32 Tennis shut-out
 - 34 Taxpayer IDs
 - 35 Polite query
 - 36 Scarlett's Butler
 - 37 Bottom
 - 40 "Love — Leave Me"
 - 41 Awestruck
 - 42 Play-ending arcade message
 - 46 Thunder god
 - 47 Actor
 - 8 Postal delivery
 - 9 Ms. Falco
 - 10 Long story
 - 11 Yemen neighbor
 - 16 Clarinet insert
 - 19 Phil of folk music
 - 20 MP's quarry
 - 21 Missile shelter
 - 22 Dolphins' home
 - 23 "Let —" (Beatles hit)
 - 25 Fay of "King Kong"
 - 26 Saw
 - 28 Right on the map
 - 30 Petri dish gel
 - 33 New citizen, perhaps
 - 34 "Scram!"
 - 36 Film spools
 - 37 D.C. baseball team
 - 38 Turkish title
 - 39 Unhappy destiny
 - 40 Roman 2,002
 - 42 Solidify
 - 43 Soul, to Sartre
 - 44 College URL ender
 - 45 Scepter
- DOWN**
- 1 Latin 101 word
 - 2 Dallas hoopster, briefly
 - 3 Soviet leader after Khrushchev
 - 4 Hawkeye
 - 5 Dr. McGraw
 - 6 Picnic crasher
 - 7 Homer's cry



MAGIC MAZE ● GIBRALTAR

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

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

- | | | | |
|---------------|-----------|------------|----------|
| Airport | Gambling | Peninsula | The Rock |
| Borders Spain | Harbor | Royal Navy | Tourism |
| British | Limestone | Shipping | WWII |
| Finance | Low taxes | Territory | |



Beef, Vegetable and Pasta Casserole

photo courtesy Fresh From Florida



Beef, Vegetable and Pasta Casserole

- 1 pound lean ground beef
- 1 pint mushrooms, slice thin
- 1 zucchini, medium dice
- 1 squash, medium dice
- 1 pound pasta (your favorite)
- 2 garlic cloves, chopped fine
- 2 tablespoons fresh parsley, chopped fine
- 1 teaspoon fresh thyme, chopped fine
- 1 cup heavy cream
- 1/2 cup milk
- 1/2 stick unsalted butter
- 1/2 cup Parmesan cheese, shredded
- 1 1/2 cups cheddar cheese, shredded
- 1 teaspoon oil, for cooking
- 1 teaspoon all-purpose seasoning

(your favorite)

Sea salt and fresh ground pepper, to taste

Preheat oven to 350 degrees. Prepare pasta shy of al dente, drain and set aside.

In a saucepot add the milk, heavy cream, butter, and all-purpose seasoning. Bring to a simmer and add the Parmesan cheese, 1/2 cup cheddar cheese and stir until smooth and creamy. Remove from heat and set aside.

Preheat a sauté pan on medium-high heat, season ground beef and brown, draining excess oil. Next, saute the vegetables until crisp tender. In a large bowl combine the cooked pasta, sauteed vegetables, cooked pasta, fresh herbs, 1/2 cup shredded cheddar cheese, and mix. Place into a buttered casserole dish and pour the cheese sauce over the mixture. Sprinkle the remaining 1/2 cup cheddar cheese on top and bake for 30 minutes or until hot and bubbly.*

PETS OF THE WEEK



Rusty ID# A923710

photos provided

Lee County Domestic Animal Services

Rusty And Amber

Hello, my name is Rusty. I am a tan 4-year-old male pit bull mix. I was told that Friday, June 24 is Take Your Dog to Work Day, so I dressed for success and wore my Sunday best. I am all ready to be your new co-worker. My resume includes sit, impeccable manners, snuggles upon request and no crumb left untouched. Computer skills...eh, but I will keep you company while you get that part done.

My adoption fee is \$20. Hi, I'm Amber. I am a brown tabby 2-year-old female domestic shorthair. Lee County Domestic Animal Services is currently overwhelmed with cats and kittens and an approved application can



Amber ID# A92274

get your choice of age or collar for no charge. I am one of the many adult cats currently being overlooked for the smaller kittens. People often don't realize the advantages of adopting an adult cat. I already have my personality formed and am litter box trained. All the pesky kitten energy is long gone, and you can enjoy the tween years.

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

My Stars ★★★★★

FOR WEEK OF JUNE 20, 2022

- Aries** (March 21 to April 19) Information you need might be coming in sporadically, but at least what you're getting is valuable. Continue to wait until more is available before acting on that career move.
- Taurus** (April 20 to May 20) You continue on an upbeat cycle, and with that strong Taurean energy you should see favorable results from your hard work. A pleasant surprise awaits you in your private life.
- Gemini** (May 21 to June 20) A misunderstanding needs more time to be worked out. Don't give up on it just yet. Remain open to providing explanations, if called for. Another friend offers good advice.
- Cancer** (June 21 to July 22) Fast action can correct a seemingly minor problem that has taken on some unexpectedly difficult aspects. Stay with it until it's resolved. News on a more positive note is due soon.
- Leo** (July 23 to August 22) Some snags could cause delays in those plans you're eager to see put into operation. But be patient. The Clever Cat will

soon have good reason to celebrate a job well done.

Virgo (August 23 to September 22) Be careful not to let that Virgin sensitivity dissuade you from being the hardheaded realist you should be at this time. Your goals are in sight. Stay focused on them.

Libra (September 23 to October 22) A more positive aspect opens up, allowing you to make some important changes in a personal situation. Remember to seek balance and avoid extremes as you proceed.

Scorpio (October 23 to November 21) This is a good week to get out and enjoy the fine times you missed while you were so deep in those workaday projects. Be sure to share it with that special person.

Sagittarius (November 22 to December 21) Work and play are in balance this week. However, expect news that could tip things toward the workplace for quite a while. But all to a good end.

Capricorn (December 22 to January 19) You're more productive on the job than you have been in some time. That's good. But be careful not to overlook some situations developing in

your private life.

Aquarius (January 20 to February 18) You've been doing a lot for others (as usual). But now it's time to focus on your needs, including finally going on that long-delayed trip you've been hoping to make.

Pisces (February 19 to March 20) It's all smoothly going on 'twixt you and that very special person in your life. But a colleague causes some disruption on the job that you might be called on to help settle.

Born This Week: You are sensitive to the needs of others. But you're no pushover. You would make a fine teacher, psychologist or minister.

MOMENTS IN TIME

- On July 3, 1863, the third day of the Battle of Gettysburg, Confederate Gen. Robert E. Lee's last attempt at breaking the Union line ends in disastrous failure, bringing the most decisive battle of the American Civil War to an end. Exhausted, both armies held their positions until the night of July 4, when Lee withdrew.
- On July 2, 1938, Helen Wills Moody defeats Helen Jacobs to win her eighth Wimbledon singles title. Her

record stood until Martina Navratilova won her ninth Wimbledon title in 1990.

- On June 28, 1940, Gen. Charles de Gaulle, having set up headquarters in England upon the establishment of a puppet government in his native France, is recognized as the leader of the Free French Forces, dedicated to the defeat of Germany and the liberation of France.
- On June 29, 1967, actress Jayne Mansfield is killed instantly when the car she's riding in strikes the rear of a trailer truck on I-90 east of New Orleans. Her three children, asleep on the back seat, survived.
- On June 30, 1971, the three Soviet cosmonauts who served as the first crew of the world's first space station die when their spacecraft depressurizes during re-entry and a critical valve opens.
- On June 27, 1985, after 59 years, the iconic 2,200-mile Route 66 is decertified when the American Association of State Highway and Transportation officials votes to remove all its highway signs. Most of the original Route 66 followed a path through the wilderness forged in 1857

continued on page 22

 FRIDAY Mostly Cloudy High: 90 Low: 79	 SATURDAY Partly Cloudy High: 92 Low: 83	 SUNDAY Partly Cloudy High: 91 Low: 80	 MONDAY Partly Cloudy High: 88 Low: 79	 TUESDAY Partly Cloudy High: 90 Low: 78	 WEDNESDAY Mostly Cloudy High: 91 Low: 81	 THURSDAY Cloudy High: 89 Low: 78
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	10:17 am	3:23 am	None	5:43 pm
Sat	12:59 am	3:52 am	10:46 am	6:28 pm
Sun	2:11 am	4:18 am	11:16 am	7:09 pm
Mon	11:48 am	7:47 pm	None	None
Tue	12:21 pm	8:24 pm	None	None
Wed	12:57 pm	9:00 pm	None	None
Thu	1:36 pm	9:35 pm	None	None

Point Ybel Tides

Day	High	Low	High	Low
Fri	9:22 am	3:25 am	None	5:45 pm
Sat	12:04 am	3:54 am	9:51 am	6:30 pm
Sun	1:16 am	4:20 am	10:21 am	7:11 pm
Mon	10:53 am	7:49 pm	None	None
Tue	11:26 am	8:26 pm	None	None
Wed	12:02 pm	9:02 pm	None	None
Thu	12:41 pm	9:37 pm	None	None

Punta Rassa Tides

Day	High	Low	High	Low
Fri	9:57 am	3:52 am	11:16 pm	5:02 pm
Sat	10:37 am	4:29 am	None	5:53 pm
Sun	12:20 am	5:10 am	11:20 am	6:44 pm
Mon	1:07 am	5:55 am	12:02 pm	7:35 pm
Tue	1:51 am	6:38 am	12:37 pm	8:25 pm
Wed	1:08 pm	9:13 pm	None	None
Thu	3:50 am	7:58 am	1:40 pm	9:56 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	1:46 am	6:39 am	12:27 pm	8:59 pm
Sat	3:09 am	7:08 am	12:56 pm	9:44 pm
Sun	4:21 am	7:34 am	1:26 pm	10:25 pm
Mon	1:58 pm	11:03 pm	None	None
Tue	2:31 pm	11:40 pm	None	None
Wed	3:07 pm	None	None	None
Thu	3:46 pm	12:16 am	None	None

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Building Student Credit Scores

Being familiar with how credit scores work is important information for students, according to Kentucky Higher Education Assistance Authority.

Your credit score is a three-digit number that has a long-lasting effect on your buying power. You want to build a good credit score so you can tap into resources to buy a car or house, or if you have another expensive need. A good credit score can open doors, but a bad one can make all transactions or loans more difficult and expensive.

The most widely accepted scoring method comes from FICO, ranging from 300 to 850. Here is the breakdown: 35 percent is based on your payment history; 30 percent is based on outstanding debt; 15 percent is based on the length of time you have had credit; 10 percent is based on new credit; and 10 percent is based on the types of credit you currently have.

For more information, visit www.advantageeducationloan.com.

From page 20

Moments In Time

by U.S. Navy Lt. Edward Beale at the head of a caravan of camels.

- On July 1, 1997, Hong Kong

reverts back to Chinese rule in a ceremony attended by numerous Chinese, British and international dignitaries. A policy based on the concept of one country, two systems was designed to preserve Hong Kong's role as a principal capitalist center in Asia.

NOW HERE'S A TIP

- Add a small bit of boiling water to a glass of iced tea to clear it up if it is cloudy. You can do this to a pitcher just before serving.

- If you're traveling with pets, you know you'll need to bring something for them to drink out of. If you have ice in a container, they can lick the ice to stay hydrated, but it doesn't slosh around or spill easily.

- "Cutting corn off the cob can be tricky business, but you only need to recruit the right equipment. The next time you're making corn for dinner, grab a Bundt pan. The corn cob gets set upright in the center, and when you cut down, the kernels fall right into the pan on all sides." — AS in Texas

- "If you have trouble holding your cat still to clip its claws, sneak up while it's asleep. You might get only a couple done before your cat catches on and wriggles away, but you'll get there."

— PL in Oklahoma
(Slow and steady wins the race, PL
Your tip works great for babies, too.
— JoAnn)

- Skunk run-in? Try this mix before you buy pricey de-stink shampoos at the pet store. Mix a quart of 3 percent peroxide, a teaspoon or two of dish soap, ¼ cup of baking soda and quart of room-temperature water. Apply to pet, and work deeply into the fur. Massage in for five minutes, and rinse thoroughly.

- Boiling potatoes? Plants love starch. Let your cooking water cool, then use it to water the plants in your garden.

STRANGE BUT TRUE

- The next time you cut your yard, you can thank Edwin Bearn Budding for inventing the lawnmower in 1830. But while most inventors take pride in their creations, Budding was so concerned about what his neighbors might think of his new contraption that he only tested his prototypes at night.

- There are more than 12,000 species of ants.

- Hall of Fame pitcher Lee Smith didn't play baseball until he was a high school junior and, even then, just tried out to win a \$10 bet. His turn to play came when his team's star pitcher was killed in a hunting accident.

- One sunflower is actually 1,000-2,000 tiny flowers held together by a base

- Have you ever dreamed of smelling like a hamburger? No? Well, you could have in 2015, thanks to Burger King Japan's release of a limited-edition

cologne called Flame Grilled... and yes, it smelled like a Whopper.

- On Jan. 1, 1907, President Theodore Roosevelt shook the hands of over 8,510 people, setting a record that lasted more than 70 years.

- Sodium citrate makes any cheese into a creamy nacho cheese sauce. Curiously, its chemical formula spells out Na3C6H5O7 (NaCHO).

- In England and Wales, it's legal to consume alcohol on private premises from the age of five.

- "Gesundheit" Ever wonder why someone "blesses you" when you sneeze? The custom was introduced by Pope Gregory the Great in 590 A.D. Since sneezing could be a sign of the plague, it was considered proper to offer a potentially ill person a blessing.

THOUGHT FOR THE DAY

"Once I had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalog: 'No good in a bed, but fine up against a wall.'"

— Eleanor Roosevelt

TRIVIA TEST

1. **History:** In what year did the Boston Tea Party take place?
2. **Movies:** Which 1990s animated movie has a character named Lumiere?
3. **Music:** Who wrote the song *Make*

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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.

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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.

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