



From left, Brian Gurl, Matt Michael and Natalie Brouwer

photo provided

Cabaret Shows This Weekend

The Players Circle Theatre will offer three cabaret shows that feature a variety of jazz musicians, vocalists, pianists and comedians.

Brian Gurl's Broadway & Beyond will kick things off on July 1, 2 and 3, involving Gurl's musical smorgasbord

of Broadway shows, past and present, including patriotic songs. The show also features Natalie Brouwer and Matt Michael performing Broadway of yesteryear and today. Tickets are \$25 for general admission and \$35 for VIP seating. Showtimes are 8 p.m. on Friday, 7 p.m. on Saturday and 2 p.m. on Sunday.

On Monday, July 4 at 7 p.m., the Danny Sinoff Trio will perform The Bobby

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Psychological Thriller Stars Lab Theater Students

The Laboratory Theater of Florida, in conjunction with The Laboratory Theater of Florida: Education, will present the Southwest Florida premiere of *Trap* by Stephen Gregg for a limited edition run on Friday and Saturday, July 15 and 16. Three performances will be held at 8 p.m. on Friday and Saturday, and 2 p.m. on Saturday.

The documentary-style thriller play is based on research into the strange happenings of Menachap, California, where every member of a middle school play in 2019 fell unconscious. Using interviews with witnesses, first responders and scientists involved in the strange case, the audience feels as if they're living through the events themselves... whether they want to or not.

Summer camp students present this psychological twister, and all proceeds support the lab's education program. Tickets are \$20 for adults and \$10 for students with valid student ID.

This show is co-directed by Madelaine



image provided

Weymouth and Steven Michael Kennedy. "This project has been a passion of mine since the idea first occurred to me: what would it look like if the campers were involved in adapting their own play? Based on interviews conducted through the Laboratory Theater, the campers tell a monologue play adapted from interviews taken with survivors of the Oak Box Incident of 2019 in Menachap, California," said Weymouth. "Even though the students embody a variety of age

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Conservancy of Southwest Florida wildlife biologists with a female Burmese python weighing 215 pounds

photo provided

Largest Python Documented

The Conservancy of Southwest Florida announced record-breaking developments in its invasive Burmese python research program with the documentation of the largest python found to date in Florida. The female python measured nearly 18 feet in length

and weighed in at 215 pounds.

A team of wildlife biologists at the Conservancy recently discovered and captured the python through its nationally recognized research program, which uses radio transmitters implanted in male "scout" snakes to understand python movements, breeding behaviors and habitat use. Scout snakes can lead biologists to breeding aggregations and

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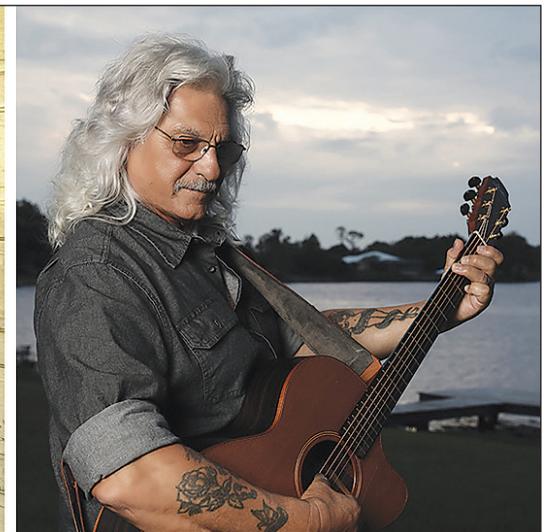
Americana Concert Series



Songwriters in the Round

As part of its Summer Concert Series, Shell Point Retirement Community is hosting four Americana concerts at the Tribby Arts Center in partnership with the Americana Community Music Association of Fort Myers. Americana is contemporary music that incorporates elements of various music styles, including country, roots-rock, folk, bluegrass, R&B and blues. Some call it the "edgier side of folk."

Concerts include Passerine on Thursday, July 7 at 7 p.m.; Songwriters in the Round: Roy Schneider, Kim Mayfield



photos provided

and Ray Cerbone with "Americana and More" on Thursday, July 14 at 7 p.m.; Little Fools: John Butler, Susan Chastain and Susie Hulcher on Thursday, July 21 at 7 p.m.; and Brian Smalley, guitarist, on Thursday, July 28 at 7 p.m.

Tickets are \$20 for each concert. Visit www.tribbyartscenter.com for tickets or call 415-5667 for more information.

The 44,000-square-foot arts center is home to musical, educational and theatrical programming at Shell Point, located two miles before the Sanibel Causeway in Fort Myers.✪

Historic Downtown Fort Myers, Then And Now:

One-Way To Two-Way

by Gerri Reaves, PhD



This circa-1930 photo of the intersection at First and Fowler is a startling reminder of how downtown traffic patterns have shifted over the decades.

The eastward view has particular resonance because of the mid-June restoration of two-way traffic on First Street just a week after two-way was restored on Second Street.

As the historic view shows, the city's recent traffic conversion is another case of "back to the future." The possibility of taking First straight to Lake Okeechobee or the east coast is nothing new.

The mileage signs indicate that, in 1932, the drive to Palm Beach was 130 miles from First and Fowler.

Of course, not all directional options can even be restored, given the demolition of the first Edison Bridge and the construction of the twin-span, one-way bridges in the 1990s.

The possibility of turning left onto the two-lane concrete Edison Bridge is gone forever, for the bridge at Fowler is south-bound traffic only.

That bridge, part of U.S. 41, aka the Tamiami Trail, had opened not long before



In mid-June, phase 1 of the city's two-way traffic conversion project for First, Second and Seaboard streets was completed. Motorists at First and Fowler can continue east on First, just as if it's 1930. The Murphy-Burroughs home still stands, but the Langford-Kingston home is located on the former Gwynne-Appleyard corner photo by Gerri Reaves



Circa-1930, an east-bound motorist at the intersection of two-way First Street and Fowler had three options, including turning left onto the new two-lane concrete Edison Bridge. On the left corner is the Murphy-Burroughs home, and on the opposite corner the Gwynne-Appleyard home's roofline is visible at the right edge of the photo

photo courtesy SWFL Historical Society

this photo was taken – in October 1930. The bridge was formally dedicated in February 1931 by inventor Thomas A. Edison during his final trip to Fort Myers.

In 1930, that bridge led to points north, as the signs indicate: 25 miles to Punta Gorda, 122 miles to Lakeland, or 126 to Tampa.

While the recent two-way conversion doesn't restore all the options drivers had 92 years ago, it does go a long way in connecting neighborhoods, calming traffic and eliminating unnecessary mileage – the "around-your-elbow-to-get-to-your-thumb" effect.

Since sections of First and Second have been one-way for so long, it's easy to forget that traffic reconfigurations are nothing new to downtown.

But at various times in the last half of the 20th century, there were several one-way traffic experiments in the main business district, with First, Second, Bay and Main among the affected streets.

One-way streets were usually ushered in on the promises that didn't pan out: increased business, less gridlock, pedestrian-friendliness, etc. What often resulted, however, were inconvenience, the isolation of neighborhoods, or the encouragement of speeding.

Walk or drive to First and Fowler to experience the return of two-way traffic.

Then visit the following two research centers to learn more about downtown's history with one-way traffic.

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

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

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

Sources: Archives of the Southwest Florida Historical Society, the *Fort Myers Press* and *The News-Press*.✧

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Support Food Kit Campaign To Help Children

Community Cooperative's annual School's Out, Hunger's Not campaign has added Hungry Kidido Kits, grab-n-go kits filled with nutritional and easy-to-access foods to bridge the gap between meals for children. The kits are distributed by Community Cooperative throughout the community at mobile food pantries and at the community market during the summer.

Because hunger does not take a summer break, thousands of Lee County children who are able to receive free meals during the school year, may face hunger in the summer. Each kit costs \$25 to create, and financial donations for the project are matched up to \$50,000 by an anonymous donor.

"Rising gas and grocery prices are increasing the needs of many in our community, many who have never needed our services before. This inflation is also impacting us as an organization financially," said Stefanie Edwards, CEO of Community Cooperative. "All of our fuel and food costs are up, and in some cases, we are paying double for the same items over last year. Rising prices, which squeeze everyone's budget, are also resulting in fewer food and financial donations, which are down by 60 percent for this time of year."

As part of the summer drive, residents are also encouraged to donate food or money to Community Cooperative, and businesses are encouraged to host food collection events.

Community food drives include:

Pop-Up Food Drive Happy Hour at LYNQ – Thursday, July 14 from 4 to 7 p.m.; includes collecting non-perishable food items and monetary donations. LYNQ is offering a free specialty cocktail to anyone who donates.

In addition, a Jif Peanut Butter recall because of potential salmonella contamination in late May resulted in the loss of 300 pounds of peanut butter donated during Community Cooperative's annual Peanut Butter & Jelly Drive in April. Add to that the seasonal loss of Meals on Wheels and



Donate food or host a food collection event photo provided

other volunteer delivery volunteers by about 55 percent, which is also impacting the ability to meet the needs of the community.

For information on how to volunteer or arrange a food drive, call 332-7687. Monetary donations are always welcomed and can be made directly at www.communitycooperative.com, or mailed to: Community Cooperative, P.O. Box 2143, Fort Myers, FL 33902.✱

Fort Myers Beach Renourishment Project Review

The Florida Department of Environmental Protection (FDEP) has designated much of Estero Island as critically eroding beach. The Town of Fort Myers Beach is in the planning and permitting stages of a renourishment project to address the erosion, which is about 5.8 miles of shoreline.

This designation means that the erosion is threatening development, infrastructure, wildlife habitats and recreational interests. Shoreline that is technically not eroding, but is between two segments that are, can also be designated as critically eroding.

Town officials are partnering with

FDEP and the Lee County Tourist Development Council (TDC) for project funding. Field work on this project is anticipated to start in late summer of 2023. Sand placement is expected to take eight months. Long-term maintenance and nourishment will also be provided.

Recently, some property owners on the south end of Estero Island requested changes to this project. Specifically, some do not want the project to include their section of the beach as critically eroding. They do not want the protective dunes that would be created. Others want their section of the beach to be declared as critically eroding because a pond has developed that they want removed.

To address the homeowner's wishes, the town requested that FDEP review these areas and provide guidance. FDEP has done so and decided not to change its original designations of Estero Island's critically eroding areas.

The town's original request to FDEP included the shoreline area between 6230 and 7150 Estero Boulevard to be designated as critically eroded. Recently, FDEP denied this request. As a result, the ponding segment along this shoreline will not be eligible for state or TDC funding. (Funding from the state and the TDC is expected to cover about 85 percent of the eligible cost of the renourishment project.) The balance of the renourishment project's scope remains unchanged after FDEP's recent review.✱

Graduates

Four students from Southwest Florida recently graduated from University of Alabama: Carly DeGennaro of Fort Myers received a bachelor of science degree; Newton Freire of North Fort Myers received a bachelor of science degree in mechanical engineering; Carly Scanlan of Fort Myers received a bachelor of arts degree in communication and information sciences; and Lexi Graber of Fort Myers received a master of science degree.✱

Student Honors

Seven students from Fort Myers were named to the dean's list with an academic record of 3.5 (or above) or the president's list with an academic record of 4.0 during the spring 2022 semester at University of Alabama. They are: Athenna Addis, Samantha Levin, Julie Peart, Aden Phoenix, Elle Schwartz, Carson Swanson and Carly Scanlan.✱

President's List

Andie Ring of North Fort Myers was named to the president's list for the spring 2022 semester at Kennesaw State University in Kennesaw, Georgia. Ring is majoring in criminal justice. To qualify, students must achieve a 4.0 grade point average and complete a minimum of nine credit hours.✱



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Fort Myers Art:

Local Theater Community Loses Talented Actress



by Tom Hall

Erin Coleman died at 8:43 p.m. on June 16 from injuries she sustained when a southbound driver on I-75 lost control of his pickup truck, crossed the median and struck her head on. She had just left

rehearsal at Fort Myers Theatre, which included a workshop by Michael Blevins, the longtime Broadway veteran who played the part of Mark Anthony in the 1985 film adaptation of *A Chorus Line*, starring Michael Douglas.

Coleman possessed a sense of history that gave her rare perspective about the roles she reprised and the shows in which she performed. More, she willingly shared that context with younger cast members, inviting them to benefit from her experience, which included eight years in New York community theater at venues like the St. Jean's Players in Manhattan and The Heights Players in Brooklyn. While she never performed on Broadway, she was Broadway adjacent, meaning that she'd watch all kinds of aspiring actors



Erin Coleman photo provided

line up for auditions while she waiting for voice lessons.

During the workshop, Blevins emphasized to the child actors that their characters in *A Chorus Line* weren't auditioning for the fun and glamor of being in a Broadway show. Living in New York was expensive, even in the '70s, and they needed to pay their rent, buy groceries and pay for their acting, dance and voice lessons.

For her part, Coleman sought to impress a different reality on her young cast mates, most of whom traveled to the theater from the comfort of their homes in their own or their parents' cars. But the theater district in Manhattan in 1975 (which was the timeframe in which *A*

Chorus Line takes place) was dicey. A "survival guide" distributed by police and firefighters at the city's airports in 1975 warned visitors to stay off the streets after 6 p.m., travel by taxi and never on foot if they had to go out at night, avoid public transportation (because subway crime was so high, the city had to close off the rear half of each train in the evening so passengers could huddle together to be better protected) and hold handbags and luggage firmly with both hands, even in restaurants and cocktail lounges.

Director/choreographer and Fort Myers Theatre co-founder Michelle Kuntze cast Coleman in the break-out role of Cassie Ferguson. She was extremely well-suited to play Cassie. Like her character, Coleman was older than the other auditioners. At 40, she was twice the age of most of the "kids" in Kuntze's cast. While none of them had anything on her when it came to singing, Coleman admitted that dance wasn't her forte and *A Chorus Line* is, in the final analysis, all about the dance.

"I feel my age a little bit," Coleman acknowledged, breaking into a laugh that reverberated through the small room in an interview she gave during a break in what turned out to be her final rehearsal. "A lot of the cast in this particular version of *A Chorus Line* are very young. Most of them are either high school or college students, and I'm an adult. I have a full-time job, a husband. So it's been interesting because I do have affinity to Cassie. I do feel, some of my reactions to watching the kids learning everything. I feel that they're in a different place than I am in life, and it's exciting to see. It's exciting to remember what it was like to be that age and get to be given these opportunities. So that's been fun. That's been definitely something that's given me some insight."

Coleman had affinity for Cassie Ferguson for yet another reason. Once upon a time, Cassie was at the top of her profession. She'd worked her way up through the chorus to principal, and then left New York for California to pursue a career in film.

"Life is hard and it didn't quite work out the way she expected, so she's back in New York and humbling herself to... to see if she can get a spot back in the chorus line with the dancers," said Coleman during the same interview. "There's a hardness to her, not too much, but there's a little bit of an edge to her because she has been through it (laughing) to get where... all the years in California and then she's back in New York and having to start over. She's been through a lot. So there is a little bit of an edge there. But thank God she has it because that's probably what's keeping her going, you know."

Coleman knew what that's like. After relocating from New York to Southwest Florida, she too found it necessary to start at the bottom again. And like Cassie, she was thrilled to land a role in the chorus. In Coleman's case, it was as one of the ancestors in *The Addams Family* musical. She embraced the role. In fact, you could read the enthusiasm and, yes, appreciation in the features of her pancake white *Society Girl* face. She would have undoubtedly transferred those

very emotions to Cassie Ferguson during *One*, had she gotten to dance the finale.

In the show, Paul San Marco goes down with an injury and has to be helped off the stage and to a nearby hospital, certainly understood that could happen to anyone at any time. And when it does, the other cast members have to pull together and support each other. Performers live by the adage, even post-pandemic, that the show must go on. In this case, in the specific instance of *A Chorus Line*, it's a certainty that Coleman would want the show to go on in her absence.

"I'm excited for this generation of kids to have their friends come see it because I think it's an important part of musical theater," Coleman insisted. And while they won't get to see Coleman reprise the role of Cassie Ferguson, Kuntze has that same grit, that same hard edge that Coleman brought to the character.

Coleman made her Southwest Florida theater debut as *Society Girl* "dancer" in *The Addams Family* musical at Fort Myers Theatre. Originally from Kansas City, Missouri, Coleman graduated with a vocal music education degree from William Jewell College and was very active in her musical theater community there and then for eight years in New York City. Favorite past roles included Rosemary in *H2S*, Nikki in *Curtains*, Carrie in *Carousel* and Vivian in *Legally Blonde*.

Erin Coleman, gone too soon.

*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.**

Cape Coral Bridge To Close For Holiday Event

The Lee County Department of Transportation reminds motorists the Cape Coral Bridge will be closed for the Red, White and Boom celebration from 3 a.m. Monday, July 4, through 3 a.m. Tuesday, July 5. Cape Coral Parkway from Del Prado Boulevard to the bridge will also be closed at that time.

Motorists are encouraged to use the Veteran's Memorial Bridge or the U.S. 41 and Business 41 bridges as alternate routes. Lee DOT this week will place message boards for motorists; they will remain in place through the holiday and the closing. Motorists should plan for an alternate route.

The Freedom 5K race happens on Independence Day. Race start is at 7 a.m. The city celebration begins at 5 p.m. at the foot of the bridge on the Cape Coral Parkway side. Fireworks will follow the celebration at about 9:30 p.m.

For race information, contact the Chamber of Commerce of Cape Coral at 549-6900 ext. 111. For more information about Red, White and Boom, call Cape Coral Parks and Recreation at 573-3128. For more information about DOT, visit www.leegov.com/dot.*

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Protect Birds On The Beach This Holiday Weekend

Independence Day is a cause for remembrance and celebration. Unfortunately, celebratory fireworks can literally frighten birds to death.

Although beachside fireworks shows are entertaining to people, the bursts of color and noise wreak havoc on coastal birds – especially for nesting species. After each fireworks explosion, birds panic and fly from their nests, scattering the chicks and exposing them to predators and heat until their parents return. For this reason, it is better to attend a municipal fireworks show versus deploying store-bought fireworks on the beach.

Debris left from the fireworks litters beaches and near-shore waters and can be easily mistaken for food by sea turtles and other marine animals. Hungry chicks nibble on plastic refuse, even ingesting some of the smallest pieces.

Audubon Florida urges Floridians and visitors to let the birds nest in peace by not deploying personal fireworks on the beach.

Over the Fourth of July weekend, Audubon Florida's bird stewards will be out in force at locations across the state where people and beach-nesting birds congregate. These ambassadors for nature help coastal visitors learn about the birds to better understand what is happening



Least tern with downy young photo by Kenton Gomez, Audubon Photography Awards

inside posted areas. To make the beaches safer for birds: Give nesting birds at least 100 feet of distance or as much as possible. Signs or people will alert you to these areas, but some birds haven't settled down to start nesting yet and may look like they are resting. Avoid walking through flocks of birds on the upper beach;

If pets are permitted on beaches, keep them leashed and well away from birds;

Remove trash and food scraps, which attract predators that will also eat birds' eggs and/or chicks;

Do not drive on beach dunes or other

nesting areas; and Attend a municipal fireworks show instead of deploying personal fireworks.

In addition to natural threats such as hurricanes and predators, beach-nesting birds face a suite of other challenges, many of which are human-induced. This includes vehicular traffic, kites, off-leash dogs, getting stepped on and fireworks displays on crowded beaches. These disturbances can cause adult birds to abandon their nests or chicks, which can ultimately lead to chicks starving, getting eaten by a predator, or overheating in the sun. This Fourth of July weekend,

many birds are re-nesting and will have their final opportunity to successfully raise young this season.

Please be alert: if a bird dive-bombs you, you have gotten too close.

Audubon Florida protects birds and the places they need, today and tomorrow. Audubon works throughout the Americas using science, advocacy, education and on-the-ground conservation. State programs, nature centers, chapters and partners give Audubon the ability to reach millions of people each year to unite diverse communities in conservation action. A nonprofit since 1905, Audubon believes in a world in which people and wildlife thrive.*

Dean's Honor Roll

Sydney Lincoln of Fort Myers Beach has been named to the dean's honor roll for the spring 2022 semester at Lawrence Technological University in Southfield, Michigan.

Lincoln is majoring in biomedical engineering. To be named to the honor roll, a student must maintain at least a 3.5 grade point average for the term.*

Graduate

Katharine Johnston of Fort Myers graduated from Georgia State University during the spring 2022 semester. Johnston received a graduate certificate in instructional design and technology.*

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OBITUARY

MYRA JANCO DANIELS

Myra Janco Daniels, 96, the arts visionary and advertising pioneer who helped transform Southwest Florida into a nationally recognized cultural destination, died early Wednesday morning at home, three days before her 97th birthday.



Daniels was founder and longtime CEO of the Philharmonic Center for the Arts (now Artis-Naples), which since 1989 has brought world-class music, theater, dance, opera and art to Naples. In 2000, she founded the Naples Museum of Art (now the Baker Museum) on that same campus.

After a storied career as an advertising executive in Chicago, Daniels came out of retirement in the early 1980s to spearhead a fundraising drive for a small classical music ensemble on Marco Island, which would later become the Naples Philharmonic orchestra. She discovered “a great hunger for the arts,” she later wrote, and soon expanded her fundraising goal to building a permanent home for the orchestra and an arts center for Southwest Florida. Daniels’

vision for the Philharmonic Center was ambitious and unusual – combining world-class performing and visual arts in a single venue. The community strongly supported the concept, and the Phil, as it became known, gave Naples a national arts profile. Then-First Lady Barbara Bush was in attendance on opening night in November 1989. *The Wall Street Journal* covered the opening.

“Myra Daniels is a dreamer. But unlike most dreamers, Myra is a doer,” the late Muriel Seibert, the first woman to own a seat on the New York Stock Exchange, once said of Daniels.

While the arts were a lifelong passion for Daniels, her first career was as a groundbreaking advertising executive in Chicago, where she won national Advertising Woman of the Year honors and was among the first women to head a national ad firm. Daniels said that she used some of the same principles learned in her advertising career to sell Southwest Florida on the arts. “You have to believe in what you’re doing and then you have to get people involved to the point that they feel it’s theirs. That’s what we did.”

Born Myra Janco in Gary, Indiana, Daniels was raised during the Great Depression by parents who encouraged her interest in the arts. But her greatest influence growing up was her grandmother Sophie, who, like Daniels, stood only five feet tall but dreamed big. “Sophie showed me what was possible,” Daniels wrote. “Create something

that people want and need and you’ll be successful, she said. I always remembered that.” Her grandmother, who ran her own real estate business, experienced some failures “but she always dusted herself off and went back out there swinging. She wanted me to be that way too.”

Daniels earned her bachelor’s and master’s degrees from Indiana State and later became an associate professor of marketing at Indiana University, the first woman to hold that position.

A memorial celebration of Myra Janco Daniels’ life will be held at a later date to be announced.✪

Independence Day On Fort Myers Beach

The Town of Fort Myers Beach is planning two events to celebrate America’s Independence Day on Monday, July 4.

The first event will be a parade that starts at 10 a.m. from Bay Oaks Recreational Campus. The address for Bay Oaks is 2731 Oak Street.

The route is from Bay Oaks to Bay Road then on Estero Boulevard through the downtown district and back. The roads and the Matanzas Pass Bridge will be closed from about 9:30 to 11:30 a.m. Public parking at Bay Oaks and the

library is not permitted from 7:30 a.m. until noon due to the streets being used for parade staging.

The second event will be a fireworks display scheduled to start at 9 p.m. The show is planned to last for 20 minutes with the fireworks launching from the pier at Times Square. The Matanzas Pass Bridge will be closed to oncoming traffic from 9 to 11:30 p.m.

As a reminder, personal displays of fireworks are not permitted anywhere in the Town, including the beach. Big Carlos Pass Bridge on the south end of Estero Island will remain open.

Traffic and the demand for parking is expected to be heavy for both events, especially in the downtown/Times Square/pier areas. The town has several hundred public parking spaces, and there are some paid commercial parking lots. Parking in the right of way or on private property (unless it is a designated parking area) is not permitted.

For parking, park in town spaces with the Passport parking app or by visiting www.ppprk.com. You can also park at the free Lee County Park and Ride lot on Pine Ridge Road and ride the trolley to Times Square. Visit www.fortmyersbeach.org/trolleyinfo for details.

You can watch the display from one of the 29 beach accesses along Estero Boulevard toward the south end of the island, many of which have parking. Visit www.fortmyersbeachfl.gov/102/ beaches for more information.✪

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.allfaithsuo.org, 2756 McGregor Boulevard, 226-0900.

ALL SAINTS BYZANTINE RITE CATHOLIC

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

ANNUNCIATION GREEK ORTHODOX

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

BETH YESHUA MESSIANIC SYNAGOGUE

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

BIBLESHARE

10 a.m. Sunday and 7 p.m. Tuesday, www.simplysimpleworship.com, 7050 Winkler Road, Suite 121, 437-8835.

CHABAD LUBAVITCH ORTHODOX

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

CHAPEL OF CYPRESS COVE

Sunday 10 a.m., www.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.

FIRST CHURCH OF CHRIST, SCIENTIST

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

FIRST CHURCH OF THE NAZARENE

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

FORT MYERS CHRISTIAN CHURCH

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

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

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

FIRST PRESBYTERIAN CHURCH OF FORT MYERS

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

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

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

481-1143.

LAMB OF GOD

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

NEW HOPE PRESBYTERIAN

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

PEACE COMMUNITY

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

PEACE LUTHERAN

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

REDEEMER LUTHERAN

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

RIVER OF LIFE ASSEMBLY OF GOD

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

SAMUDRABADRA BUDDHIST CENTER

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

SAINT COLUMBKILLE CATHOLIC

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

ST. FRANCIS XAVIER CATHOLIC

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

SAINT JOHN THE APOSTLE METROPOLITAN

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

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY

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

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

ST. VINCENT DE PAUL CATHOLIC

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

SOUTHWEST BAPTIST

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

TEMPLE BETH EL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)

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

THE FAITH CENTER

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

THOMAS A. EDISON CONGREGATIONAL

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

UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

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

WESTMINSTER PRESBYTERIAN CHURCH

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

WORD OF LIFE

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

ZION LUTHERAN

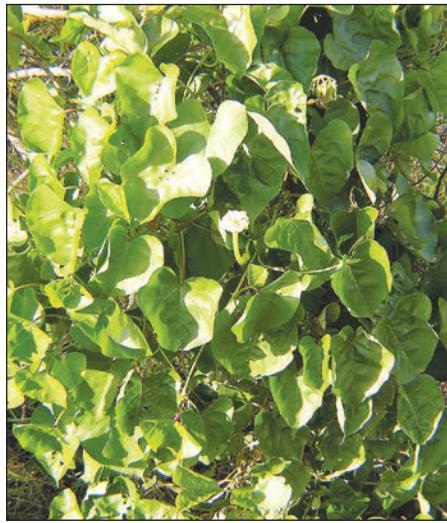
Saturday 5 p.m.; Sunday 8, 9:30 and 11 a.m., www.zionfm.org, 7401 Winkler Road, 481-4040.

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



The large fragrant flowers bloom at night and attract sphinx moths

photos by Gerri Reaves



Tropical white morning-glory is a vigorous native twining vine

overtake other plants and even form mats. This fast-grower is best used in controlled setting, such as on a trellis.

Give it full sun to partial shade.

It has no tolerance for salt water, spray, or wind.

Propagate it with seeds or cuttings. The inconspicuous capsule contains four seeds.

The plant is used as a poison as well as a medicine, and is also a food source in some regions.

The young leaves are edible if cooked. The toxic seeds were used in Mexican religious ceremonies.

Sources: *National Audubon Society Field Guide to Florida* by Peter Alden et al.; *Everglades Wildflowers* by Roger L. Hammer; www.fnps.org; <https://powo.science.kew.org>; and www.regionalconservation.org.

Plant Smart explores the diverse flora of South Florida. ✨

Graduate

Kendra Geddeis from Fort Myers recently graduated with a bachelor of science in nursing from Bradley University in Peoria, Illinois. ✨

Dedication Of Preserve To Late Commissioner

Lee County Commissioners have voted to rename an east Lee County Conservation 20/20 preserve the Frank Mann Preserve after the Lee County District 5 commissioner passed away at his home in Alva on June 21.



Frank Mann

Commissioner Mann was a lifelong resident of Lee County who began his career in public service in 1974 in the Florida House of Representatives, where he served eight years before moving on to the Florida Senate for four years.

Mann served as Lee County's District 5 commissioner for more than 15 years. Services for Commissioner Mann are planned at Covenant Presbyterian Church, 2439 McGregor Boulevard in Fort Myers, on Saturday, July 2 at 11 a.m.

"Commissioner Mann was a tireless advocate for the people of east Lee County and for recreational opportunities, amenities and open spaces in District 5," said Chairman Cecil Pendergrass, who made the motion to approve the name change. "Frank was instrumental in both

the creation of the preserve and the opening earlier this year of part of the site for fishing and kayaking."

Commissioners approved the purchase of the nearly 625-acre preserve in April 2019 through the Conservation 20/20 program.

The Board of Lee County Commissioners and Lehigh Acres Municipal Services Improvement District (LA-MSID) entered into a memorandum of understanding to partner on the management of the land. It was formerly known as Greenbriar Swamp (GS) or "Section 10," and mining activities occurred there.

LA-MSID is removing exotic plants and reconfiguring the existing mine lake into a filter marsh for stormwater treatment and a storage reservoir for flood control. The majority of the property is closed to the public while this process is underway.

However, a portion of GS-10 Preserve opened in February for fishing, kayaking, paddling and wildlife observation. The preserve features a paddlecraft launch into a lake, offering a safe and easy location for beginner kayakers and paddlers. Anglers can fish from the lake's shore for bass and crappie. Bird-watchers can observe Florida scrub jays, great blue herons, woodstorks, ospreys and hawks. Park hours are dawn until dusk. Future plans include hiking trails, pavilions and picnic tables.

To learn more about the Frank Mann Preserve and other Conservation 20/20 preserves, visit www.leeparks.org or email leeparks@leegov.com. ✨

Plant Smart

Tropical White Morning-Glory

by Gerri Reaves

Tropical white morning-glory (*Ipomoea alba*) is native not only to Florida but to tropical and subtropical America.

This long-lived twining vine is also called moonflower and moon morning glory because the heavily fragranced flowers open after sunset, attract sphinx moths and close after dawn.

In the wild, this member of the – what else? – morning glory family is found at hammock edges, in mangrove swamps, thickets and disturbed sites.

White five-lobed funnel-shaped flowers can be more than five inches across and bloom throughout the year. They appear singly or in small clusters.

Yellow-green stripes radiate from the yellow center and form a star. The stripes are called nectar guides because they draw pollinators to the flower's throat.

Alternate heart-shaped leaves appear on smooth stems with short prickles. Stems can grow to 20 feet or more long.

This vigorous high-climbing vine can

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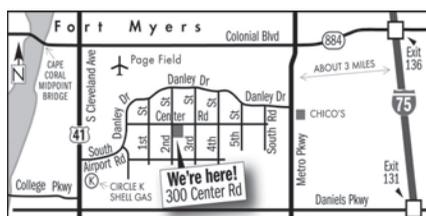


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Summer Snookin'



by Capt. Matt Mitchell

Summer always means some of the best catch and release snook fishing of the year. Although these fish are all through our area, the most consistent fishing will be found

close to the passes and around out on the beaches.

During strong tides, fishing in and around the passes can be some of the most wide open snook fishing of the year. Every pass has its own rips and eddies where these fish will stack up by the hundreds. Deeper passes like Captiva and Redfish can be drifted very effectively while, at times, anchoring on a specific rip or downed tree can be the better way to go.

Shiners, pinfish and grunts will all catch these fish while the most effective technique will be dependent on if you choose to fish deeper or shallow areas. For drift fishing, a small sinker or split shot on or above the leader will keep the bait close to and bouncing on the bottom. While pitching to downed structure and snags, free line is the way to go as bait will move more naturally.

Out along our beaches, snook fishing is a little different with these fish gravitating to any kind of structure. Even just a few downed tree limbs or areas of flat rock will



Brad from Maryland with a pass snook caught while fishing with Capt. Matt Mitchell this week

photo provided

hold lots of snook. Although our beaches don't offer very much structure anymore, it's worth searching it out. Jetties on the inside or outside of the passes make great ambush points too.

One of my favorite ways to fish summer snook is to sight-fish them on the beaches. With our water being so clear, it's often possible during light wind periods and high sun to slowly use a trolling motor right down the beach and sight-cast either jigs or live baits to these fish. The beaches of Cayo Costa are amazing for this. Anglers without a boat can walk the beaches and still enjoy this amazing sight-fishing opportunity. Look for these fish right up close to the sand as they

slowly cruise.

We are so fortunate to live in a place that offers anglers some of the best snook fishing anywhere on the planet. The rebound we have seen in this fishery since the red tide closure in 2017 has to be witnessed to be believed. This amazing resource should be guarded by all. Anglers need to keep doing everything possible to safely release these fish unharmed. This world-class snook fishing has been taken for granted for so many years, and mismanaged water almost wiped it out. It's great that things are improving and slowly getting back on the right track. We can thank the many grass roots movements that have exposed much of a crooked

government scheme that controlled Florida's water for so many years.

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.*

Dean's List

Liam McKinney of Fort Myers has been named to the dean's list for the spring 2022 semester at Wisconsin Lutheran College in Milwaukee, Wisconsin. The college senior is a graduate of Southwest Florida Christian Academy.

To be eligible for the honor, a student must carry a semester grade-point average of 3.6 or higher.

Elizabeth Janito of Cape Coral has been named to the dean's list for the spring 2021-22 semester at Marquette University in Milwaukee, Wisconsin. Janito is pursuing a doctorate in occupational therapy.

Emma Heise of Fort Myers was named to the dean's list for the spring 2021-22 semester at Miami University. Heise is pursuing a bachelor of arts degree in psychology, entrepreneurship.*

From page 1

Thriller

ranges, from the chief of police to the students inside the Menachap school, the disbelief of the audience is quickly suspended as they'll be sucked in, trying to figure out what exactly happened in the Oak Box Theater that night in 2019. We've only got one question: Can we tell you a secret?"

Paula Sisk, the lab's director of education, said, "As a professional teaching theater, I love that the education team continues to find fresh and creative plays, like *Trap*, for our campers. I am excited to watch our students master the complexities of this particular thriller."

Lab Theater Education is supported by the Lee County School District, Art Zupko, Naomi Bloom, The Golf & Casual Shop and theatergoers throughout Southwest Florida.

Lab Theater is located at 1634 Woodford Avenue in Fort Myers. For tickets, call the box office at 218-0481 or visit www.laboratorytheaterflorida.com.*

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Swallow-Tailed Kite

by Bob Petcher



The swallow-tailed kite (*Elanoides forficatus*) is a slender, unassuming raptor with a bright white head and shiny black wings. Those wings are distinctive due to their length – as they are longer than the kite’s slim body – as well as narrow and pointed. Another distinguishable feature is its tail, which is long and deeply forked.

Due to the length of its wings and tail, the swallow-tailed kite is a great glider in the air, needing few wingbeats to get to its destination. It is known for its aerial acrobatics including tight turns, backward diving and rolling while hunting for prey.

At CROW, a nestling swallow-tailed kite was admitted from Fort Myers after being found on the ground and unable to fly. The bird may have been too young for a flight attempt or was too ill to maintain balance in its nest.

“Based on feather development, this swallow-tailed kite was not quite ready to fly. It may have attempted to fledge too soon, a sibling may have pushed it out, it may have been sick and fallen, or a big gust of wind may have done the trick,” surmised CROW Rehabilitation Manager Breanna Frankel.

Upon admission, hospital staff found the kite was thin and severely dehydrated with some small scrapes on the feet. Radiographs revealed no fractures, and the kite was given supportive medications and placed under rehabilitative care.

“This young kite actually started tong-feeding right after admit and quickly started eating on its own,” said



Patient #22-3131 needs to finish its medications and learn to fly before being released photo by Breanna Frankel

Frankel. “Naturally, they hunt on the wing and eat a lot of insects, small birds and some small vertebrates. We mimic that by offering crickets, various types of rodents

and poultry.”

The nestling was reportedly doing well overall, but there was some concern on its blood work.

“Due to some abnormalities on diagnostics, this patient is currently receiving antibiotics and we will monitor for improvement,” said Frankel. “It also received a few-day course of anti-inflammatories since a fall from any height can lead to pain or bruising for young animals. We also administer subcutaneous fluids for hydration as needed.”

CROW staff has seen an influx of medical cases related to nestlings or fledglings falling from nests. “Based on a cursory search of our diagnosis code ‘fell from nest,’ we have seen 560 fell-from-nest babies so far this year,” Frankel confirmed.

Sometimes, animals are taken from their nest site too early without the finder conducting a detailed search for a parental figure. But, Frankel stated this particular youngster needed medical attention.

“This swallow-tailed kite needed to come to the clinic, which is evident by the need for antibiotics,” Frankel said. “However, it is always good to call us before taking matters into your own hands so we can assess the situation and determine the best course of action.”

Once the patient is off its medications, it will need time to grow before release.

“We plan to wait until the kite is fully ‘flighted’ before releasing it back near the nesting site. There will be flight training involved as we will not be putting it directly back in the nest,” said Frankel. “We are continuing to monitor for improvements in diagnostics as this nestling is not quite out of the woods yet.”

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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Gucci silk with synthetic trim, Florence, Italy 2020 photo by lmaxtree/launchmetrics

Pearly Kings, circa 1965 photo by Getty Images

Christian Dior's Venus, a shell pink chiffon ballgown, designed in the 1940s photo courtesy Kent State University Museum

Exhibit Spotlights Fashion Inspired By The Sea

Bailey-Matthews National Shell Museum will open a new exhibition titled *Adorned by the Sea: Shells in Fashion* on Saturday, June 25.

Throughout time and around the world, shells have been used to elevate and adorn many things. From ancient cultures to contemporary runway couture, using shells as decorative motifs, carving them into ornamental shapes, and even attaching them in their natural form, has transformed ordinary textiles into extraordinary garments. Shells have been used to represent value, nature and faith.

This new exhibit examines the diverse uses of seashells and mollusks to enhance

appearance and dress. From the most expensive purple dyes made from snails to the most conceptual catwalk fantasies made of razor clams and mussels, with works spanning centuries and including a wide variety of designers from unnamed indigenous artists to Christian Dior, Alexander McQueen and Gucci, the exhibit provides an overview of how individuals have amplified their image by borrowing from the wonders of marine life.

"From domestic utility to commerce to art, people have purposed and admired shells for thousands of years," said Sam Ankerson, executive director of the shell museum. "This eye-opening visual voyage demonstrates their presence and influence in fashion from ancient Egypt to contemporary Paris."

Adorned by the Sea will be on view through November 28 in the second-floor exhibition galleries of the museum

during regular hours with paid admission. Also on view is the exhibition *Mollusk Hospital: A Shell Folk Art Journey in 20 Rooms*.

Adorned by the Sea is made possible by a grant from the Cornelia T. Bailey Foundation and a gift from Mark and Kathy Helge.

Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. It is open from 10 a.m. to 5 p.m. daily. For more information or tickets, call 395-0900 or visit www.shellmuseum.org.

Deadline For Nonprofit Grants

The deadline for nonprofit organizations to apply for Lee County Injury Prevention Coalition public service grants – valued up to \$15,000 – has been extended until Monday, July 25. The grants are being offered through the auspices of Lee County Emergency Management.

The grants, which must be sustainable beyond the grant year, are for a new

or expansion project that is directed at a clearly defined audience and a documented injury or safety issue.

Applications are available through the Injury Prevention Coalition at ipcleecounty@mail.com.

For more information about the Injury Prevention Coalition or the grant application, contact Brian Raimondo at ipcleecounty@gmail.com or call 330-2240.

Spirit Of '45 Day In Lee County

The Lee County National Spirit of '45 Day will be held on Sunday, August 14 from 4:15 to 7:15 p.m. at Sanibel Harbour Marriot Resort.

Dinner will be served from 4:15 to 5:45 p.m.

The World War II veterans tribute and ceremony will be held from 5:45 to 7:15 p.m. The agenda for ceremony (subject to change) will be:

Opening speech and introduction; Marching of Color Guard, Pledge of Allegiance and singing of the National Anthem;

Opening prayer; POW/MIA service (Missing Man Table);

Placing of wreath and wreath ceremony;

Speech on Spirit of '45; Guest speakers (several World War II veterans);

Guns N' Hoses Pipes N' Drums performs;

Flag folding ceremony;

Amazing Grace performed by bagpiper;

Honor Guard performs 3-volley salute;

Taps played across the nation. *Echo Taps* will be played.

Closing speech.

There is no charge for World War II veterans and spouses of the World War II generation. Cost for all others is \$45 per person. Reservations must be made by August 5 and paid for by August 10 (non-refundable).

To make a reservation, contact Eryka at 917-607-4385.

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Nonprofit Breaks Ground On New Forever Home

Valerie's House recently broke ground on its forever home on land donated by the City of Fort Myers under a land lease with a contract of \$1 a year for 99 years.

The groundbreaking ceremony was attended by more than 100 supporters, donors, city officials and families that have received help at the nonprofit that helps children grieve the loss of a loved one.

A total of \$2.5 million has been raised toward the \$3 million cost of the new home to be built at 3551 Shoemaker Lane in Fort Myers. Several room sponsorship opportunities for the community are available.

"This home will always be a place for grieving families to call their own," said CEO Angela Melvin. "Regardless of what happens in the future, having this home means no child will ever have to grieve alone in our community."

The home will be a cozy, warm, old Florida style structure, with special rooms like a volcano room, which allows children to work out any anger or other emotions they have because of their loss. The 7,000-square-foot facility will allow Valerie's House to help more children and provide wrap-around services, such as individual grief counseling to support families who desperately need it.

Lennar Homes is acting as the project manager for the construction of the home, which is expected to be completed by mid-2023.

Valerie's House has helped more than 2,000 children and their families since



From left, Mike McMurray, Angela Melvin and Mayor Kevin Anderson photo provided

its founding in 2016 by Angela Melvin, whose own mother was killed in a car accident in 1987. One in seven children in Florida is predicted to lose a parent or sibling before the age of 25, according to the 2022 Childhood Bereavement Estimation Model.

Valerie's House currently offers peer support groups and other activities at locations in Fort Myers, Naples, Punta Gorda and Port Charlotte. Valerie's House is a United Way partner agency and is fully supported by community donations.

For more information about Valerie's House or to make a donation to the Forever Home Campaign, visit www.valereshouseswfl.org/capital-campaign, call 478-6734, or email angela@valereshouseswfl.org.

Lee County Independence Day Schedules

Most Lee County administrative operations will be closed Monday, July 4, in observance of Independence Day.

The county's holiday schedule adjustments are as follows:

Solid Waste – All garbage, recycling and yard waste collections in unincorporated Lee County, the City of Bonita Springs, the Village of Estero and the Town of Fort Myers Beach will take place one day after the regularly scheduled collection day for the entire week of July 4. This means that if your regular collection day is Monday, the collection truck will pick up that material on Tuesday. Tuesday's regularly scheduled pickups will occur on Wednesday and so on for the rest of the week through Saturday, July 9. Regular collection schedules resume on Monday, July 11.

Lee County Solid Waste facilities and offices are closed on Monday, July 4, in observance of the holiday. This includes operations at the Household Chemical Waste Collection Facility, 6441 Topaz

Court, the Resource Recovery Facility on Buckingham Road and the Lee/Hendry Regional Solid Waste Disposal Facility. The Household Chemical Waste Collection Facility will be closed Saturday, July 2, but open 8 a.m. to noon on Saturday, July 9.

Solid Waste urges all residents to recycle plastic, metal and glass containers from Fourth of July weekend activities.

Lee County Utilities – The offices of Lee County Utilities, the call center and drive-thru window will be closed on Monday, July 4, in observance of Independence Day. A drop-box is onsite at the front door and another accessible via the drive-thru for payments by check.

Libraries – All library locations will be closed on Monday, July 4. Each branch will resume regular operating hours on Tuesday, July 5. The online library is available at www.leelibrary.net/online.

Domestic Animal Services – LCDAS, 5600 Banner Drive in Fort Myers, will be open for regularly scheduled hours on Saturday, July 2. That means 8 a.m. to 4 p.m. for the Lost & Found Pet Center and 10:30 a.m. to 3:30 p.m. for the Pet Adoption Center. LCDAS will be closed for the holiday on Monday, July 4, and will resume regular business hours Tuesday, July 5.

LeeTran – LeeTran will not run regular

bus, trolley or paratransit service on the holiday, Monday, July 4. However, holiday service to and on Fort Myers Beach will run 3 p.m. to midnight, pausing during the fireworks. Holiday service in the Fort Myers River District will run 5:30 to 11:15 p.m.

All regular bus, trolley and paratransit services resume Tuesday, July 5. Route schedules and maps are at www.rideleetrans.com.

Parks & Recreation – Lee County's parks, splash pads, pools and preserves remain open on Independence Day. Offices and recreation centers are closed on the holiday and will reopen Tuesday, July 5.

The county asks park patrons to remember no alcohol is permitted in county parks, and fireworks are prohibited.

For people who plan to visit the Causeway Island Park, staff reminds them to stay safe and be courteous. Lee County Sheriff's Office deputies will be enforcing the county's noise ordinance; keep music volumes reasonable. No motorized vessels, such as personal watercraft, can be launched from causeway beaches; boat ramps are available on both sides of the causeway. Park hours are dawn until dusk, and deputies and rangers will be enforcing hours for safety. Increased staffing is planned to help with park-rule enforcement in the interest of safety for all park patrons.

Visit www.leeparks.org for more information.✪

County Begins Water Treatment

Lee County Utilities will be temporarily converting its disinfectant process from chloramines to free chlorine residual from July 1 through July 21.

This is a routine measure that is common for water utilities using chloramines as its primary disinfectant.

Anyone who uses a kidney dialysis machine at home should contact an equipment supplier so the proper filtering equipment may be installed.

Tropical fish or aquatic animal owners should contact a local tropical fish store for appropriate pretreatment of water before adding water to tanks.

Customers may notice a temporary change in the taste, odor and color of the water, which is not harmful. This is a routine measure to ensure customers of clean, safe potable water.

Customers with questions can call 533-8845 during normal business hours, 8 a.m. to 4:30 p.m. Monday through Friday.

For a video about the disinfectant process, visit <https://youtu.be/POCeg36m92c>

Lee County Utilities is one of about a dozen public and private utility organizations that serve residents and businesses in Lee County. For service area locations, visit www.leegov.com/utilities/new-development/service-franchise-area-maps.

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Book Review

Ocean Prey

by Di Saggau



Ocean Prey by John Sanford marks the first time in quite a while that both Lucas Davenport and Virgil Flowers, main characters of his novels, interact with the

same amount of labor. Suspicious behavior is noticed by an off-duty Coast Guardsman fishing in the Atlantic just off south Florida, who calls it in. An expensive boat with extra horsepower is zipping along and then suddenly slows down to pick up a surfaced diver. The diver is alone without a boat in the middle of the ocean. Obviously there's something going on. The book gets off to a fast start with the murders of three Coast Guard officers who were chasing a suspicious boat in Florida waters. The DEA, the FBI and, eventually, the U.S. Marshals are on the hunt.

The action is mostly set in the south Florida area where the drug industry thrives due to the state's proximity to Caribbean and South American drug exports. Lucas and his pal Bob Matees are on a task force that Florida Senator Christopher Colles convened. The goal is to find the drugs the fugitives

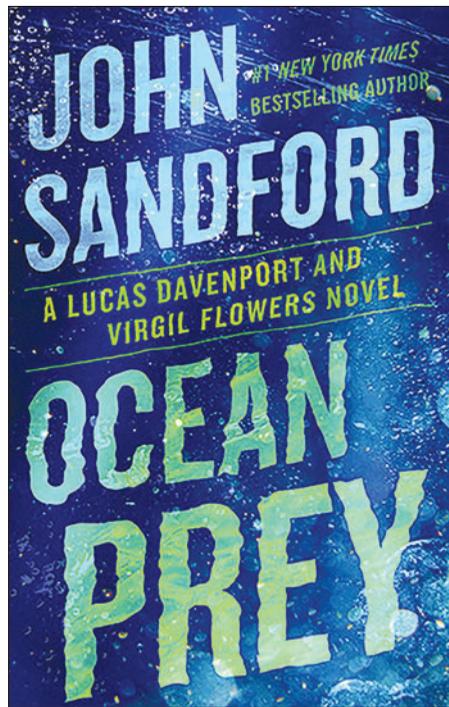


image provided

somehow dumped into the Atlantic before they shoot their pursuers. Eventually, the task force widens its net to make room for Virgil, who hires himself out to the criminals as a diver to retrieve the drugs. There is a large cast of characters, and when Lucas sees that his close friends are in serious danger, it's full steam ahead.

Ocean Prey examines the similarities and differences between Lucas and

Virgil. The latter is more interested in apprehending the criminals while the former is inclined to use deadly force in cases where the crime and the criminal are especially heinous. He also plans to save the judicial system the expense of

a trial. Sanford takes us into the federal interagency jurisdictional disputes and compares ways in which they do their jobs, wrapping it all into a tale that concludes with a series of chain reactions, and a satisfying conclusion.✪

School Smart

by Shelley M. Greggs, NCSP



Dear Shelley, My

son is going off to college in the fall, and I am worried about him managing his ADHD medication.

He's of course, very forgetful. How can I help him?

Diana W, Fort Myers

Diana,

College is a time for kids to try out living on their own and, as parents, we want them to enjoy their new freedom sensibly. For some kids, it will be a struggle; there is so much to learn about taking care of yourself, not to speak of college-level schoolwork. And for kids who are taking medication, part of being independent means being responsible for managing their meds.

The first weeks of college are full of change and excitement. It is not the time to start figuring out how to manage medications. Instead, allow your child to build his skills well in advance, so that by the time he's on campus, he is used to the routine of taking his medication.

Dr. Baker, a child and adolescent psychiatrist, recommends that beginning junior year kids start learning to manage their own medication. "When kids are comfortable and familiar with managing their own meds, including calling the pharmacy or their therapist to ask for a refill, they're much more skillful and likely to maintain good practices when they get to college."

Dr. Baker recommends the following steps to foster independence by putting kids in charge of making sure they take their meds every day, but with safeguards in place:

"To start with, I ask families to get one of those days-of-the-week pill minders," said Dr. Baker. "Then I have the kid dispense their own medication for the week. That way parents can check to be sure the meds have been taken."

Smartphone alarms are great for meds that need to be taken at a certain time of day. Use a unique tone for the reminder so it can't be overlooked or mistaken for a call or text.

Make them hard to miss. "Try putting the pills right by your toothbrush," suggested Dr. Baker. "Or by anything you know you'll use every day." The harder they are to miss, the easier they are to remember.

College is a time for socializing and experimentation, which may mean

parties and other gatherings where drinking is the norm. So, part of this process of preparing your child to be independent is to have conversations about the dangers of their medication if it's mixed with alcohol and drugs. For kids who take medication that reacts badly with alcohol, this can be a serious issue. Conversations about making responsible choices are vital, and kids need to know if their medication will make alcohol affect them more than it does other kids. Discuss the dangers of mixing medication and alcohol, but don't be sensational. "Be realistic," said Dr. Baker. "Be transparent and above board. Fear tactics don't work." Be frank and specific about the potential for harm, not just saying don't do drugs or alcohol. Having details and clear reasons to fall back on can help kids make good decisions when potentially dangerous situations arise.

You must also talk to your son about the consequences of sharing his medications, which is a huge problem on most campuses now. Here are some of the major consequences he could face if he were to share his meds:

Taking other people's meds can be dangerous. Medications have different effects on different people. That's why you need to go through a trained professional for a prescription. If someone is taking conflicting meds or has a bad reaction, they could be hurt or even killed.

If you are caught sharing or selling meds, you could be kicked out of school or face legal action.

You just don't have enough! "There is a good reason that refills are timed," said Dr. Baker. "You have enough pills to last you. It helps to discourage sharing and can be a motivator to be cautious about losing or misplacing meds."

According to Dr. Baker, one of the most important factors in kids feeling competent and independent at college is the way their parents handle the transition. It's natural as a parent to feel worried when your child goes off to school, especially when a kid has struggled with health or learning problems, but parents must learn to manage their own worries about kids leaving the nest and have faith in their child's abilities to succeed.

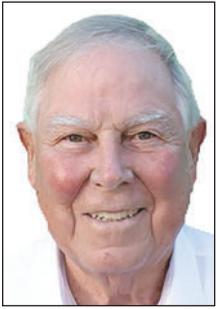
Shelley Greggs is former faculty at Florida SouthWestern State College, where she taught psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. To contact her, email smgreggs@gmail.com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

EPIC FIRES OF FORT MYERS

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

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ROBIN C. TUTHILL, EDITORAvailable at
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Gerry Wolken



Michael Lancellot



Bryan Simmering



John Dwyer

Foundation Names Board Of Directors

The Bobby Nichols – Fiddlesticks Charity Foundation has announced its 2022-23 board of directors, led by Board President Mike Lancellot, Executive Vice President Gerry Wolken and Vice President Bryan Simmering. The board consists of Fiddlesticks members, known as Pipers, who volunteer to organize and run the annual Nichols Cup Pro-Am Golf & Tennis Tournaments.

Elected for a three-year term, John Dwyer will serve as the foundation's newest member on the board of directors. Lancellot, Wolken, Simmering and Craig Nichols were also re-elected for consecutive terms of three years each. Other members of the board include Matt Bevins, Tony Ciampaglio, Loli DiSanto, George Gulisano, Elliot Katzman, Austin Lydon, Holly McKenna, Kayla Peck, Barb Skillman, Russ Smith and Carol Welch. Bobby Nichols has assumed the role of honorary chairman emeritus of the board.

Dwyer is the president and CEO of Interop Technologies, a global company

that develops and manages next-generation technologies and services for mobile communications. An accomplished executive with more than 30 years of leadership experience, Dwyer also serves on the board of directors for the Competitive Carriers Association for North America and previously served as one of the youngest presidents of Fiddlesticks Country Club from 2005 to 2007.

The board organizes and oversees the annual celebrity pro-am invitational golf tournament and charity tennis tournament at Fiddlestick's Country Club, which raised a record \$1.7 million in net revenue this year to assist abused and at-risk children in Southwest Florida. Funds are raised through tournament events, sponsorships, raffles and live and silent auctions.

For more information, visit www.nicholscup.org or email sponsor@nicholscup.org.



Craig Nichols

Center Collecting School Supplies For Children

Nearly one in three families are unable to afford school supplies each year, and with inflation that number is on the rise. The Children's Advocacy Center of Southwest Florida (CAC) is teaming up with the Cape Coral Police Department (CCPD) and others throughout the community to collect backpacks and school supplies to help children facing financial hardship as they head back to school.

In June, Blessings in a Backpack of Southwest Florida and the CCPD kicked off the annual Community Backpack Drive with a generous donation of backpacks, school items and shelf-stable food. Brown & Brown Insurance also stepped up to sponsor this year's backpack drive to help CAC exceed its goal of helping 200 children.

"Education is so important, and Brown & Brown is excited to participate as a sponsor for this year's backpack drive," said Jake Sherwin, employee benefits advisor. "The Children's Advocacy Center has certainly defined itself as one of the most impactful nonprofit organizations in

Southwest Florida, and we look forward to working with them to provide local students with the tools they need to be successful in the upcoming school year as well as watch the continued growth, impact and value that this organization brings to our local communities."

Donations of new school supplies may be made between 8 a.m. and 5 p.m. before July 20 at the Children's Advocacy Center, 3830 Evans Avenue in Fort Myers, and Cape Coral Police Department, 1100 Cultural Park Boulevard in Cape Coral.

Since 1981, the CAC's mission has been to provide a coordinated response to victims of child abuse and neglect to improve the lives of at-risk children and their families through prevention services. The CAC provides abuse determination services, therapeutic counseling, pet therapy, advocacy and parenting education. Julie Boudreaux, CEO of CAC, encourages the community to help where they can.

"It can cost parents around \$600 to send one child back to school with new supplies. We are hoping to collect about 200 backpacks during the drive to help students go back to school prepared," said Boudreaux. "Backpacks and school supplies are given to children in need throughout the year by the center, filled

with clothes and any items we can provide for our clients and their families."

For more information on the Children's Advocacy Center and how you can help to support the Community Backpack Drive or other initiatives that help children and families, call 939-2808 or consider making a tax-deductible donation at www.cac-swfl.org.

Lee Clerk Earns Certificates Of Excellence

Lee County Clerk Kevin Karnes was awarded 12 certificates of excellence by the Florida Court Clerks & Comptrollers association for his office's commitment to enhancing services in courts, records management and official records.

The office was presented with awards in all categories offered at the state association's second annual Best Practices Excellence Program. The awards program evaluated and recognized clerks in the following areas: eviction; evidence storage and destruction; public records requests; requests to redact exempt personal information; exploitation of vulnerable adult injunction; bail bonds; compliance services; confidential judicial records; guardianship audits; marriage license; recording fundamentals; and service of documents by clerks for self-represented litigants.

"I couldn't have done this without the

support of my team, who work diligently every day to make our office a premier model of exceptional government," Karnes said.

The Best Practices Excellence Program is a means to showcase the clerk's commitment to continuous improvement and greater consistency across standard processes. Florida's Clerks and Comptrollers have collaborated on best practices for more than 14 years.

The awards program was established last year as an opportunity for clerks to receive recognition for completing assessments that evaluate specific services. In total, participating offices throughout the state collectively completed 551 assessments to achieve their best practice certificates. Thirty of Florida's 68 clerks and comptrollers received all 12 awards.

To learn more about the Lee Clerk's office, visit www.leeclerk.org.

Dean's List

Alexandra Luehrman of Fort Myers was named to the dean's list for the spring 2021-22 semester at Quinnipiac University:

To qualify for the dean's list, students must earn a grade point average of at least 3.5 with no grade lower than C. Full-time students must complete at least 14 credits in a semester, with at least 12 credits that have been graded on a letter grade basis to be eligible. Part-time students must complete at least six credits during a semester.*



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Sep. 14: Saving the Queen of the Sea: Queen Conch Conservation Aquaculture by Dr. Megan Davis

Oct. 13: Land Snails in Los Angeles: An Experiment in Urban Citizen Science by Dr. Jann Elizabeth Vendetti

Lectures made possible by a gift from Mark and Kathy Helge

CLASSES

Nov. 2: Fantastic Shells and Where to Find Them

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

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

Nov. 29: Shell Ambassador Certification Course

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Mental Subtraction



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

In Frank Capra's 1946 film *It's a Wonderful Life*, an angel named Clarence appears to George Bailey, who is about to jump off a bridge to end his life. Clarence takes George through a spiritual tour of the world as it would have been had George never been born.

Rather than convincing George not to jump by counting his own blessings, Clarence allows George to see all the ripples and repercussions that would have occurred if he'd never been born. By imagining the absence of everything good in his life and the negative impact of him never being born, George realizes just

how rare and precious the good things in his life actually are.

Borrowing this idea, psychologists have conducted tests to see if thinking of the absence of the good things in your life could make you appreciate them more – a concept called mental subtraction.

Research shows that imagining the absence of a positive event in your life has a more powerful effect on you than simply looking back on that positive event. Likewise, imagining the absence of an important person in your life can be more powerful than simply appreciating the fact that they are in your life. Those who imagined never meeting their spouse or significant other report higher levels of relationship satisfaction after doing the mental subtraction exercise.

I meet with wealthy people, that's the nature of estate planning. It's striking to me how people adapt to having material wealth, and yet still feel as if they need more to feel financially secure. A client who has a \$4 million net worth wants to have \$10 million. Once attained, the number moves to \$20 million. Should the stock market drop, as it has in recent months, lowering that \$20 million to \$16 million, anxiety

sets in. "Will I have enough?" the client asks.

I stop myself from pointing out that their net worth has quadrupled since we first met, and that they're in the upper two percent of the population.

I'm guilty of this as well. If you walked up to me when I was a university student and showed me photographs of what my life is like today, I would do back flips! (I would also likely be shocked at my middle-aged appearance!) As I'm writing this column, Patti and I are in the final preparations for our daughter Gabi's wedding over this July 4 weekend. How fortunate am I to have a wife who's put up with me for 33 years, and three talented, beautiful, smart and ambitious daughters – and now for the first time, a son?

If you ever feel like you haven't reached that horizon you're always going after – realize this – like the real horizon, that imaginary horizon always moves away from you. You will never reach it. The true measure of how well you're doing isn't by looking forward at some ideal, rather it's by looking backward. Where did you begin? How far have you come?

It's like hiking guides in Colorado say when their clients get tired on the ascent up a mountain, "Every now and then, turn around because that's where the view is." What mental subtraction teaches us is to not only turn around but imagine that you're not even on the hike at all.

Imagine if you don't have your health, or your soul mate – how would that feel? This doesn't mean that you don't recognize real problems. Or that you stop trying to make things better. It simply means you see the possibility that you could lose the thing you are complaining or frustrated about, and then you understand the emotion that creates.

My friend, fraternity brother and college roommate, Leland Reiner, loved to watch *It's a Wonderful Life* every year when it came on television during the Christmas season. Ironically and tragically, he passed away from a brain aneurism at age 23, just after his college graduation, and as he was just getting started in life.

I only wish that I imagined him missing from my life in a mental subtraction exercise.

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New Virtual Health Director

Dr. Zsolt Kulcsar has been hired as the new medical director of Lee Virtual Health. Dr. Kulcsar joins Lee Health with almost 10 years of medical management experience and will lead Lee Health's virtual care team.



Dr. Zsolt Kulcsar

In this position, Dr. Kulcsar will design, develop, implement and lead a multidisciplinary virtual care team. Dr. Kulcsar will serve as a liaison between Lee Physician Group and other health care providers in the community and within Lee Health to optimize and innovate virtual health offerings and envision future platforms and programs. In addition, he will play an active role in provider and community education regarding virtual care and its place within a care transformation framework.

In his previous position as an associate medical director of digital health and strategic ventures at White Plains Hospital Montefiore Health System, Dr. Kulcsar implemented a digital footprint for medical and surgical practices and expanded the telehealth services across the hospital. He also served as the section chief of rheumatology and was actively managing rheumatology patients. He was the physician lead of ambulatory quality for a 200 physician multispecialty group and worked closely with the Montefiore Medical Centers ACO program.

"This position requires medical

expertise, leadership experience and a high level of technologic skill, all of which Dr. Kulcsar possesses," said Dr. Venkat Prasad, MD, MBA, chief clinical officer community based care at Lee Health. "I know he is an asset that will lead the virtual care team to advance the virtual care provided in our Lee Health community."

Dr. Kulcsar received a doctor of osteopathic medicine degree from the New York College of Osteopathic Medicine in Old Westbury, New York; a master of business administration degree from Long Island University in Brooklyn, New York; and a master of public health degree from The Dartmouth Institute for Health Policy & Clinical Practice in Lebanon, New Hampshire.✴

Promotion At Local Bank

Sanibel Captiva Community Bank has promoted Diane Patterson to assistant vice president and office manager of the bank's Bridge Branch, located at 9311 College Parkway in Fort Myers. She will manage daily operations and customer relationships, including business and consumer banking.

Patterson previously served as the Bridge Branch's assistant branch manager. She joined the bank in 2016 as a teller and has worked in several roles, including customer service representative and assistant branch manager at the



Diane Patterson

bank's McGregor Branch.

Prior to joining Sanibel Captiva Community Bank, Patterson worked as a hairstylist for nearly 10 years. She is a Boston native who relocated to Southwest Florida in 2003.

Patterson is an active member of the Greater Fort Myers Chamber of Commerce and a 2021 graduate of its

leadership program. She currently serves in an advisory role to help oversee the 2022 leadership program.

"Diane has been a dedicated and effective leader for us, and we are excited to have her lead the Bridge Branch," said Lana Hollier, Sanibel Captiva Community Bank senior vice president and director of deposit operations.✴

Tips For Enhancing Customer Service

The Above Board Chamber of Florida will hold a business meeting with expert panels offering tips on how businesses can enhance the customer experience at the Crowne Plaza at Bell Tower Shops on Thursday, July 14 from 11:30 a.m. to 1 p.m.

With the ever-changing economy, business owners need to be aware that exceeding customer expectations is now more important than ever.

Jim Hudgens, group sales manager at Sundial Beach Resort & Spa and another panelist, says it is important that employees understand how to give that elevated customer service.

"As far as customer service goes there are three bullet points: choosing your attitude; being present; and do they get it," Hudgens explained. "Just make sure you are putting the right person in place and not falling subject to the warm body syndrome."

The luncheon will feature Stacey Adams as the emcee. She is a financial advisor at Alliance Financial Group. The event is sponsored by Jonathan Gabel, president of Priority Business Solutions and by CONRIC PR & Marketing.

Panelists include Jonathan Gabel,

president of Priority Business Solutions; Cory O'Donnell, marketing manager at Owen Ames Kimball; Lisa Portnoy, vice president of Marketing Leader Lee and Collier Counties BankUnited; and Hudgens.

Cost of lunch is included in event registration. Tickets purchased by Monday, July 11 are \$40 for members and \$45 for non-members. In appreciation for the catering staff, RSVP by the dates above.

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

From page 1

Cabaret

Darin Songbook. Sinoff is a jazz pianist and singer. Tickets are \$25 to \$35.

Comedian RC Smith is being brought back by popular demand. His rapid-fire, feel-good wit will be showcased both Friday, July 15 at 8 p.m. and Saturday, July 16 at 7 p.m. Cost is \$15 for general admission and \$25 for VIP seating.

The Players Circle Theatre is located within The Shell Factory and Nature Park at 16554 North Cleveland Avenue in North Fort Myers. For tickets, visit www.playerscircletheater.com or call 800-3292.✴

Superior Interiors

Inspired Home Entertainment

by Trinetta Nelson



Whether you have a large family or you consider yourself the life of the party in your social circle, having a home bar or entertainment space in general is a welcoming

luxury. Instead of making plans to hop from one dining establishment to the next, you can host guests for dinner, drinks and more without ever setting foot outside of your door.

What is a home bar or entertainment area? In its simplest form, a home bar is exactly what it sounds like: an area devoted to crafting and serving cocktails and refreshments to people in the comfort of your own living space. But in most cases, you don't just have a stand-alone bar but rather a complete entertainment space that takes the social atmosphere of a traditional bar and puts it right into your home.

Figuring out where to put your home bar will vary from one home to the next. Do you have an empty room in the house that needs a purpose? Create your own little lazy lounge with a stocked bar, bar stools, lounge chairs and other furniture that allows you to wind down and forget about your 9 to 5 agenda.

The patio makes an ideal location for a home bar, especially in Florida. Entertain your guests with refreshing drinks, music and natural scenery from the backyard. A kitchen can also become a home bar in an instant when you invest in a bar cart. This makes it easy to wheel out the refreshments and create an inviting entertainment space with ease.

Every well-stocked bar has garnishes on hand, but putting them on display can add character to your bar. If you're looking for a design idea that lets you decorate with your cocktail supplies, keep your fresh limes in a bowl, leave

peppercorns on display and put out a bouquet of edible flowers. If you want to show guests how serious you are about creating a cohesive entertainment space, impress them by putting matching glassware on display.

No matter what design style you want to achieve, make sure you have fun while perfecting your home bar. Add décor that let's your personality shine and elevate your space to the next level. Maybe your bar mimics a speakeasy, or you want a simplistic wine bar. The options are endless when it comes to home bar ideas.

Are you working with a smaller bar space? Place a mirror on the wall directly behind the bar to let the light bounce around the room and open things up. This is also the look of a traditional bar, which can make it feel more realistic when it's time to make and serve the drinks. Lighting is also key when creating the perfect bar atmosphere. Hanging pendant lights with a dimmer is ideal, as they can set the tone for a relaxing vibe no matter the time of day.

Remember to keep it stocked at all times, as a well-stocked bar is a satisfying bar. Having all the essentials on hand shows how prepared you are to entertain, and not to mention, it looks great too.

Invest in comfortable bar stools. The last thing you want is guests complaining that they're uncomfortable while lounging in your home bar. Since bar stools will likely be the seating style, make sure you invest in a set that emphasizes comfort.

Consider an ice machine. Having ice on hand is a simple way to take your home bar to the next level. You shouldn't have to run back and forth to the kitchen for ice. You also shouldn't have to visit the corner store to grab a bag of ice every time you're expecting guests. An ice machine can be an impressive investment that makes a major statement in your bar.

Once your plans are implemented, you can sit back, relax and sip on the delicious cocktail (or mock-tail) from your new and improved home bar and entertainment space.

*Trinetta Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at trinetta@coindeciden.com.**



Dr. Barbara Mundy



Dr. Christopher Bernier



Landon Mullinax



Rob Hernandez

New Officers And Board Members

New officers and five new board members for the United Way of Lee, Hendry, and Glades were elected recently.

Officers and executive committee members for 2022-23 are:

Board chair – Bob Beville, Waterman Broadcasting;

Vice chair – Noelle Branning, Lee County Tax Collector;

Treasurer – Cynthia Hawkins, Wiltshire Whitley Richardson & English PA;

Assistant treasurer – Victoria Loyola, Markham Norton Mosteller Wright and Company, PA;

Secretary – Mary Vlasak Snell, Pavese Law Firm; and

Immediate Past Chair – Roger Desjarlais, Lee County Board of County Commissioners.

Joining the United Way Board of

Directors are:

Dr. Barbara Mundy, Hendry County School District;

Dr. Christopher Bernier, Lee County School District;

Landon Mullinax, Scotlynn USA;

Rob Hernandez, City of Cape Coral; and

Tracy McMillion, City of Fort Myers Fire Department.

The United Way of Lee, Hendry, and Glades has raised and distributed over \$210 million since it was established in 1957. All money raised in United Way campaigns stays in the local community to help support the local human service network. For more information, call 433-2000 or visit www.unitedwaylee.org.*



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Frankly Speaking

by Howard Prager



The Colorado Avalanche came back to win the Stanley Cup on visiting ice in Game 6, just like the Golden State Warriors did a few weeks ago to win the NBA Finals in Boston.

Tampa Bay wasn't going to go down quietly, seeking a three-peat to remain dominant in the NHL. The Avalanche, preseason favorites to go all the way, are now preseason favorites for 2023. What did they do differently in Game 6? They called a players-only meeting before the game. According to ESPN, the Avalanche's leadership group had been through too much heartbreak before, making three consecutive second-round series exits prior to this season. No way would they let another opportunity slip.

"We knew the job that we had to do," said Cale Makar, who was awarded the Conn Smythe Trophy as the postseason's most valuable player. "But we needed to just talk about staying mentally locked in and not looking too far ahead. It was [Andrew Coglian] and [Gabriel Landeskog] and [Nathan MacKinnon] speaking and basically just calming the guys down and making sure that regardless of the outcome, just put it all out there and see where the game lies, and that's kind of where our minds were at."

Now to some strange happenings in baseball. First, the best team in baseball is the Yankees. Except this weekend against Houston. The Yankees had been 0-for-52 since the eighth inning of a 3-1 loss Friday night -- a stretch including a combined no-hitter by Cristian Javier, Hector Neris and Ryan Pressly on Saturday. New York's 16-inning hitless drought was the longest by any team since at least 1961, according to the Elias Sports

Bureau. No team has ever been no-hit in consecutive games, although the 1917 Chicago White Sox were no-hit on consecutive days by the St. Louis Browns, with the second gem coming in the second game of a doubleheader.

Twins pitching coach Wes Johnson left the Twins for LSU. Major League Baseball coaches typically don't leave jobs with first-place teams for similar jobs at the college baseball level. ESPN reported they can't ever remember it happening. Johnson obviously missed Arkansas and Mississippi, but why in the middle of a winning season? I'm sure his payday will be good, but playoff baseball at the highest level is exciting. Who will be the next pitching coach? I've seen coaches come from the broadcast booth. Jim Kaat?

Another strange baseball story comes from ESPN. "The Chicago White Sox have dealt with numerous injuries to key players this season, and they are trying a new approach to address the issue -- not hustling. White Sox manager Tony La Russa told reporters on Saturday that certain players have been instructed to "slow it down" running to first base if they hit into what appears to be a routine out. Tim Anderson, who returned from a groin injury last week, has been told not to hustle to first on sure outs. The same goes for Jose Abreu, Luis Robert, AJ Pollock and Andrew Vaughn. La Russa said there are other "key offensive guys" on the list as well. "As long as the fans understand it," La Russa said, according to ESPN.com. "They're not lazy, but their legs are important." Let's see if their legs will make the White Sox more competitive.

The defending champion Chicago Sky overcame the largest deficit in WNBA history -- 28 points -- to win Tuesday, and did it against the first-place team in the league. Their 104-95 victory at the Las Vegas Aces was one for the record books in more ways than one. "It's not something I want to do again," Chicago guard Allie Quigley joked of rallying from 28 points back, topping the previous mark of 25, which had been done three times. "But

it was kind of weirdly calm. They're such a fast-paced team and so are we, there wasn't time to worry about the next play or even the score. It was just, 'OK, just keep chipping away, chipping away.' Obviously, looking back, it's unbelievable to be able to come back from that much and it just shows what we're capable of and what we can do when we really put out minds to it and play the style of play we want to play." In making this comeback, the Sky had 34 assists, which tied for third most in WNBA history.

Our good news story of the week is lifesaving, literally. Let me share the *NBC Today* show report. "When artistic swimmer Anita Alvarez lost consciousness in the water and began drifting toward the bottom of the pool in the world championships in Budapest, her coach, Andrea Fuentes, jumped in to save her life -- and now, both women are opening up about that harrowing rescue. "I know Anita very well and... I was a swimmer myself," Fuentes, a former Olympian, told *Today's* Miguel Almaguer. "I know that when you finish, you really want to breathe, so as soon as she was going down I knew that something was wrong." Alvarez, 25, who competed in the 2016 and 2020 Olympics, also shared what she remembers of the incident. "Everything went black,"

she said. "It all happened really fast. I remember going down and just being like, Uh oh, I don't feel too great. That's literally the last thing I remember."

She likely fainted due to exhaustion, which can happen in a high-endurance sport like artistic swimming, Fuentes noted on Instagram earlier this week. Alvarez was underwater for nearly two minutes before being lifted to the surface by Fuentes and lifted onto a stretcher.

"As soon as I started breathing and was awake, I knew I would be OK," Alvarez said. The frightening episode played out Wednesday during the FINA World Aquatic Championships in Budapest, Hungary, when Alvarez was in the middle of her solo free final routine. She added that she is "just so grateful" to have Fuentes as a coach. The incident unfolded over just a few minutes, but for Fuentes, every moment seemed like an eternity. "It was like in slow motion for me. For Anita it was fast, but for me it was a year." Thank goodness for quick thinking and even quicker reaction.

*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.**

From page 1

Python

large, reproductive females, allowing researchers to remove breeding females and their developing eggs from the wild.

"How do you find the needle in the haystack? You could use a magnet and, in a similar way, our male scout snakes are attracted to the biggest females around," said Ian Bartoszek, wildlife biologist and environmental science project manager for the Conservancy. "This season, we tracked a male scout snake named Dionysus, or Dion, to a region of the western Everglades that he frequented for several weeks. We knew he was there for a reason, and the team found him with the largest female we have seen to date." Ian Easterling, a biologist on the team, and Kyle Findley, intern for the project, helped capture the record-sized female and haul it through the woods to the field truck.

Another record-breaking discovery was the number of eggs carried by the snake. During the necropsy, researchers encountered a record 122 developing eggs within the snake's abdomen. This finding sets a new limit for the highest number of eggs a female python can potentially produce in a breeding cycle. An assessment of the snake's digestive contents found hoof cores, determining an adult white-tailed deer -- a primary food source of the endangered Florida panther -- to be the snake's last meal.

The discovery, which was recently documented by *National Geographic*, highlights the continued impact of the invasive species, which is known for

rapid reproduction and depletion of surrounding native wildlife.

"The removal of female pythons plays a critical role in disrupting the breeding cycle of these apex predators that are wreaking havoc on the Everglades ecosystem and taking food sources from other native species," Bartoszek added. "This is the wildlife issue of our time for southern Florida."

The python program was established in 2013 and, to date, has accounted for the removal of over 1,000 adult pythons weighing more than 26,000 pounds from approximately 100 square miles in southwestern Florida.

The Conservancy's team of researchers has removed several record-breaking large snakes through its targeted removal technique. Prior to this recent finding, the largest female python removed through the program weighed 185 pounds and was the heaviest python captured in Florida at the time.

Funding for the python research and removal program is provided through the Naples Zoo Conservation Fund, the Fish and Wildlife Foundation of Florida, South Florida Water Management District and private philanthropy. The conservancy collaborates with Rookery Bay National Estuarine Research Reserve, Collier Seminole State Park, United States Geological Survey and Big Cypress National Preserve for radio-telemetry research and removal efforts.

To report an invasive species sighting, call 1-888-483-4681 or use the "IveGot1" mobile app. For more information, visit www.conservancy.org.*

SPORTS QUIZ

1. Name the driver for Team Penske who won IndyCar Series season championships in 2017 and '19.
2. Who compiled a 3-10 record with the 1976 New York Jets in his only season as an NFL head coach?
3. On Sept. 14, 2008, Chicago Cubs pitcher Carlos Zambrano threw a no-hitter in Milwaukee's Miller Park against what team? (Hint: It wasn't the Brewers.)
4. What American snowboarder won Olympic gold medals in the women's halfpipe event at the 2018 PyeongChang and 2022 Beijing Winter Games?
5. Massachusetts hunters Charles Davis and William Foster are credited with developing what shooting sport in the 1920s?
6. On June 4, 1974, what promotion resulted in riots in the ninth inning and a forfeiture for Cleveland's Major League Baseball team?
7. Name the Basketball Hall of Famer who was selected first overall by the Houston Rockets in the 1983 NBA Draft and was named NBA Rookie of the Year in 1984.

ANSWERS

1. Josef Newgarden. 2. Lou Holtz. 3. The Houston Astros, who were relocated due to Hurricane Ike. 4. Chloe Kim. 5. Skeet shooting. 6. Ten Cent Beer Night. 7. Ralph Sampson.

dearRPharmacist

Popular Plants And Foods That Make Melatonin



by Suzy Cohen, RPh

Dear Readers: When night falls, and you feel the urge to sleep, it's because your pineal gland has just secreted a tiny amount of melatonin. After

about age 50, the amount starts to slowly decline, which explains the frequent bouts of insomnia in the elderly.

Did you know that melatonin is not a human thing? It's found in the plant kingdom too. Just like humans, and animals, plants respond to light and

dark cycles termed the "photoperiod." They make melatonin so it will act as an antioxidant in response to harsh environments. Perhaps this is its most important role in your body too. There are hundreds of studies affirming anti-cancer activity of melatonin so we know it is protective of "harsh environments" even in the human body.

We know a lot about melatonin, for example, it not only helps induce sleep, it also regulates our circadian rhythm, general mood, our body temperature and even healthy bone metabolism. There is an impact on reproductive, immune function and vision.

Natural melatonin is not just made in humans and in plants. It is ubiquitously found in birds, fish, reptiles and some bacteria. I've been so fascinated with this since my garden is in full bloom, that I decided to delve into the plant kingdom more.

The three most popular plants that contain melatonin are:

Skullcap (*Scutellaria biacalensis*) – Sometimes also called Chinese Skullcap (Huang-qin), this plant has

well-documented anxiolytic and sedative properties; that's why people take dietary supplements of it. The compound acts as a natural antiviral against certain pathogens. It makes people sleepy if taken in supplement form.

Feverfew (*Tanacetum parthenium*) – Extracts of feverfew help headaches, as does melatonin in people who are deficient. In 1997, *The Lancet* published a piece entitled *Melatonin in Feverfew and a Few Other Medicinal Plants*. Feverfew contains parthenolide which provides help for some people with stiff muscles, asthma, tinnitus, psoriasis and nausea. Pregnant women are often warned to avoid this supplement.

St John's wort (*Hypericum perforatum*) – Extracts are used for mild to moderate depression or anxiety. *The Lancet* refers to this plant as an "herbal tranquilizer" and it is partially due to the melatonin content. There are teas of this herb too. Topical oils and creams containing St. John's wort help with all kinds of skin problems.

You can eat melatonin. There are

several foods which contain natural melatonin or spark more production of your own?

The seven most common foods that contain melatonin are oatmeal; wheat/barley; tart cherries; goji berries; bananas; grapes; and rice.

One more note of interest, it's about drinking wine and alcohol. Drinking fair amounts of alcohol will negate the effect of melatonin. In other words, if you drink alcohol, you're making it harder for melatonin to do its job. Taking excessive amounts of melatonin could lead to fatigue, stomachache, drowsiness, low blood pressure and mood changes like confusion or irritability. For a longer, more comprehensive version of this article, visit www.suzycohen.com.

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

Doctor and Dietician

Chickpeas: Beans Packing A Healthy Punch



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

Chickpeas, also known as garbanzo beans, are native to India, the Middle East and areas of Africa. Like other beans, they grow in pods on a vine. Before they fully ripen, they are bright green in fresh, fuzzy pods, similar to edamame (a bean for a later time).

These delicious beans are considered both a vegetable and a protein because of all their nutrients. Some people even consider them to be superfood. Chickpeas are very high in manganese. Did you know, a cup of chickpeas has about one milligram of manganese which is nearly 74 percent of your daily value?

Chickpeas are also high in choline, a nutrient that aids brain function. Just imagine, by including chickpeas in your diet, you are already helping your body and brain function better – two birds with one stone.

Chickpeas are inexpensive and remarkably easy to add into your diet. You can find chickpeas at your local grocery store, canned or dried.

Chickpeas are an excellent source of vitamins, minerals, fibers and protein,

which makes them a nutritious choice. You can try roasting chickpeas for a crunchy snack or a Mediterranean Chickpea Salad for a fresh lunch.

Mediterranean Chickpea Salad Recipe:

What you need: ½ cup of finely diced red onion; 2 cans of chickpeas rinsed and drained; 1 ½ cups chopped fresh parsley; 1 red bell pepper chopped; 1 orange bell pepper chopped; 1 green bell pepper chopped; ½ large cucumber chopped and ½ cup of crumbled feta cheese; Dressing; 3 tbsp. EVOO; 3 tbsp. red wine vinegar; 2 cloves minced garlic; 1 ½ tsp. dried oregano; 1 tsp. salt; ½ tsp. black pepper.

What to do: Place the onions in a bowl of cool water and let them soak while you prepare your other ingredients. Place the chickpeas, parsley, bell peppers, cucumber and feta in a large bowl. In a small bowl, make your dressing. Stir together the olive oil, red wine vinegar, garlic, oregano, salt and pepper. Drain your red onions and add them to the chickpea mixture, then pour the dressing over top. Toss your ingredients and enjoy.

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.

Help An Addict

Narconon warns friends and families that the window period of desperation when an addict reaches for help is very short lived. The next pill, hit, shot or drink could be their last. Do not wait for that to happen. For more information, go to <https://www.narconon-suncoast.org/blog/time-kills-addicts.html>. Call 877-841-5509 for a no cost screening or referral.*

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.

All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida. For more information on how and where to donate, stop by one of the Lee Health blood centers or visit www.leehealth.org/our-services/blood-centers.

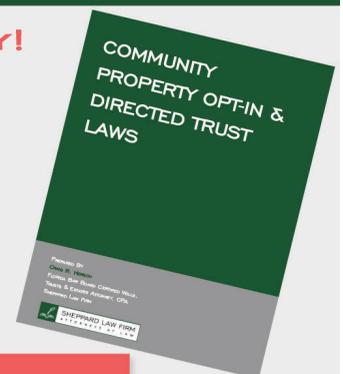
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THE RIVER

WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

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

ARTS

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

CLUBS & ORGANIZATIONS

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

AREA ATTRACTIONS

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

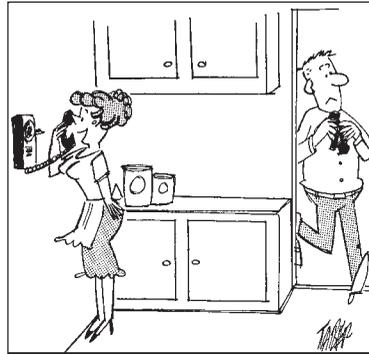
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press@islandnews.com

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!



"Mother — what's the recipe for _____?"

Decrease

ANEW

Much

FORTE

New

CENTER

Browse

SUPREE

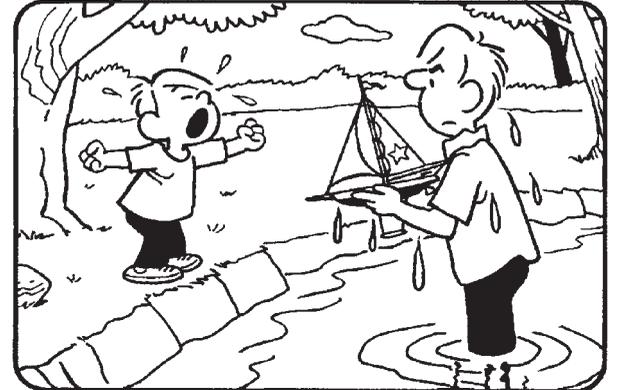
TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Arm is moved. 2. Boat string is missing. 3. Cloud is different. 4. Sail is different. 5. Camera is missing. 6. Log is missing.

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

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.

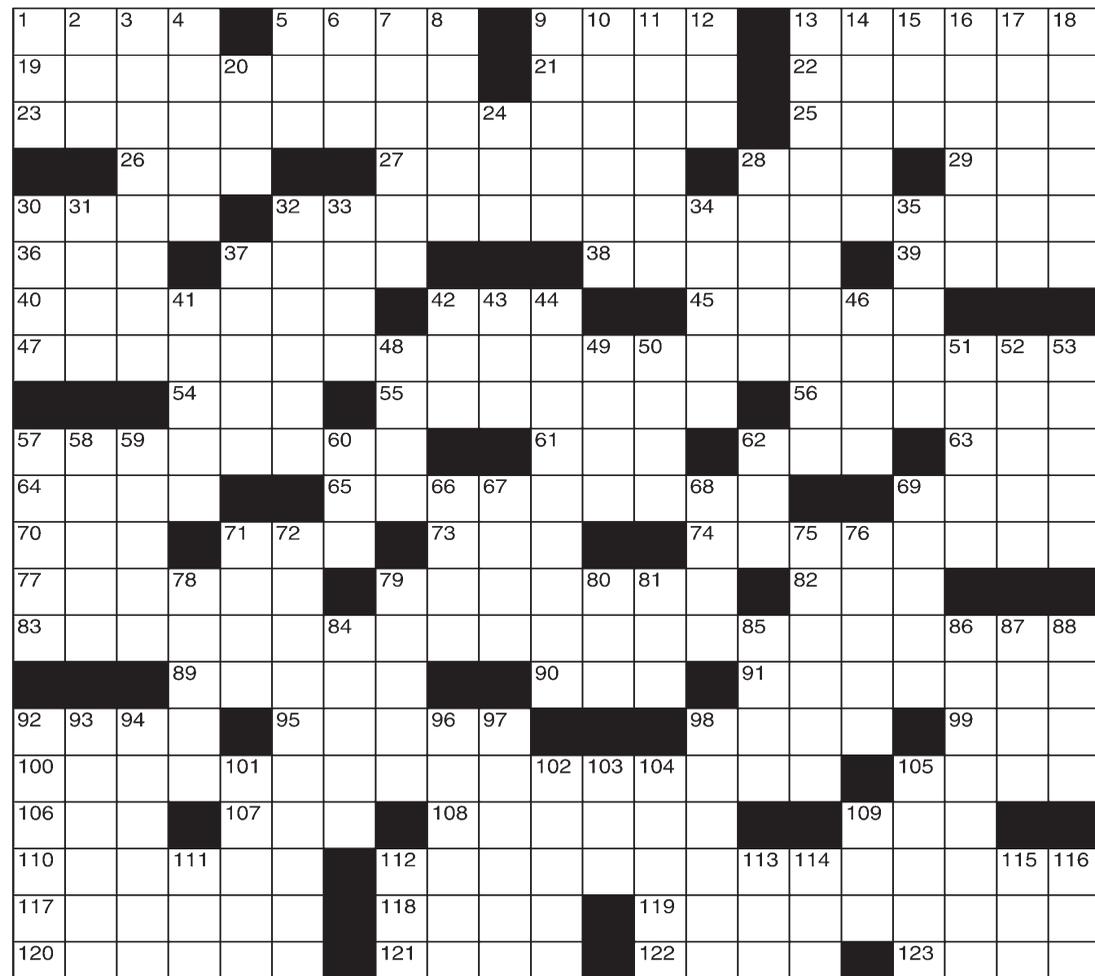
PUZZLES

Answers on page 23

Super Crossword

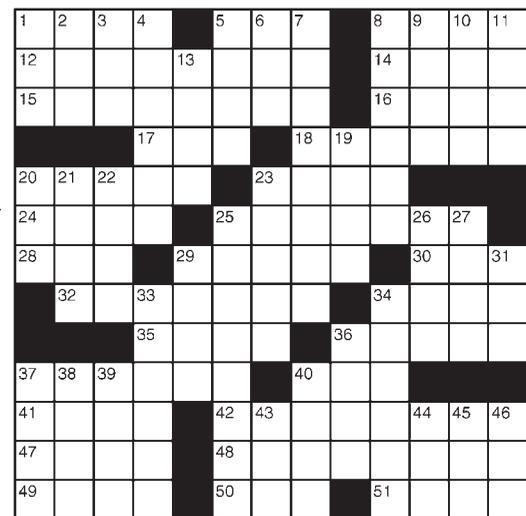
COMING-OF-AGE MOVIES

- ACROSS**
- 1 Binary
 - 5 GPS guesses
 - 9 White stuff that falls
 - 13 Gum rub-on for toothaches
 - 19 "One-l lama" poet
 - 21 Sported
 - 22 Nullify
 - 23 Start of a riddle
 - 25 Noteworthy periods
 - 26 Crony
 - 27 Fisher of "Star Wars"
 - 28 U.N. medical agcy. based in Geneva
 - 29 Words before roll or tear
 - 30 Hockey glove
 - 32 Riddle, part 2
 - 36 "Washboard" muscles
 - 37 Cut of beef for short
 - 38 2001 bankruptcy company
 - 39 Sushi bed
 - 40 Squalid room
 - 42 4.0 is a good one,
 - 45 Golden ager
 - 47 Riddle, part 3
 - 54 Tom, Dick and Harry, maybe
 - 55 Puzzles
 - 56 Not abridged
 - 57 Spares no expense
 - 61 Hack off
 - 62 Prez after HST
 - 63 See 42-Down
 - 64 Noteworthy periods
 - 65 Riddle, part 4
 - 69 Bakery buy
 - 70 Luau souvenir
 - 71 Prevarication
 - 73 Flier of myth
 - 74 Bogs, e.g.
 - 77 Ice homes
 - 79 Tel Avivian, for one
 - 82 Used to be
 - 83 Riddle, part 5
 - 89 Skylit lobbies
 - 90 Put turf on
 - 91 Give a new hue to
 - 92 2004-11 Laker Lamar
 - 95 Place to "dry out"
 - 98 Be a sign of
 - 99 Small, as Abner
 - 100 End of the riddle
 - 105 Guy
 - 106 Give a new hue to
 - 107 Rock producer Brian
 - 108 Hit the sack
 - 109 Affront, to a hip-hopper
 - 110 Java is one
 - 112 Riddle's answer
 - 117 Money in the form of coins
 - 118 Author Wiesel
 - 119 Player of multiple records, of sorts
 - 120 "Mad" one in Wonderland
 - 121 Star studier's sci.
 - 122 Figure skater
 - 123 Leisure tops
 - 12 Pint-size
 - 13 Ten squared
 - 14 Transplant, as a perennial
 - 15 Of yore
 - 16 Knighted actor Derek
 - 17 Of national origins
 - 18 Alain-René — ("Gil Blas" author)
 - 20 None at all
 - 24 Lead-in to lateral
 - 28 "Orlando" novelist Virginia
 - 30 Actress Helgenberger
 - 31 Certain steel girder
 - 32 Taiwan tea
 - 33 Feudal estate
 - 34 2010 Super Bowl MVP
 - 35 French for "stop"
 - 37 Horse, when running
 - 41 Organic part of soil
 - 42 With 63-Across, boomer's kid
 - 43 Mile High Center architect
 - 44 Some Christians
 - 46 Austrian "a"
 - 48 New Age pianist John
 - 49 In a frenzy
 - 50 Stare stupidly
 - 51 37th president
 - 52 Abject fear
 - 53 Feudal laborers
 - 57 Former baseball boss Bud
 - 58 Brand of pasta sauce
 - 59 One of the boxing Alis
 - 60 Meadow mother
 - 62 Meadow mother
 - 66 Guess qualifier
 - 67 Petty of "Tank Girl"
 - 68 Cookie bar from Mars
 - 69 Lariat
 - 71 Pillage
 - 72 "Uncle!"
 - 75 Collegiately stylish
 - 76 Tilt weapon
 - 78 44th president
 - 79 Pocatello's state
 - 80 Psyche part
 - 81 Went first
 - 84 Have a link with
 - 85 Horse's gait
 - 86 Mistreatment
 - 87 Nullify
 - 88 — Stanley Gardner
 - 92 A bit weird
 - 93 Place to be pampered
 - 94 Egg-based dish
 - 96 They follow Marches
 - 97 Subject of a 2016 U.K. referendum
 - 98 With 115-Down, she sang "All Alone Am I!"
 - 101 Lamp spirit
 - 102 Frisky water animal
 - 103 Bakery buy
 - 104 Put up, as a tent
 - 105 "I — think so!"
 - 109 Cloning stuff
 - 111 Make believe
 - 112 Briny deep
 - 113 Outmoded TV accessory
 - 114 "I solved it!"
 - 115 See 98-Down
 - 116 Soon-to-be grads: Abbr.



King Crossword

- ACROSS**
- 1 "Dream on!"
 - 5 Clothing protector
 - 8 Greet
 - 12 Well-read folks
 - 14 Celestial bear
 - 15 Beatles drummer before Ringo Starr
 - 16 Algeria's neighbor
 - 17 Occupation, for short
 - 18 Straw hat
 - 20 Young horses
 - 23 Printer's blue
 - 24 New York canal
 - 25 Talkers' marathon
 - 28 Bankroll
 - 29 North African capital
 - 30 Josh
 - 32 Doctor's order
 - 34 Trellis climber
 - 35 Missing
 - 36 Mature, as fruit
 - 37 Small porches
 - 40 Spelldown
 - 41 Ms. Brockovich
 - 42 Oater setting
 - 47 "— Lang Syne"
 - 48 Pokey
 - 49 Disarray
 - 50 Toronto's prov.
 - 51 Artist Bonheur
 - 9 "I smell —!"
 - 10 Cruise stop
 - 11 Hideaway
 - 13 Baseball stats
 - 19 Lummoxes
 - 20 Hardly any
 - 21 Verbal
 - 22 Opera set in Egypt
 - 23 Is able to, old-style
 - 25 "Recognize my voice?"
 - 26 Omit
 - 27 Fork prong
 - 29 Sporty car roof
 - 33 Light-headed folks?
 - 34 TV audience member
 - 36 Some wines
 - 37 Line of fashion?
 - 38 Verifiable
 - 39 Monet's supply
 - 40 Inky stain
 - 43 Charged bit
 - 44 Id counterpart
 - 45 "Mayday!"
 - 46 Former Delta rival
- DOWN**
- 1 Swiss peak
 - 2 "Sprechen — Deutsch?"
 - 3 Addams cousin
 - 4 Weak
 - 5 Folk singer Joan
 - 6 TGIF part
 - 7 Gradually
 - 8 Compassionate



MAGIC MAZE ● INDEPENDENCE DAY

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

F I R E W O R K S Q O S T N L

J S C I N C I P I G F D S C A

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: U.S. FLAG NICKNAME

- Barbecue
- Concerts
- Liberty
- Sparklers
- Baseball
- Crowds
- Parades
- Speeches
- Carnivals
- Fairs
- Picnics
- Uncle Sam
- Ceremonies
- Fireworks
- Reunions



Seminole BBQ Shrimp Spears

photo courtesy Fresh From Florida

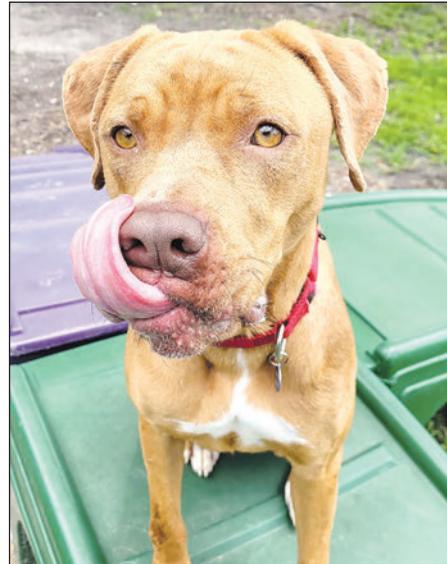


Seminole BBQ Shrimp Spears

- 1 pound large or medium shrimp, peeled and deveined
- 1 (14-ounce) package guava paste
- 12 ounces guava nectar
- ¼ cup honey
- 1 onion, diced
- 1 tablespoon ancho chili powder
- 1 tablespoon cumin
- 1 tablespoon garlic powder
- 2 tablespoons black pepper
- 3 cups ketchup
- 2 tablespoon soy sauce
- 2 tablespoons Worcestershire sauce
- 2 tablespoon all-purpose seasoning (divided in half)
- Fresh herbs for garnish (such as parsley, cilantro, or thyme), finely chopped
- Sea salt and fresh ground pepper,

to taste
 Cooking oil spray
 8 bamboo skewers (soaked in water for 1 hour) or metal skewers
 In a medium sauce pot, combine all ingredients except for the shrimp and 1 tablespoon all-purpose seasoning. Cook over low-medium heat until the guava paste is dissolved, about 30 minutes. Taste and adjust seasoning as needed. Remove guava BBQ sauce from heat and set aside.
 Make skewers by adding an even number of shrimp to each skewer. Lightly season the completed skewers with the one tablespoon of unused all-purpose seasoning. Preheat the grill or a large sauté pan to medium-high heat. Lightly spray the skewers with cooking oil spray. Carefully add the shrimp skewers to the grill or sauté pan and cook until the shrimp are just done, about 2 minutes on each side. Glaze the cooked shrimp with the guava BBQ sauce. Remove from heat and serve warm with extra guava BBQ on the side.*

PETS OF THE WEEK



Brynn ID# A916615 photos provided



Mindy ID# A919025

Lee County Domestic Animal Services

Brynn And Mindy

Hello, my name is Brynn. I am a 4-year-old female American staffordshire mix. I am a staff and volunteer favorite who is so eager to learn. I will sit and wait for the next command and learn it quickly. I have the trifecta – good looks, intelligence and manners. I love going to the play yard with the volunteers to learn new things each day. My adoption fee is \$25
 Hi, I'm Mindy. I am a 1-year-old female domestic shorthair. With kitten season in full swing at Lee County Domestic Animal Services, adult cats continue to be overlooked. I am a sweet, shy gal who was recently adopted and returned because I was hiding in my new surroundings. I need a patient adopter

that will give me time to adjust and blossom into my friendly, sweet self that has been seen at the shelter. My adoption fee is \$25.
 The adoption fee on all dogs and cats in July will be reduced to just \$25 with an approved application. The \$600-valued package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee.
 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 27, 2022

- Aries** (March 21 to April 19) Be prepared to face some challenges stirred up by an envious colleague. Your best defense is the Arian's innate honesty. Stick with the truth, and you'll come out ahead.
- Taurus** (April 20 to May 20) Your sensitivity to the needs of others is admirable. But be careful to avoid those who would take unfair advantage of your good nature, especially where money is involved.
- Gemini** (May 21 to June 20) Having an optimistic attitude is fine, as far as it goes. But don't be lulled into a false sense of confidence. There still are problems to deal with before you can totally relax.
- Cancer** (June 21 to July 22) You might feel somewhat "crabby," as you fuss over plans that don't seem to work out. Maybe you're trying too hard. Ease up and let things happen without forcing them.
- Leo** (July 23 to August 22) Heed that keen Leonine instinct. It's trying to tell you to delay making a decision until you're sure there are no hidden

- problems that could cause trouble later on.
- Virgo** (August 23 to September 22) This is a good time to reach out to those who might be nursing hurt feelings over recent events. Best advice: Ignore any pettiness that could delay the healing process.
- Libra** (September 23 to October 22) Your understanding helps a colleague get through a difficult period. Although you didn't do it for a reward, be assured that your actions will be repaid down the line.
- Scorpio** (October 23 to November 21) You score some high marks in the workplace, which will count in your favor when you face the possibility of changing direction on your current career path.
- Sagittarius** (November 22 to December 21) Your goal lies straight ahead. Stay focused on it and avoid distractions that could throw off your aim and cause potentially detrimental delays.
- Capricorn** (December 22 to January 19) Keep that burst of exuberance in check and resist pushing through your new project before it's ready. In your personal life, a family

- member again needs help.
- Aquarius** (January 20 to February 18) Paying attention to your work is important this week. But so are your relationships with those special people in your life. Make time for them as well.
- Pisces** (February 19 to March 20) Good news. Someone is about to repay a long-standing debt. But be warned. That same someone could try to charm you into lending it back unless you say no and mean it.
- Born This Week:** You are sensitive to matters that involve your home and family. You would make a fine family-court judge or social worker.

MOMENTS IN TIME

- On July 9, 1777, New York elects Brigadier Gen. George Clinton as the first governor of the independent state of New York. Clinton would go on to become New York's longest-serving governor, as well as the longest-serving governor in the U.S., holding the post until 1795.
- On July 7, 1852, according to Sir Arthur Conan Doyle's stories, Dr. John H. Watson is born. Coincidentally, the Sherlock Holmes author died on this day in England at the age of 71.

- On July 4, 1911, record temperatures are set in the northeastern U.S. with the arrival of a deadly heat wave that would go on to kill 380 people. On July 13, New York alone reported 211 people dead from the excessive heat.
- On July 10, 1925, in Dayton, Tennessee, the so-called Monkey Trial begins with John Thomas Scopes, a young high-school science teacher, accused of teaching evolution in violation of a Tennessee state law. The law made it a misdemeanor to teach any theory that denied the story of man's Divine Creation.
- On July 5, 1946, French designer Louis Reard unveils a daring two-piece swimsuit at a popular swimming pool in Paris. Reard dubbed the swimsuit a "bikini," inspired by a U.S. atomic test that took place off the Bikini Atoll earlier that week.
- On July 8, 1950, the day after the UN Security Council recommended that all UN forces in Korea be placed under the command of the U.S. military, Gen. Douglas MacArthur is appointed head of the United Nations Command. When MacArthur later publicly threatened to

continued on page 22

 FRIDAY Partly Cloudy High: 91 Low: 79	 SATURDAY Sunny High: 90 Low: 81	 SUNDAY Sunny High: 92 Low: 80	 MONDAY Mostly Cloudy High: 90 Low: 81	 TUESDAY Mostly Sunny High: 95 Low: 84	 WEDNESDAY Cloudy High: 93 Low: 85	 THURSDAY Partly Cloudy High: 92 Low: 82
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	2:17 pm	10:10 pm	None	None
Sat	5:48 am	7:55 am	3:00 pm	10:44 pm
Sun	6:06 am	9:03 am	3:47 pm	11:19 pm
Mon	6:28 am	10:18 am	4:40 pm	11:55 pm
Tue	6:55 am	11:38 am	5:42 pm	None
Wed	7:24 am	12:31 am	6:59 pm	1:02 pm
Thu	7:56 am	1:08 am	8:34 pm	2:24 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	1:22 pm	10:12 pm	None	None
Sat	4:53 am	7:57 am	2:05 pm	10:46 pm
Sun	5:11 am	9:05 am	2:52 pm	11:21 pm
Mon	5:33 am	10:20 am	3:45 pm	11:57 pm
Tue	6:00 am	11:40 am	4:47 pm	None
Wed	6:29 am	12:33 am	6:04 pm	1:04 pm
Thu	7:01 am	1:10 am	7:39 pm	2:26 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	4:40 am	8:50 am	2:20 pm	10:34 pm
Sat	5:15 am	9:41 am	3:20 pm	11:07 pm
Sun	5:47 am	10:25 am	4:25 pm	11:39 pm
Mon	6:17 am	11:09 am	5:18 pm	None
Tue	6:44 am	12:09 am	6:09 pm	11:58 am
Wed	7:08 am	12:41 am	7:05 pm	1:01 pm
Thu	7:26 am	1:15 am	8:06 pm	2:08 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	4:27 pm	12:51 am	None	None
Sat	7:58 am	1:26 am	5:10 pm	11:11 am
Sun	8:16 am	2:00 am	5:57 pm	12:19 pm
Mon	8:38 am	2:35 am	6:50 pm	1:34 pm
Tue	9:05 am	3:11 am	7:52 pm	2:54 pm
Wed	9:34 am	3:47 am	9:09 pm	4:18 pm
Thu	10:06 am	4:24 am	10:44 pm	5:40 pm

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Restoring Power After An Outage

Lee County Electric Cooperative (LCEC) works around the clock to distribute electricity to more than 235,000 customers in Southwest Florida.

The first step in the restoration plan is damage assessment, which includes physical inspections of LCEC facilities and plants. Once damage assessments have been made, LCEC begins repairs.

Secondly, main circuits and critical facilities such as hospitals, police and fire stations are repaired.

The third step is to restore services to the greatest number of customers as soon as possible.

Lastly, LCEC begins restoring power to those small pockets or individuals still without power.

Be patient if and when power outages occur.*

From page 20

Moments In Time

escalate hostilities with China, President Harry Truman fired him.

• On July 6, 1971, Louis "Satchmo" Armstrong, one of the most influential musicians of the 20th century, dies in New York City at the age of 69. Armstrong pioneered jazz improvisation

and the style known as swing.

NOW HERE'S A TIP

- Keep your crisper drawer clean by lining with fresh newspaper. It will absorb smells and liquid, and can be easily replaced.
- If it's garage sale time, try this trick: Wrap a picture frame tightly with tulle. Then you can hang earrings from the tulle. Maybe someone will think it's so cute that you'll sell the frame, too.
- When your cut-up fruit is about to expire and you don't think you'll be able to eat it in time, just freeze it for smoothies. Lay it out in a single layer and pop it in the freezer. When it's frozen, you can put it in a zipper-top baggie for easy storage.
- "Do you have a lot of coffee mugs? Maybe it's time to show them off. My granny has so many coffee mugs from trips and that she got as gifts. My daddy put up five long shelves on one wall of her kitchen. They are the perfect place to line up and display all the mugs, and each one has a story, which is fun to hear." – FE in North Carolina
- "I have three girls and one bathroom, so there's no way anyone gets 'ready' in front of the bathroom mirror. Instead, all the girls have a hanging shoe rack on the back of their door for makeup and hair supplies, and a mirror on the wall." – PW in Oregon
- Stubborn stains in the toilet? Try

dropping in a few denture tablets before going to bed, then scrub and flush in the morning

STRANGE BUT TRUE

- Bugs Bunny's relaxed manner of eating carrots was inspired by a scene from the movie *It Happened One Night*, in which Clark Gable crunches on the vegetable while chatting with Claudette Colbert.
- Caligynophobia, also known as Venustraphobia, is the fear of beautiful women.
- Pale skin was such a big fad in the 1700s that some French women even drew over their veins in blue pencil to accentuate their ethereal look.
- The first guidebook for Stonehenge, published in 1823, claimed the formation was one of the few ancient structures that survived the Old Testament flood.
- On average, less than 18 minutes of a baseball game is actual action.
- While many people are attracted by the promise of greener pastures, more than 100,000 are ready for those of a redder hue – they've applied for a one-way trip to Mars as part of "The Mars One" project.
- Vampire squid, which live in Monterey Bay, get their name not from drinking blood (they live on plankton), but their intelligence: They've been known to create complex geometrical

patterns on the ocean floor.

• The New York City Ballet has an annual shoe budget of \$780,000. Dancers go through 500-800 pairs of pointe shoes just while performing *The Nutcracker* over a period of six weeks, and use even more pairs in two weeks performing *Swan Lake*.

• Singer Billie Holiday babysat actor/comedian Billy Crystal, even taking him to his first movie.

• Researchers at California State University discovered that the self-control needed to suppress the urge to urinate can produce a more convincing liar, something known as the inhibitory spillover effect.

THOUGHT FOR THE DAY

"The compact between writing and walking is almost as old as literature – a walk is only a step away from a story, and every path tells."

– Robert Macfarlane

TRIVIA TEST

1. **Television:** Which TV show is set at UC-Sunnydale?
2. **Food & Drink:** What is an affogato?
3. **Movies:** Which famous movie features a character named Almira Gulch?
4. **History:** Which U.S. state was the first to legalize marijuana for medicinal use?

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4/22 * TFN

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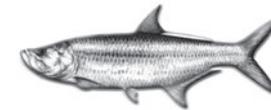
CAREGIVER

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

Contact Lisa 239-395-0153.

1/21 * TFN

Shore Fishing:



Don't Harm The Fish by Capt. Matt Mitchell

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

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

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

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

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

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5. **Entertainers:** What rapper/songwriter's real name is Calvin Cordozar Broadus Jr.?
6. **Science:** What part of the brain controls hunger?
7. **Geography:** The Gulf of Cadiz lies off the coasts of which two countries?
8. **Literature:** Who are the best friends of Nancy Drew in the mystery series?
9. **Language:** The archaic term "grippe" was used to describe what common ailment?
10. **Astronomy:** What kind of star is the sun in our solar system?

TRIVIA ANSWERS

1. Buffy the Vampire Slayer
2. Italian dessert of coffee and ice cream
3. The Wizard of Oz
4. California, 1996
5. Snoop Dogg
6. Hypothalamus
7. Portugal and Spain
8. Bess
9. Influenza
10. Yellow dwarf

SCRAMBLERS ANSWER

1. Wane
2. Often
3. Recent
4. Peruse

Today's Word

TOAST

HORTOONS

Natives know how to celebrate the 4th of July



Dress Appropriately

Eat Some BBQ

Watch Fireworks

PUZZLE ANSWERS

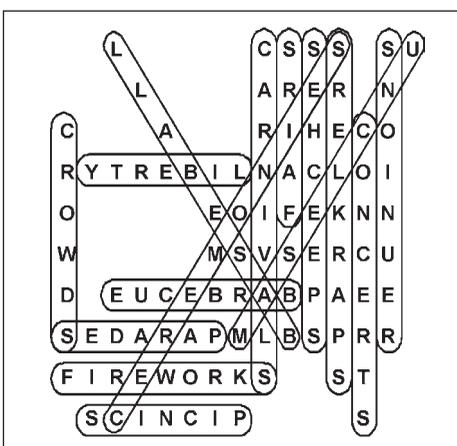
SUPER CROSSWORD

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KING CROSSWORD

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F	O	A	L	S	C	Y	A	N			
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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Gulf Ridge Sub	Sanibel	1981	4,630	\$4,490,000	\$4,100,000	27
Woodlake At Bonita Bay	Bonita Springs	2021	4,511	\$3,995,000	\$3,925,000	232
Whiskey Creek Club Estates	Fort Myers	2006	4,771	\$2,800,000	\$2,700,000	4
Cape Coral	Cape Coral	2016	3,658	\$2,499,999	\$2,491,650	105
Oakbrook	Estero	2001	3,539	\$2,399,000	\$2,250,000	7
Palm Acres	Fort Myers	2018	3,376	\$1,599,000	\$1,560,000	8
Coconut Landing	Estero	2022	2,305	\$1,450,000	\$1,500,000	0
Island Shores	Fort Myers Beach	1954	664	\$1,050,000	\$1,417,000	2
Monteverdi	Fort Myers	2007	4,007	\$1,450,000	\$1,400,000	91
Wildblue	Fort Myers	2022	2,964	\$1,280,489	\$1,280,489	1

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