



Youth Music Program Begins At Heights Center

The Southwest Florida Symphony is partnering with The Heights Foundation to provide music education and performance opportunities for students of all ages in underserved neighborhoods of Lee County.

Made possible through charitable donations from the community, the new after-school program is part of The Heights Center's Musical Opportunities Supporting the Arts in Our Community program, also known as MOSAIC, and will run during the school year at The Heights Center in Harlem Heights, with classes starting on Tuesday, September 6. Youth Orchestra rehearsals will begin on Monday, September 12.

"The Heights Center's MOSAIC program is an El Sistema-inspired, daily music education program," said Melissa Barlow, director of arts and community programs for The Heights Center. "It serves nearly 50 elementary and middle school children from the Harlem Heights community by providing



Students playing violin during a youth concert photo provided

free instrumental music instruction and numerous performance opportunities at The Heights Center and throughout our community. MOSAIC empowers students to aspire for excellence in everything they do, from their academic classes to MOSAIC lessons. As a result, familial and community bonds are strengthened, and

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Campaign Chairs On Board For United Way

Sally Jackson and Matt Humphreys have been selected as United Way of Lee, Hendry, and Glades 2022-23 campaign chairs. The goal for this year's campaign has been set at \$11,186,558. Last year's campaign raised \$11,105,524 for the local communities of Lee, Hendry and Glades. The theme of this year's campaign has been established as "All Aboard the United Way Express!"

Jackson and her husband, Mike, have lived in Cape Coral for 19 years. Her previous career included executive and cabinet positions in Illinois state government, and as president of a regional and a state chamber of commerce. She retired from Lee Health in 2017 as a senior leader for government and community relations. Jackson now serves as a community volunteer including Collaboratory trustee, Pace Center for Girls Lee board chair, and United Way board member since 2010, as well as allocations team member and past 211 chair. She has chaired the Heart Walk,



Sally Jackson



Matt Humphreys

Go Red for Women Campaign as well as the local Southwest Florida board and southeastern states regional board of the American Heart Association.

"Throughout my career, I have had positions that allowed me to work with organizations to improve communities. Our United Way is one of the top such organizations. I am excited and motivated to be able to co-chair this year's campaign with Matt Humphreys. I have seen firsthand how our United Way agencies change lives, and how United Way itself helps to identify unmet needs in our community and see that they are met. Such leadership and collaboration are exactly what this campaign is all about.

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An artist at work photos provided

Art Education Open House

The Sidney & Berne Davis Art Center (SBDAC) will host an Education Open House on Saturday, August 13 from 11 a.m. to 3 p.m. The free event will highlight numerous music, dance and art educational opportunities for the community in its developing education department.

Questions will be answered about the Song Star Afterschool Program, string orchestra, violin lessons, piano lessons,



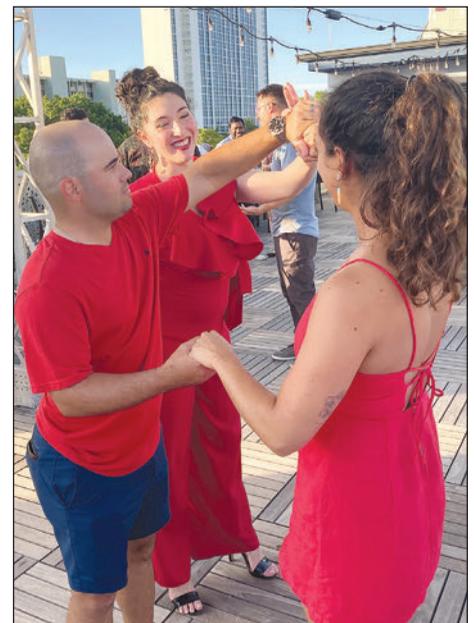
Violin students

art classes, dance workshops and Junior Cotillion. Refreshments and food will be available for purchase from Dynamite Street Eatz food truck.

Representatives include SBDAC's Education Director Kara Griffith, who has been a prominent violin instructor in the area since 1988; SBDAC's Creative Learning Specialist Angela Hicks, who is an instructor and professional artist with a

passion to teach all mediums of art while integrating science and history; Pianist Sabrina Gruber, who received a bachelor of music degree specializing in music therapy from Florida State University; and guitarist Tim Bicknese, who specializes in rock and metal but also plays other stringed instruments such as violin, bass and ukulele.

Activities at will include interactive



Take a Latin dance class

printmaking and drawing projects. There will be family games and a hula hoop contest to win prizes. Current students from the Davis School of Music will take the stage to perform demonstrations throughout the event. Take a tour around the facility and play a scavenger hunt with your family.

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

Historic Downtown Fort Myers, Then And Now:

Bird's-Eye View From The Caloosa

by Gerri Reaves, PhD



This 1886 bird's-eye view captures the downtown riverfront from the Caloosa Hotel, one the town's very first hostelrys. The view is westward, toward the budding business district, from near the foot of today's Woodward Avenue. This sketch reveals just how rural and rudimentary the settlement was the year it was incorporated by the State of Florida.

Although the town's population was only about 350, according to the previous year's census, it was nevertheless the largest town on Florida's gulf coast south of Tampa.

To get your bearings, note that the enlarged view in the upper third of the sketch is an extension of First Street east of the Methodist Church, which stood on First Street on the southeast corner at today's Royal Palm Avenue.

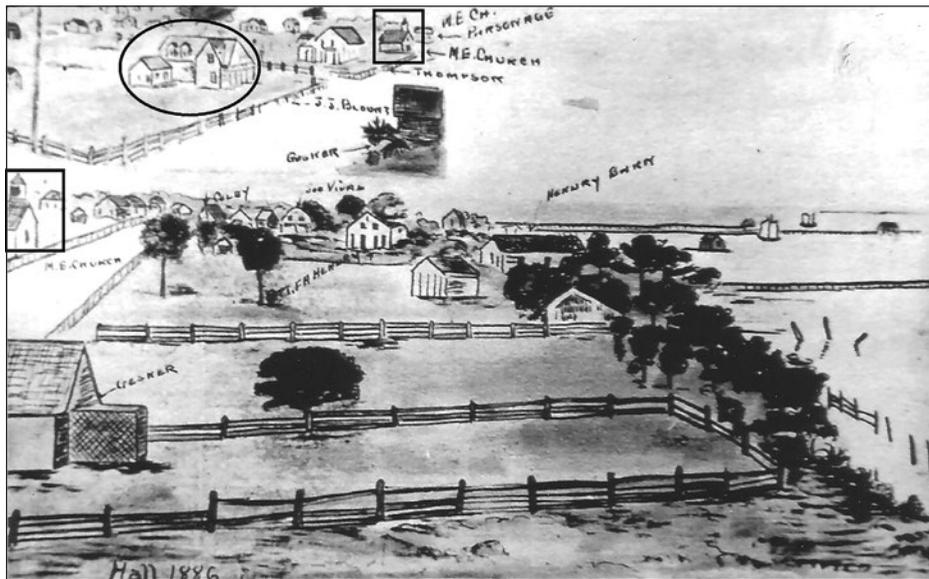
The church is enclosed by the black square and rectangle, and an arrow in the upper portion points to the parsonage on the corner opposite the church.

That church, the first constituted in Fort Myers, ended its 144-year history on that very corner in 2016, when the church property was sold. Apartments are now being constructed on the former church property.

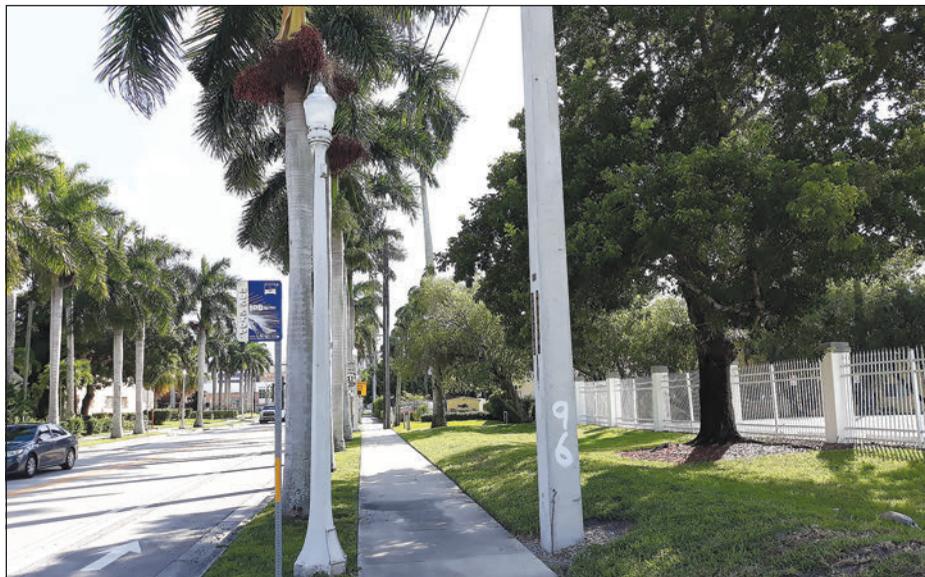
The extension in the upper portion of the sketch also clearly shows the 1882 JJ Blount house on the southeast corner of First and Hough, within the oval. A 1970s apartment building now occupies that corner.

Note the greater depth of the homesteads compared to the width, which gave pioneers water access, as well as land for a home, garden and/or fruit trees, animal enclosures and other needs.

Access to the river was essential, not just an amenity, for in those days, water was the best and most comfortable way to travel. Horse and wagon, oxcarts, horseback, and, of course, walking were the primary means of traveling substantial distances on land. Good roads did not exist and the railroad wouldn't connect Fort Myers to the rest



This 1886 westward view from the Caloosa Hotel shows the eastern portion of today's downtown photo courtesy SWFL Historical Society



None of the markers in the sketch remain in the now-crowded urban landscape. At left, visible between the palm trunks is the apartment building at the JJ Blount home's former location photo by Gerri Reaves

of the world until 1904.

Labeled properties in the sketch include Capt. Francis A. Hendry's, across from the church. The Edison Grande's (formerly Campo Felice) parking garage now occupies that land at the foot of Royal Palm Avenue.

Note the long piers extending from Capt. Hendry's property, as well as the longer one center right. That 1,000-foot wharf with railway at the foot of Hendry Street had been built in 1852 when U.S. Army Fort Myers occupied the downtown footprint.

Also labeled, just west of Hendry's, is the homestead of Joseph and Christiana Stirrup Vivas, which has a western border at today's Lee Street.

As for the hotel which offered this view of early Fort Myers...

Built in 1882, the Caloosa Hotel had a fairly long history, not to mention several names, including the Fort Myers Inn and others.

Sarah Knight Titus and her brother, Daniel C. Kantz, partnered to found the hotel, which they ultimately named Keystone after their native state of Pennsylvania. Years later, it was relocated to downtown, enlarged, sold and renamed the River View Hotel.

An 1885 ad in the *Fort Myers Press* touted the hotel's location on the Caloosahatchee, complete with a wharf and "all the conveniences for boating."

Its main claim to fame is that Thomas A. Edison stayed there twice, first in 1885, while on a quest for bamboo to use as filament in his electric light bulbs, and then with bride Mina on their honeymoon in March 1886. That first visit resulted in his purchasing the land that evolved into his winter estate and laboratory. The second stay at the hotel was necessary because their new home was not quite ready for occupancy.

Walk down to First and Woodford and imagine docking your boat at the Caloosa, checking into your room, and seeing this view out the window. Then visit the following two research centers to learn what was going on in Fort Myers in 1886 besides a visit by celebrity honeymooners.

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

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A rendering of FSW's baseball and softball complex once future phases are complete photo provided

Next Design Phase Ahead For Sports Complex

BSSW Architects has completed preliminary designs for Florida SouthWestern State College's (FSW) new baseball and softball complex on the northwest corner of FSW's campus in Fort Myers.

The first phase includes construction of adjacent turf baseball and softball fields, portable seating and batting cages, which allow the Buccaneers to play home games on campus starting in the spring of 2023.

Once future phases are complete, the baseball stadium will have covered seating that accommodates 586 Buccaneers fans, while the softball field will seat 311 under shelter. Both fields will be outfitted with stadium-quality lighting. Baseball and softball teams will share a locker room and training facility, which also includes public restrooms and concessions. The complex will feature a press box and the overall design incorporates FSW's signature school colors of aqua and purple.

FSW competes in the Suncoast Conference of the National Junior College Athletic Association.

"Once complete, FSW will have one of the best on-campus baseball and softball complexes across all divisions of college athletics in Florida – NCAA, NAIA and NJCAA," said BSSW Vice President Kevin Williams, AIA, NCARB. "FSW

student-athletes will be able to practice and play in state-of-the-art facilities a short walk from their residence halls and academic buildings, while fans will appreciate the first-class amenities and covered seating that will make Bucs games the place to watch the action each spring."

FSW's softball team has won back-to-back NJCAA national championships, while the baseball team has won three consecutive Suncoast Conference regular season championships. Since the programs relaunched seven years ago, both teams have played their home games at City of Palms Park in Fort Myers.

"It has been my priority to continue to improve the student life experience here on campus," said FSW President Jeff Allbritten. "By building this facility, we continue to provide our students with on-campus extracurricular opportunities at world-class sporting venues."

BSSW recently completed its final designs for a full-scale renovation of Tom Golisano Field House, which is home to Ave Maria University's men's basketball, women's basketball and women's volleyball teams, as well as the sports medicine, and strength and conditioning programs. The firm also has designed high school gymnasiums and sports complexes for Marathon High School, Gateway High School and Bonita Springs High School.

Phase I of the FSW project is expected to be completed prior to the spring 2023 baseball and softball seasons. Future phases will include the grandstands, press boxes and a multi-purpose building.✪

College-Bound Students Get Scholarship Help

The Southwest Florida Gator Club, a local chapter of the University of Florida Alumni Association, has awarded a record-breaking \$20,000 in scholarships to local students that will be attending the University of Florida (UF). Funds were raised at the club's 2nd annual Later Gator Poker Run as well as alumni donations during game-watching parties.

This donation will support 17 local students including Beckham Borgerink, Kenise Jackson and Reagan Fitzgerald. Scholarship amounts vary between \$500 to \$2,000 and are renewable for up to four years to continue to support students during their academic journey. Students were selected based on their leadership skills, community involvement and financial need.

"As University of Florida alumni, it is our duty to continue the legacy of UF by supporting future Gators," said Noelle Casagrande, president of the SWFL Gator Club. "The 2nd annual Later Gator Poker Run raised close to \$18,000, nearly double the inaugural event in 2021. By raising additional funds, we are able to support more students and invest in their futures at the University of Florida and beyond."

Future fundraisers include the Southwest Florida Gator Club Fall

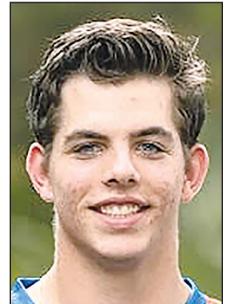


Kenise Jackson



Reagan Fitzgerald

Kick-Off Party at the Edison Restaurant on Saturday, August 27 at 5 p.m. This free-to-attend event is open to the public. All UF alumni and Gator fans are welcome to learn more about the SWFL Gator Club and help raise scholarship funds through raffles, drawings and upcoming events. To RSVP or to learn more, email swflgatorclub@gmail.com.✪



Beckham Borgerink

College Graduate

Julia Greco of Fort Myers recently graduated from Missouri State University. She received a master of science degree in child life studies.✪

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Fort Myers Art:

Gallery Featuring Textile Artist This Month



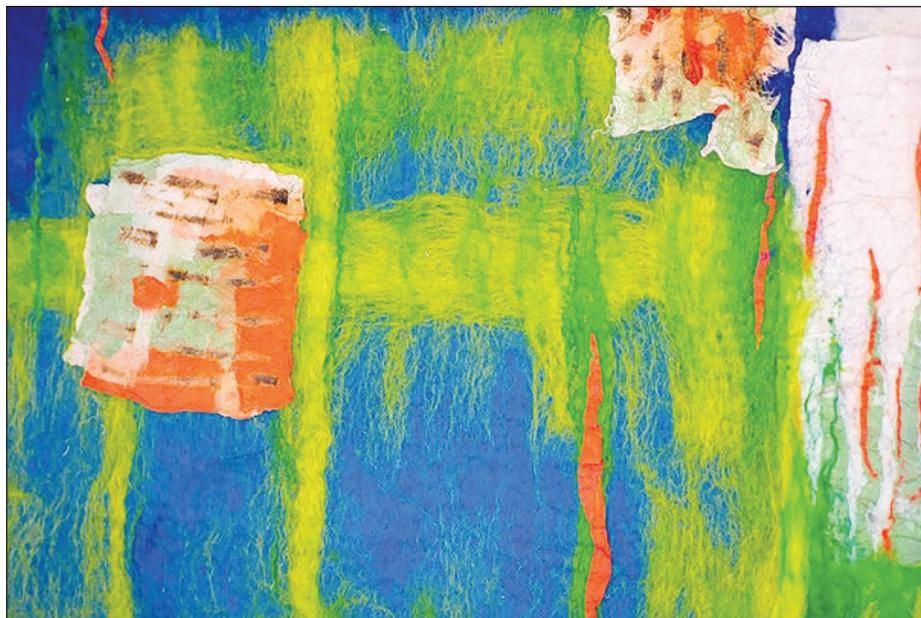
by Tom Hall

DAAS Co-op Art Gallery is showcasing work by textile artist Kasara Castell Whelan during the month of August. Whelan is self-taught and most of her work results from hours of

trial-and-error experimentation.

"I've been fortunate to take lessons from great teachers throughout my life that have truly impacted my learning in a positive way, and helped guide my development when life took sudden turns," said Whelan, who also has an avid interest in reading and learning about old civilizations and their mystic ways. "Learning how (old civilizations) viewed life hundreds of years ago, the circumstances they faced and the knowledge they passed on to generations to come are topics that constantly inspire me to create new art that is normally concealed in my work."

Whelan discovered her passion for tapestries after organizing Peru and India exhibitions back in her birth country of Argentina. From weaving to felting and



Artwork by Kasara Castell Whelan

photo courtesy www.artswfl.com

recently paper, she prodded herself to find ways to express her emotions and love through this style of art. Her life wasn't exactly a path of roses, as she explains; finding ways to learn new techniques wasn't an easy task.

Whelan is a member of the Northeast Feltmaker Guild (NEFG) and has a background in art and sales. She has a degree in etching (Aguafuerte) and textile design. She has been living and working in the United States for 22 years, finally settling in Southwest Florida.

DAAS Co-op Art Gallery is located at

1815 Fowler Street in the Butterfly Estates complex in Fort Myers. Business hours are 10 a.m. to 3 p.m. Wednesday through Sunday. For more information, visit www.daascoop.com or call 590-8645.

Classic Musical Showcases Director And Choreographer

Most Southwest Florida theater lovers know Amy Marie McCleary more through her work as Prather Entertainment Group's resident director/choreographer. In that capacity, she has staged more than 50 productions.

The Wizard of Oz is her most recent project at Broadway Palm Dinner Theatre. Other shows that she's directed and choreographed include *Escape to Margaritaville* (2022), *Singin' in the Rain* (2022), *Beehive the 60s Musical* (Dutch Apple Theatre), *Holly Jolly Christmas* (which she created), *The Sound of Music*, *Happy Days*, *Holiday Inn*, *Kinky Boots* (choreography by Chris Kane), *Beauty and the Beast*, *Mamma Mia*, *Jesus Christ*

Superstar, *Saturday Night Fever*, *Little Shop of Horrors*, *Memphis*, *Hairspray*, *Grease*, *CATS*, *Swing*, *Sister Act* and *Peter Pan*.

As choreographer, McCleary has staged dances for *Evita*, *Cabaret*, *The Best Little Whorehouse in Texas*, *All Shook Up*, *The King and I*, *Les Miserables*, *Annie*, *Dirty Rotten Scoundrels* and the 2009-10 national tour of *The Wedding Singer*. She also did the choreography for Prather's 2018 production of *Chicago*, for which she won a Broadway World Award for Best Choreography (Professional).

Over the course of her more than 30 years in theater, McCleary's work has been experienced by audiences across the country, including national and regional touring productions and regional houses that include The Little Theatre on the Square, Allenberry Playhouse and University of North Carolina at Greensboro's Department of Drama.

McCleary's directorial style reflects her passion for creating the world first and giving each actor equal attention as a facet of the story. She brings fresh and original ideas to every production in which she becomes involved.

"I'm very much about focus and finding the role each actor plays within the world," she explained.

McCleary received her bachelor of fine arts degree with highest honors from New York University's Tisch School of the Arts, where she studied at CAP21, the premiere training ground for musical theater performers.

Wizard of Oz is on stage through Saturday, August 13. For more information and tickets, visit www.broadwaypalm.com/shows/the-wizard-of-oz.

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 four cats.✪

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Hospitals Receive National Awards

The emergency departments at both Golisano Children's Hospital of Southwest Florida and Gulf Coast Medical Center have been recognized nationally for their exceptional and innovative performance in emergency care.

The Emergency Nurses Association awarded both emergency departments with the Lantern Award. Only 29 hospitals in the United States earned the prestigious recognition this year.

The Lantern Award recognizes emergency departments that go above and beyond in their efforts of leadership, practice, education, advocacy and research. It rewards emergency departments that use evidence-based practices and continually provide high quality care in a safe environment.

Golisano Children's Hospital's emergency department is a two-time recipient of the Lantern Award. This is Gulf Coast Medical Center's first time earning the award.

"I am so proud of the hard work our

teams put in every day to provide high quality emergency care to the patients we serve. This award really recognizes the efforts our team members put in each and every day," said Dr. Larry Antonucci, president and chief executive officer of Lee Health.

Recipients of the Lantern Award will be acknowledged during the 2022 Emergency Nursing Conference in Denver, Colorado from September 30 to October 3. Large canvas prints of the Lantern Award recipients will be displayed in a Hall of Honor during the conference.

For more information about Golisano Children's Hospital and Gulf Coast Medical Center, visit www.leehealth.org.

From page 2

Historic Downtown

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; *Fort Myers Press*; *The News-Press*; and *The Story of Fort Myers* by Karl H. Grismer.✪



The new manatee decal image provided

The new sea turtle decal

Sale Of Decals Supports Wildlife

The Florida Fish and Wildlife Conservation Commission's (FWC) 2022-23 manatee and sea turtle decals are now available. These waterproof stickers are colorfully illustrated and look right at home on watercraft, car bumpers or anywhere you want to show your support for these native species.

New decal designs are released each July and can be purchased with a \$5 donation when you register or re-register a vehicle or boat at local tax collector's offices across the state. The funds raised by decal donations go directly toward supporting research, rescue and management efforts for manatees and sea turtles.

This year's decal themes bring additional attention to specific conservation issues:

"Manatees in Motion" provides a reminder that manatees travel throughout

Florida's waterways and move between freshwater rivers and springs, brackish waters and coastal saltwaters. If you see evidence of a nearby manatee while boating, such as the signature round "manatee footprint" water plume, slow your vessel or shut off your engine until you can locate it and move to a safe distance.

"A Generation of Protection" highlights the many years of obstacles turtles face on their journey from hatchlings to mature adults with nests of their own, a process that can take 20 to 30 years. Lights on a nesting beach, motorized watercraft and marine debris can all negatively impact turtle lifecycles.

This year's manatee decal also displays the FWC Wildlife Alert Hotline, 888-404-3922, where you can report an injured, entangled or sick manatee or sea turtle.

Learn more about how to help conserve manatees and sea turtles at www.myfwc.com/manatee and www.myfwc.com/seaturtle, where you can also purchase past decal versions. Another way to show support for these species is

by purchasing a "Save the Manatee" or a "Helping Sea Turtles Survive" license plate at your local tax collector's office. For more information, visit www.wildlifeflorida.org.✳

Hope Parkinson Nets Grant For Boxing Classes

The Hope Parkinson Program recently received a \$15,000 grant from the National Parkinson's Foundation.

This funding will support specialized boxing classes that are optimized for people living with movement disorders. Studies have shown that boxing drills and conditioning can help people with Parkinson's disease stay active in a safe, supportive setting. Participants may improve their balance, agility, speed, endurance, accuracy, hand-eye coordination, footwork and overall strength.

Boxing is a high-energy, no-contact exercise that is ideal for people with mild to moderate Parkinson's symptoms. Previous boxing experience is not required, and classes are led by professional instructors and trained volunteers. One of Hope Parkinson's most popular instructors is certified Rock Steady boxing coach Erick Armstead. His unique teaching style creates a fun, uplifting atmosphere that inspires participants to push through challenges and gain confidence. To learn more about Rock Steady Boxing classes, visit www.armsteadfitness.com.

The National Parkinson's Foundation community grant program funds community-based education and outreach programs addressing unmet needs. The Hope Parkinson Program works closely with like-minded local organizations to provide a network of resources and education for people affected by Parkinson's disease and related movement disorders. For more information, call 985-7727 or visit www.hopeparkinson.org.✳

Chemical Waste Drop-Off Event

The Town of Fort Myers Beach will host a free drop-off event for household chemical waste at Bay Oaks Recreational Campus on Wednesday, August 17 from 8 a.m. to noon. This is in partnership with the Lee County Solid Waste Department.

Drop off is an easy drive-through process available to all residents. It is managed by Lee County staff.

Bay Oaks Recreational Campus is located at 2731 Oak Street on Fort Myers Beach. For a list of acceptable items, visit www.leegov.com/solidwaste/recycling/chemicals.

If unable to attend, businesses that need chemical waste disposal can call 533-8000 to schedule an appointment for the monthly business collection held at Lee County's permanent household chemical waste drop-off location at 6441 Topaz Court in Fort Myers.✳

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Nonprofit In Support Of Recovery Efforts

Al Kinkle lost his daughter, Kimmie, to an accidental overdose due to heroin laced with fentanyl in December 2015. Since then, the fentanyl problem has only gotten worse and he has fought to help fewer families feel that kind of pain by providing thousands of units of Narcan, a nasal spray used to counter the effects of an opioid overdose, to organizations, recovery homes and individuals that can utilize this potentially life-saving tool through Kimmie's Recovery Zone.

Naloxone (Narcan) is a medication designed to rapidly reverse opioid overdose. It can very quickly restore normal respiration to a person whose breathing has slowed or stopped because of overdosing with heroin, fentanyl or prescription opioid pain medications. Narcan Nasal Spray is a prefilled, needle-free device that requires no assembly and is sprayed into one nostril while patients lay on their back.

"I often ask myself what if Kimmie had this nasal spray readily available," said Kinkle, founder of Kimmie's Recovery Zone. "Since the pandemic began and fentanyl began flooding communities, overdose numbers have skyrocketed. Kimmie's Recovery Zone is a recovery community organization that

can help combat that."

Kimmie's Recovery Zone is a new local nonprofit supporting the recovery community and those impacted by mental health and Substance Use Disorders. "Recovery is a lifelong commitment," said Al Kinkle. "The mission of Kimmie's Recovery Zone is to mobilize resources to offer solutions for long-term recovery for the individual suffering from mental health and substance use disorders, as well as ease the pain of their family and friends affected."

National Recovery Month is an international observance held every September to educate people about how substance use and mental health services can enable individuals and their families to live healthy and rewarding lives.

Kimmie's Recovery Zone will be hosting a family fun event emphasizing recovery is for everyone at Lakes Park on Saturday, September 3 from 9:30 a.m. to 3:30 p.m. Free Narcan and training will be offered to all those that attend. To learn more, visit www.bit.ly/RecoveryMonth_Event.✱

Hope Rainbow Trails Camp

Hope Healthcare will host its Rainbow Trails Camp at the Alliance for the Arts on Saturday, November 5 from 9 a.m. to 3 p.m. The camp is for children ages 6 to

17 who have experienced the loss of a loved one during the past year.

The day camp includes creative, stress-reducing activities like crafts, recreation and singing as well as professional grief support. Led by experienced bereavement counselors, children and teens will have the opportunity to begin the healing process alongside their peers.

"For children coping with loss, finding a reason to smile can be a challenge," said Samira K. Beckwith, Hope Healthcare president and CEO. "Through Rainbow Trails, kids will

discover the tools and skills needed to find lasting comfort, friendship and joy."

There is no charge to attend, and Hope will host an orientation via Zoom for parents and guardians prior to the start of the camp. The deadline to submit camper applications is October 28. To learn more about Rainbow Trails Camp or to register a child, visit www.hopehcs.org/rainbowtrailscamp.

The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information on the camp, contact Kay Kelly at 333-4256 or kay.kelly@hopehcs.org. ✱

From page 1

United Way

Our community is a better place because of United Way. I encourage everyone to join us and be part of our campaign."

Humphreys was born and raised in Lee County. He graduated from North Fort Myers High in 2002 and Edison College in 2004. He has been married to his high school sweetheart, Jessica, for the last 15 years. They have two young children, Jacoby and Olivia. His family resides in the Gateway Fort Myers area, where Jessica is a teacher.

Humphreys has worked for Publix Supermarkets for over 20 years. He has been involved in many charitable events over the years including Habitat for Humanity, March of Dimes and

Make-A-Wish. He began serving on the United Way board in 2017.

"I am honored and thrilled to be co-chair for the 2022-23 United Way of Lee County campaign. To be part of such a prestigious group of leaders that has given back to the community for the past 65 years is humbling. I look forward to working with my co-chair, Sally Jackson, who brings an absolute wealth of knowledge and guidance. I have no doubt, with the collaboration of this incredible team, we will reach our campaign goal of almost \$11.2 million and continue to do great things in our community," said Humphreys.

United Way of Lee, Hendry, and Glades has raised and distributed almost \$210 million since being established in 1957. For more information, visit www.unitedwaylee.org.✱

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

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

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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.

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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.

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.fpcforymyers.org, 2438 Second Street, 239-334-2261

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

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

LAMB OF GOD

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

NEW HOPE PRESBYTERIAN

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

PEACE COMMUNITY

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

PEACE LUTHERAN

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

REDEEMER LUTHERAN

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

RIVER OF LIFE ASSEMBLY OF GOD

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

SAMUDRABADRA BUDDHIST CENTER

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

SAINT COLUMBKILLE CATHOLIC

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

ST. FRANCIS XAVIER CATHOLIC

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

SAINT JOHN THE APOSTLE METROPOLITAN

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

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY

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

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

ST. VINCENT DE PAUL CATHOLIC

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

SOUTHWEST BAPTIST

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

TEMPLE BETH EL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)

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

THE FAITH CENTER

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

THOMAS A. EDISON CONGREGATIONAL

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

UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

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

WESTMINSTER PRESBYTERIAN CHURCH

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

WORD OF LIFE

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

ZION LUTHERAN

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

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



American royal fern is native and occurs throughout the state

photos by Gerri Reaves

Plant Smart

American Royal Fern

by Gerri Reaves

Ferns and fern-like plants have been on earth more than 400 million years, and Florida has more fern species than any other state except Hawaii.

American royal fern (*Osmunda regalis* var. *spectabilis*) has the distinction of being the only native fern species in the state that has bipinnate blades, meaning that the fronds are twice-divided.

The fronds of two to five feet long have leaflets that themselves have five to 13 pairs of finely serrated oblong sub-leaflets, or pinnules.

This large long-lived elegant fern is found throughout Florida, indeed, in the eastern half of the U.S. and Canada, as well as much of Mexico and Central and South America.

Florida lists it as commercially exploited.

With a height and spread of up to six feet, it prefers partial to full shade – perfect for a shady tropical oasis in your yard. It can also be used as a border plant or groundcover.

In the wild, this species grows in



Fertile fronds appear at the tips of specialized fronds

marshes, swamps, wet woods, bogs and other moist areas.

Erect in form, it tends to grow in clumps and has rhizomes, root-like horizontal stems just under the soil's surface.

It has low drought tolerance and virtually no salt tolerance, so it's unsuitable for coastal landscapes.

To thrive, it requires soil rich in organic content.

The brown sporangia, or spore casings, occur not on the underside of leaves, but at the tips of the fertile fronds in spring. They arch inward, rather than unfurl.

Propagate it by division or with the spores.

The species has traditional practical uses, such as making rope and fishing nets with the stem fibers.

The leaves and other plant parts have many uses in herbal medicine.

Source: *The Ferns of Florida* by Gil Nelson, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *National Audubon Society Field Guide to Florida* by Peter Alden et al., *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, www.fnps.org, www.ifas.ufl.edu, www.regionalconservation.org, and www.wildsouthflorida.com.

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

Guided Walks At Slough Preserve

The Friends of Six Mile Cypress Slough Preserve have scheduled guided wet walks at Six Mile Cypress Slough Preserve.

Wet walks allow participants to see the beauty of a cypress swamp up close. The walks are led by trained guides through a trail that is usually closed to the public. The invigorating, beautiful path is immersed in the watery heart of the slough. Water levels may reach chest high, depending on recent rainfall. The trail is safe and has welcomed tens of thousands of visitors for more than 50 years.

Wet Walks are scheduled at 9:30 a.m. and 1 p.m. on the following days, and reservations are required:

Saturday, August 13
Wednesday, August 17
Saturday, August 20
Saturday, September 3
Saturday, September 10
Wednesday, September 14
Saturday, October 1
Saturday, October 8
Saturday, October 15
Wednesday, October 19
Saturday, October 22
Saturday, October 29

In addition to the wet walks, there are two new specialty walks offered from 9 a.m. to 1 p.m. on Saturday August 27 and September 24.

The first walk titled Flowing Through Time on August 27 will be led by slough volunteer Charles O'Connor. This walk will focus on Florida's prehistoric vertebrate animals and fossils. O'Connor worked in the Vertebrate Paleontology Lab at the Florida Museum of Natural History and will have a fossil collection on

hand. He has collected fossils at several Florida locations, as well as within the Panama Canal Restricted Zone on behalf of the museum.

The second walk titled Gifts of Wetland Plants on September 24 will be led by slough volunteer Heather Gienapp and will focus on ethnobotany. Gienapp has spent many years learning and practicing wilderness skills and crafts. She will focus on the ways some of the plants in the slough can be used by humans for everyday needs, such as shelter, fire, food and medicine.

For reservations, e-mail sloughfriendswetwalks@yahoo.com. Cost is \$15 per wet walk or specialty walk for Friends of the Slough members or \$25 per wet walk and \$40 per specialty walk for non-members. Parking fee is \$1 per hour per vehicle or \$5 per day; Lee County annual parking stickers are accepted.

Six Mile Cypress Slough Preserve is located at 7751 Penzance Road in Fort Myers. For more information, visit www.sloughpreserve.org.*

Park To Close For Maintenance

The parking lot at Lynn Hall Memorial Beach Park on Fort Myers Beach will close Monday, August 15 through Wednesday, August 17 for pavement repairs and restriping. The parking lot, which is located at 950 Estero Boulevard, is expected to reopen Thursday, August 18.

The beach, pavilions, restrooms and showers will be accessible for pedestrian access. Lee County Parks & Recreation has posted signs to alert park patrons of the upcoming closure. Alternate parking is available at Bowditch Point Park, 50 Estero Boulevard. Parking fees are \$2 per hour.

For more information on Lee County Parks & Recreation, visit www.leeparks.org or call 533-7275.*

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Make Your Own Luck



by Capt. Matt Mitchell

Variety was the word this week with so many options for anglers. There is nothing I like more than having a pattern dialed in. For several days in a row, it just all

came together as scripted. By having a game plan based around the stages of the tide and the information gathered day to day, we enjoyed daily success. With tides getting later each day, all that was required was a little daily tweaking and driving the bus from stop to stop. Big morning high water was the perfect setup to target redfish under the mangroves. Cut baits in the hot water worked best. My go-to is a free-lined medium-sized live pinfish. I cut off the tail and trim the fins; this puts both a little bit of scent in the water along with slowing it down to stay up under the mangroves. Pick a wind-blown mangrove shoreline and don't sit in one place too long. Points and creek mouths are a great place to get started. This time of year, our afternoon rains always seem to get our redfish bite fired up. The redfish action will only continue to get better as it doesn't peak till the fall.

As tides begin to fall by mid-morning,



Glenn with his first saltwater fish, a quality 26-inch redfish caught while fishing with Capt. Matt Mitchell this week photo provided

I've been moving to the flats to catch a crazy mixed bag including trout and mangrove snapper for the box. Basically, any flat in the southern sound in three to four feet of water has held these fish. Look for the transition areas that have a mix of grass and sand. Proximity to deeper water is always a plus too. Chumming live shiners quickly fires up these fish. Once you get them feeding

this action has been nonstop. Free-lined shiners or popping cork rigs are the way to go. Small blacktip sharks, ladyfish and even Spanish mackerel are all part of this wide-open flats bite.

Once I've got my clients dinner in the box with the flats action, I like to finish up with some snook fishing. My best action for this has come during the lower stages of the outgoing tide. Skipping shiners

under the mangrove shorelines close to the passes has been outstanding. During these lower tide periods, it's possible to get a bait far enough up under the trees to tempt the staged snook. Though most of these fish are just over 20 inches, watching them explode on baits is a great way to finish up a day's charter. It makes for a great day to be able to show clients several different types of fishing during a short four-hour period.

Many times when out fishing with clients, I hear the term "luck." Yes, there certainly is a little luck involved to catching that fish of a lifetime, though being prepared and in the right place at the right time are the most important factors. To stack the odds in your favor, it's more about having the right bait, tackle and knowing where your target species are on what phase of the tide than just plain luck. Everyone may get lucky now and again, but preparation will insure you catch fish everyday.

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 capt mattmitchell@aol.com. ✨

From page 1

Music Program

our students are taught to become leaders by being highly ambitious at every opportunity."

Students of all skill levels are welcome to participate, with the symphony offering beginner, intermediate and advanced music education programming. Southwest Florida Symphony will provide educational staff to deliver music education, instruction and public performance opportunities. There is no tuition charge and instruments are provided for participating students.

"In addition to reaching youth who may not otherwise have access to music education, our collaboration with The Heights Foundation will also help support recruitment efforts and cultivate the next generation of orchestral talent from within our own community," said Amy Ginsburg, executive director of Southwest Florida Symphony.

To learn more about the program or to enroll a student, call 482-7706, ext. 4006. ✨

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Yellow-Throated Warbler



by Bob Petcher

The yellow-throated warbler (*Setophaga dominica*) is a colorful creature with a bright yellow throat, a black face mask, a white eyebrow and white underparts with

black streaking. In summer, male yellow-throated warblers flaunt grey upperparts and wings, with double white wing bars.

This species of warbler, while relatively small with a pointed bill, is more heavy-bodied compared to others. It is also considered to be more confident and cool than its cousins.

While you may find them at bird feeders, yellow-throated warblers tend to forage along tree branches, checking out cracks and crevices for insects such as beetles, caterpillars and flies. They like to rummage high above at the top of canopies, so if you are looking hard for one, you may get a case of what bird-watchers call "warbler neck."

The woodland species of songbird is known for its clear voice. Its breeding range extends from southern Pennsylvania and northern Missouri to



Patient #22-3999 had a short stay at the clinic

photo by Haillie Mesics

the Gulf of Mexico.

At CROW, an adult male yellow-throated warbler was admitted from Fort Myers Beach after the finder witnessed the patient-to-be involved in a window strike incident. Veterinarians noted he had a corneal ulcer – an open sore in the eye.

"A corneal ulcer is a scratch on the very outer layer of the eye, the clear part called the cornea. You can't always see these scratches with the naked eye, so we have a special type of eye solution called fluorescein stain, which we use to diagnose ulcers," said Dr. Melanie

Pearson, CROW veterinary medicine intern. "We put a drop in each eye and then flushed the eye with normal eye wash solution. Finally, we shined a special light on the eye – called the cobalt blue setting on our ophthalmoscope. The stain only stays on the part of the cornea with a scratch/ulcer. In this patient's case, we saw stain uptake in the left eye, which was already squinting, but not the right eye."

The injury was determined to be non-life threatening. CROW medical staff stated the size of the corneal ulcer was basically microscopic and that it would

clear up on its own.

"This corneal ulcer was small, about the size of the tip of a pen. Yes, corneal ulcers do heal over time," Dr. Pearson confirmed. "Birds in particular heal their corneal ulcers very quickly, sometimes even within a few days."

The warbler was given supportive medications and was closely monitored.

"We prescribed an antibiotic eye drop called 'ofloxacin' to make sure the eye didn't get infected," said Dr. Pearson. "Additionally, corneal ulcers are quite painful, so we also prescribed an oral pain medication – an NSAID (non-steroidal anti-inflammatory drug) called meloxicam."

The eye drops appeared to work quickly, and there was no infection reported.

"We checked the warbler's eye the next day, and they were already squinting less," said Dr. Pearson. "Then, three days after the diagnosis, we repeated the eye stain procedure to see if the ulcer had healed."

"The ulcer was completely gone when we rechecked the eye, and the warbler was released on Sanibel Island that same day."

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.

Lee Hospitals Earn Four Stars

High-quality care and patient safety are Lee Health's top priorities, and the health system is pleased to announce three of its four acute care hospitals have been awarded four stars by the Centers for Medicare and Medicaid Services (CMS).

Gulf Coast Medical Center, HealthPark Medical Center and Lee Memorial Hospital all maintained their four-star status in this period, and Cape Coral Hospital earned a high three-star rating. Children's hospitals are not included in this ranking system.

In the past five years, all Lee Health hospitals have risen from two-stars to three and four-stars by finding ways to constantly improve patient care. These newly released ratings reflect the continuous improvements Lee Health takes to provide the highest quality of care to the community it serves.

"At Lee Health, we are committed to constant improvement, and we are always striving to provide the safest, highest level of care possible," said Dr. Stephanie Stovall, Lee Health's chief clinical officer quality/patient safety and hospital-based care. "We are proud to be recognized by CMS for the high-quality care we provide to the Southwest Florida community, and I want to thank the entire Lee Health team for their dedication to excellent patient care."

CMS's overall star rating is based

on how well a hospital performs across different areas of quality, such as treating heart attacks and pneumonia, readmission rates and safety of care. The rating shows how individual hospitals perform compared to all hospitals across the country for the five groups or categories of quality measures that make up for the overall star rating.

CMS created the five-star quality rating system to help consumers, their families and caregivers compare hospitals more easily. The scores are based on previously reported quality and safety data points including patient satisfaction, value and outcomes.

Learn more about Lee Health's awards and recognitions at www.leehealth.org.

Dean's List Honorees

Olivia Jeter of North Fort Myers has been named to the dean's list for the spring 2022 semester at Sherman College of Chiropractic in Boiling Springs, South Carolina. The honor goes to students who have achieved an average of at least 3.5 for the quarter.

Lema Abuqab of Fort Myers has been named to the dean's list for the spring 2022 semester at Tufts University in Medford, Massachusetts.

To collect the honor, students must earn a grade point average of 3.4 or greater for the semester.



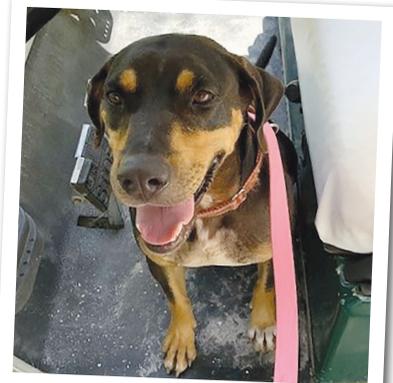
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Survey Proves Concern About Climate Change

A recent poll of adults in five Southwest Florida counties (Charlotte, Collier, Glades, Hendry and Lee), conducted by Lake Research Partners on behalf of Growing Climate Solutions, demonstrates that a majority of adults are personally concerned about climate change. The survey found that 68 percent said that climate change is happening, 23 percent of respondents said it was not happening, and nine percent were not sure. However, when asked if climate change is happening with the opportunity to clarify a causal explanation, a total of 87 percent of adults observe that climate change is happening and over two-thirds attribute it to human or human and natural causes. Slightly less than a quarter of respondents attributed it to natural causes, and only five percent stated it is not happening.

Strong majorities support a range of policies that would reduce pollution that causes climate change and overwhelmingly believe that communities need to prepare for floods, as well as droughts, to minimize their impact. Nearly 80 percent of respondents think local, state and federal governments should do more to protect natural coastlines and wetlands, which provide

essential storm protection from climate change and sea level rise.

“Survey results show that people think it is important to speak out about climate change, especially to their families, friends and elected officials,” said Jonathan Voss, a partner at Lake Research Partners. “People feel more empowered to advance solutions when they think their community has acted, and more than half the respondents want to see their towns act. Thus, traction on climate challenges seems to foment with local government engagement on the issue.”

More than half of adults surveyed, 56 percent, want local government to address climate challenges, including taking actions that tackle root causes and alleviate its impacts. Trust in local community leaders as a source of information about climate change increased across party lines since 2018. Today, 29 percent of adults trust local community leaders as a source of information, up from 23 percent in 2018.

“This is good news. It suggests that if the trend continues, decisions made by local officials to address climate challenges will be supported by residents over time,” said Rob Moher, president and CEO of the Conservancy of Southwest Florida.

“Interestingly, a majority of people believe that the private sector is most likely to advance solutions on climate

change, with 67 percent of Republicans believing the solutions will come from the private sector,” said Dr. Ana Puszkina-Chevlin, regional director of Growing Climate Solutions: Path to Positive Initiative at the Conservancy of Southwest Florida. “This supports the idea of formulating policies that incentivize positive climate and environmental behaviors and investment from the corporate sector.”

Strong majorities support a range of policies that would financially incentivize investments in clean energy at both the corporate and household level, including more than 85 percent favoring, modernizing America’s electric grid, 74 percent favoring charging polluters for pollution, 70 percent favoring providing incentives for switching to solar energy, 65 percent favoring providing corporate tax credits to expand clean energy, 61 percent supporting personal tax credits for electric or hybrid vehicles and 61 percent supporting passing laws for more efficient buildings and cars.

Puszkina-Chevlin notes that compared to a similar poll conducted in 2018, concern for climate impacts and support for climate action has declined; likely due to the pandemic and current geopolitical conditions impacting the economy, such as supply chain issues and increased energy costs.

“This year’s polling was conducted in April, when the impacts of Russian energy reliance in Europe dominated

headlines and domestic gas prices were rising steeply,” she added.

The proportion of adults that think it is important to prioritize economic growth over acting on climate change increased by 13 points. Just over half of adults think it is more important to prioritize economic growth over acting on climate change, including 79 percent of Republicans and just 19 percent of Democrats. Men over age 50 and Republican voters drove much of that change. The challenge is that tackling climate issues requires an ongoing commitment, despite economic cycles, and there is no time to wait in order to meet emission reduction goals of the Paris Climate Agreement. The poll shows increased polarization in climate concerns, need for action and optimism for solutions among residents of different political affiliations, with Democrats more strongly stating climate concerns and supporting actions toward solutions than Republicans.

Common ground can be found in growing support for increasing the production of clean energy, with 80 percent of adults supporting increased use of solar energy and more than half advocating a decreased use of coal. More than two-thirds of adults support increased use of wind, natural gas and nuclear power, with a notable increase in support for nuclear energy since 2018, especially among women, people under age 50 and independents.*

FEMA Modernizes Mobile App

FEMA has updated its mobile app – in English and Spanish – to give users increased personalization options and help them take charge of disasters. Downloading the app now is especially important entering peak hurricane and wildfire seasons.

Driven by critical customer feedback, this is the mobile app’s largest update in the last 10 years and demonstrates FEMA’s continued commitment to meeting people where they are by providing the resources they need in a user-friendly way.

“FEMA is committed to providing families with the tools and information they need to keep themselves and their loved ones safe from disasters,” said FEMA Administrator Deanne Criswell. “By advancing our mobile app technology, we are better helping communities plan, protect and recover from disasters through clear, effective and relatable communication.”

The original FEMA app gave users a reference guide of information to pull from and basic alert features. The new app will allow users to customize what they see in the app in order to receive information most relevant to their user preferences and location. Another innovative feature of this revamp is a Recover section that helps disaster survivors understand federal disaster declarations in their area and get answers to common questions about the assistance application process. Together, these new features help users better

prepare for, protect against and recover from disasters.

The app’s redesign has been rooted in the customer experience and user feedback, with increased accessibility integrated into the development process to ensure this new version was also user friendly for people with disabilities.

“At FEMA, we’re constantly striving to make our information as approachable as possible,” said FEMA Digital Engagement & Analytics Branch Chief Gloria Huang. “This latest update is a big step forward, but not the end of our progress. We’ll continue taking user feedback and technological advances to improve app functionality. This information empowers people to make informed decisions about their preparedness and response to disasters.”

In addition to all-new features like disaster declaration notifications and frequently asked questions on assistance applications, popular features such as weather alerts, emergency shelter locations and disaster recovery center information will be included in this update but with an entirely new, user-friendly look and feel. Preparedness information on the FEMA app has also been completely reworked to make it easier to understand, and this latest version will present interactive preparedness information grouped by topic.

The app is available for download on iOS or Android. Current users will need to update their app and enter profile information but will not need to re-download it to access new features.

Furthering FEMA’s commitment to providing accessible disaster information, the agency also updated its

Text-to-Shelter feature this year. Users can now text “shelter” and their ZIP code to 43362 to get a list of nearby shelter locations. During disasters, it is important to follow instructions given by local and state officials, as they may share additional sheltering options.

To watch a YouTube video on the update, visit www.youtube.com/watch?v=1-ja2xhGEwA.*

Mental Health Initiative Funding

Lee Association of Remarkable Citizens (LARC) has received \$140,000 in funding through the American Rescue Plan Act (ARPA) to create a psychosocial rehabilitation program for people with intellectual and developmental differences (IDD).

Lee County was provided \$149 million in funding to support the local response and recovery from the COVID-19 public health emergency. The funds are designed to assist governments in responding to the pandemic, addressing its economic impact and establishing a foundation for a strong and equitable recovery.

The prevalence of diagnosable mental health concerns for people with IDD is 30 to 40 percent, much higher than the neuro typical population. The negative mental health consequences caused by the pandemic are well-documented. For people with intellectual and developmental differences, this impact is exacerbated by additional rules and regulations that forced providers to

limit their choice to interact and access community resources.

“The results of COVID including mask mandates, long periods of isolation, the inability to socialize with friends and family, support systems, health services and employment have severely disrupted the routines for persons with IDD,” said Angela Katz, LARC’s executive director. “Individuals are exhibiting symptoms of mental illness, and we are seeing a regression in the person’s ability to perform daily tasks at levels previously achieved.”

“The psychosocial rehabilitation (PSR) program has been a mainstay treatment program for persons experiencing disabling mental disorders for many years. The PSR service model is well-suited to our needs and complements the other services we are providing. This program is designed and implemented with equity in mind for a disproportionately affected population that is historically underserved, marginalized and adversely affected.”

For more information, visit www.larccounty.org or contact Katz at 334-6285 ext. 210 or angelakatz@larccounty.org.*

Dean’s List

Stephanie Fry of Cape Coral has been named to the dean’s list for the spring 2022 semester at the University of Northern Colorado.

Students who received this distinction earned a combined grade-point average of 3.75 or higher during at least two academic semesters and completed a minimum of 24 semester hours.*

Symphony Names Outreach Ambassador

The Southwest Florida Symphony has appointed retired NBC-2 Chief Meteorologist Robert Van Winkle as its new community outreach ambassador. In this role, Van Winkle will actively collaborate with current and prospective community partners to strengthen and expand the symphony's presence throughout Southwest Florida. In addition to Van Winkle's ambassadorship role with the symphony, he will work with the School District of Lee County to offer educational fine arts appreciation programs to its students.



Robert Van Winkle

"We are extremely thrilled that Robert has joined our team," said Amy Ginsburg, executive director of the Southwest Florida Symphony. "His diverse experience and extensive community relationships will help elevate the symphony and our partnerships to the next level."

Van Winkle brings a vast array of knowledge and experience to the Southwest Florida Symphony. He was on the air with Waterman Broadcasting's local NBC affiliate for 31 years. During his time in broadcast journalism, he also served as master of ceremonies at countless community events, including providing educational and entertaining narratives for many of the Southwest Florida Symphony's *A Night at the Opera* performances.

"The opportunity to work with the symphony comes at a perfect time to immerse myself in a field I'm passionate about," said Van Winkle. "I attended my

first classical concert in fifth grade and still remember the emotion, excitement and pure joy of symphonic music. In fact, it was *Tchaikovsky's Symphony No. 4* that changed my world."

The Southwest Florida Symphony made its debut as a community orchestra on April 15, 1961, playing in schools and community centers, with a roster of only 24 volunteer musicians. Today, the symphony boasts a roster of 70 world-class musicians, and is Lee County's only fully professional orchestra. The 62nd year features newly appointed Music Director Maestro Radu Paponiu. Maestro Paponiu, the sixth music director in the organization's history, also serves as the associate conductor and youth orchestra director for the Naples Philharmonic in addition to guest conducting with orchestras throughout the United States and Europe.

For more information about the Southwest Florida Symphony, upcoming season performances and subscription and ticketing information, visit www.swflso.org or call 418-1500.✧

Airport Traffic Down In June

During June, 663,141 passengers traveled through Southwest Florida International Airport (RSW) in Fort Myers. This was a decrease of 21 percent compared to June 2021. Year-to-date, passenger traffic is up 17.6 percent compared to last year.

The traffic leader in June was Delta with 176,915 total passengers. Rounding out the top five airlines were Southwest (127,095), American (122,983), JetBlue (71,428) and United (67,716).

Southwest Florida International Airport had 5,418 aircraft operations, a decrease of 26.5 percent compared to June 2021. Page Field saw 14,284 operations, a 28 percent increase compared to June 2021 for more information, visit www.flylcpa.com or www.facebook.com/flyrsw.✧

Owners Remain Positive After Fire



The Island Cow suffered a fire on August 6

photo by Anna Marrero

Island Cow Owners Brian and Elke Podlasek are reassuring patrons that their Sanibel Island restaurant at 2163 Periwinkle Way will be reopened as soon as possible after a fire caused severe damage last Saturday evening.

"Island Cow is currently closed following a fire that started in our kitchen after we had closed for the evening. Thankfully, no one was injured, and we are committed to renovating and reopening as quickly as possible," read a statement the Podlaseks sent out Sunday. "On behalf of our Island Cow family, we want

to thank everyone for their ongoing support while we close temporarily for repairs."

By noon Monday, the restaurant's Facebook page had received over 500 comments from well-wishers, prompting an updated statement from the Podlaseks. "Thank you for your concerns. None of our iguanas were harmed. They will be enjoying a Sanibel staycation until we rebuild."

The fire is currently under investigation. Details on the reopening of the restaurant will be announced as soon as they are available.✧



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Book Review

The Lioness



by Di Saggau

It's 1964 and Hollywood starlet Katie Barstow is taking her friends, the lions of Hollywood, on a safari in the Serengeti. Katie is the daughter of famous New York theater folk with

a legacy of alcohol and abuse. On the West Coast, she finds fame, fortune and good people. Newly married to David Hill, a struggling gallerist who is her brother's best friend from childhood, she invites seven others on their honeymoon.

They include Terrance Dutton, a Black actor whose star is rising and with whom Katie has shared some steamy big-screen scenes. They are all in the care of a White hunter named Charlie Patton, who claims to have had Papa Hemingway as a client. He's pleased that these people are ready to photograph elephants and not shoot them.

All goes well until men in a Land Rover appear out of nowhere with their guns aimed at the Americans. They are Russian mercenaries who kidnap the Americans. As the drama plays out, Bohjalian divides the narration between the nine Americans and Benjamin

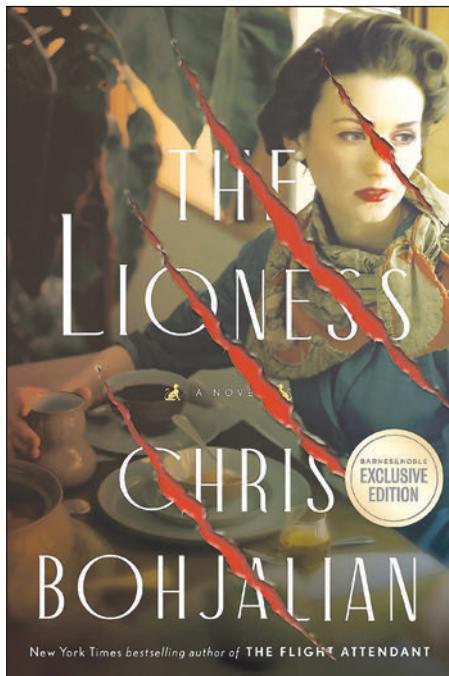


image provided

Kikwete, a young Kenyan porter. Through short chapters named after the characters, we get a good look into their lives and characters.

The plot is set against the backdrop of the Congo Crisis and the Simba rebellion, and also touches on American racism, especially in Hollywood. Handling 10 narrators, the complexities of racism in America, African politics, violence both foreign and domestic, is no easy feat, but in Bohjalian's hands,

it's easy sailing and extremely satisfying reading.

I agree with Jodi Picault who said, *The Lioness* feels like the best possible combination of Hemingway and Agatha

Christie, a gorgeously written story about the landscape and risks of Africa, whose edge-of-your-seat plot makes it impossible to put down. Bohjalian just gets better and better." ✨

School Smart



by Shelley M. Greggs, NCSP

Dear Readers, It's that time of year again – summer is over and the kids are going back to school. Many parents tell me that their children

are anxious about school, particularly at the beginning of the school year. Here are some suggestions from the National Association of School Psychologists to help you deal with your children's anxiety and how to pursue problems if they arise.

First of all, let your children know you care. If your children are anxious about school, send personal notes in the lunch box or book bag. Reinforce the ability to cope. Children absorb their parent's anxiety, so model optimism and confidence for your child. Let your children know that it is natural to be a little nervous anytime you start something new but that they will be just fine once they become familiar with classmates, the teacher and school routine.

Do not overreact. If the first few days are a little rough, try not to overreact. Young children in particular may experience separation anxiety or shyness initially, but teachers are trained to help them adjust. If you drop them off, try not to linger. Reassure them that you love them, will think of them during the day and will be back. Remain calm and positive.

Acknowledge anxiety over a bad experience the previous year. Children who had a difficult time academically or socially or were teased or bullied may be more fearful or reluctant to return to school. If you have not yet done so, share your children's concern with the school and confirm that the problem has been addressed. Reassure your children that the problem will not occur again in the new school year, and that you and the school are working together to prevent further issues. Reinforce your children's ability to cope. Give your children a few strategies to manage a difficult situation on their own, but encourage your children to tell you or the teacher if the problem persists. Maintain open lines of communication with the school.

Arrange play dates. Try to arrange get-togethers with some of your children's classmates before school starts and during the first weeks of schools to help them re-establish positive social relationships with peers.

Plan to volunteer in the classroom. If possible, plan to volunteer in the classroom at least periodically

throughout the year. Doing so helps your children understand that school and family life are linked and that you care about the learning experience. Being in the classroom is also a good way to develop a relationship with your children's teachers and classmates, and to get firsthand exposure to the classroom environment and routine. Most teachers welcome occasional parent help, even if you cannot volunteer regularly.

These recommendations can contribute to a positive and productive school experience for most children. Some children may exhibit more extreme opposition to or fear of school or may be coping with more specific learning or psychological difficulties. If your children demonstrate problems that seem extreme in nature or go on for an extended period, you may want to contact the school to set up an appointment to meet with your children's teachers and school psychologist. They may be able to offer direct or indirect support that will help identify and reduce the presenting problem. They may also suggest other resources within the school and the community to help you address the situation. While children can display a variety of behaviors, it is generally wise not to over-interpret those behaviors. More often than not, time and a few intervention strategies will remedy the problem. Most children are wonderfully resilient and, with your support and encouragement, will thrive throughout their school experience.

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. ✨

NonProfit Named To Fund Program

Better Together, a nonprofit dedicated to helping families in crisis and preventing the need for foster care, has been selected as a participant in the A Community Thrives campaign, a grantmaking and crowdfunding program funded by the Gannett Foundation.

Donations made through A Community Thrives to Better Together count toward the organization's \$25,000 fundraising goal and help put Better Together in the running for a \$100,000 grant.

To learn more or to help Better Together qualify for the grant, donate through Friday, August 12 at www.acomunitythrives.mightycause.com/organization/bettertogether. ✨

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New President For Chamber

Lee County Commissioner Brian



Brian Hamman

Hamman will serve as the new president and CEO of the Greater Fort Myers Chamber of Commerce. In this role, Hamman will direct all business, programs, projects and events of the Greater Fort Myers Chamber of Commerce and its foundation to promote the growth of businesses and the community. He will continue to serve as Lee County commissioner for District 4.

"Our board of directors has been continually impressed by Brian's leadership in business and within our community, and his expertise will be an invaluable asset to the growth and continued impact of the chamber," said Michele Hoover, chair of the board of directors for the Greater Fort Myers Chamber of Commerce. "This is an exciting new chapter for the chamber,

and we are confident in having Brian at the helm to lead in our mission of connecting, empowering and unifying our members and community across the region."

Hamman is a Lee County native and has served as Lee County Commissioner for District 4 for nearly nine years with a passion for making the county a great place to live, work and raise a family. In the private sector, he spent 10 years in television working his way up from the "camera guy" to a news anchor on the nightly news. In addition, he worked as a financial advisor for Edward Jones and oversaw market development for CenturyLink.

Hamman is a graduate of Cape Coral High School, earned an associate degree from Florida Southwestern State College (formerly Edison State College) and a bachelor's degree in communications from Florida Gulf Coast University. He is also active in the community, serving on various boards and volunteering at his church, Crosspoint Christian.

Dianna Ryan served as interim president and CEO during this time of transition following the departure of the Chamber's former president and CEO. Ryan will continue to serve the chamber as director of operations.✪

Lee Clerk Expands Services

The Lee County Clerk's office is now providing general assistance with completing select court forms. This new service helps customers representing themselves in court properly complete forms and better understand the process to avoid delays in resolving disputes.

The service is offered for limited civil and family cases, including evictions, domestic violence, small claims, adult name changes and sealing criminal records.

"As the gateway to the court system, it's critical that the clerk's office provides all Lee County residents with timely and efficient access to the courts," said Lee County Clerk Kevin Karnes. "While our office cannot offer legal advice, we can provide customers with useful information to help them navigate their cases."

Customers can access the court form preparation services at The Honorable Linda Doggett Self-Help Center on the first floor of the Justice Center in Fort Myers. Appointments are not required but can be scheduled at www.leeclerk.org/appointment. For hours and directions, visit www.leeclerk.org.

If customers require legal assistance, they can schedule a free 20-minute virtual legal consultation with an attorney at www.leeclerk.org/appointment. The service is provided in partnership with the Legal Aid Society and appointments are scheduled on Tuesdays from 1 to 4:30 p.m. The attorneys and clerk staff cannot complete forms for customers or represent them in court.

For more information about court

form preparation services, visit www.leeclerk.org/selfhelp, call 533-2978 or email justicenavigator@leeclerk.org.✪

Free Autism Screening For Young Children

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free monthly autism spectrum disorder screening for toddlers 18 months to age 5 at the Pediatric Specialist Office on Friday, August 19 from 9 a.m. to 2 p.m. at the Pediatric Specialist Office.

It is estimated that one in every 44 children is diagnosed with some form of autism spectrum disorder (ASD), making it more common than childhood cancer, juvenile diabetes and pediatric AIDS combined.

Medical consultants for the project stress that an early diagnosis can make a vast difference for toddlers and their families. They say early intensive behavioral intervention can make an immense difference not just in the development of the child, but in their families as well.

The ASD screening is conducted by the Golisano Children's Hospital of Southwest Florida. The screenings are administered by an advanced practice registered nurse, who has extensive training and experience in typical child development and developmental disorders. A physician referral is not required.

The Pediatric Specialist Office is located at 15901 Bass Road, Suite 102, in Fort Myers. To schedule a screening, call 343-6838.✪



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by Dr. Rüdiger Bieler, Curator of Invertebrates, The Field Museum; and Dr. José H. Leal, Science Director and Curator, BMNSM

Sep. 14: Saving the Queen of the Sea: Queen Conch Conservation Aquaculture

by Dr. Megan Davis, Research Professor, Aquaculture and Stock Enhancement Program, Florida Atlantic University Harborbranch Oceanographic Institute

Oct. 13: Land Snails in Los Angeles: An Experiment in Urban Citizen Science

by Dr. Jann Elizabeth Vendetti, Associate Curator and Twila Bratcher Chair in Malacology, Natural History Museum of Los Angeles County

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Lectures made possible by a gift from Mark and Kathy Helge.

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Life Expectancy Effect On Estate Plans



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

As life expectancy increases, adapting our retirement age, savings and estate plans must change. Currently, the life expectancy of a United States male hovers near age 79, while a female exceeds 81. The longer you live, the longer you are expected to live as well. American non-smoking men who make it to age 60 can expect an average of 21 years of life expectancy, while those age 84 are expected to make it to 91.

What does this mean for our expected retirement age?

Obviously, it means that we should save more for longer periods.

This might delay retirement from ages 60 or 65 to at least 70 or 75. They say that 60 is the new 45, and that very well may be true. Continuing to work longer means not having to rely on savings until you reach within 10 to 15 years of life expectancy.

This also affects our estate plans. I've been practicing long enough to counsel an entire generation who have mostly passed away. Years ago, it was uncommon for my practice to serve more than a couple dozen octogenarians. Now, we serve several dozen. Today, we also have a handful or more of centenarians.

What does this mean for our estate plans? First, between spouses, it's more likely than not that the survivor lives well into her 80s. Estate plans must therefore be drafted with the continuing need for income to support the couple, or survivor of them, not only for essential living needs, but perhaps for years of health, and perhaps, convalescent care.

Bumper stickers and shirts declaring that, "I'm spending my children's inheritance," aren't joking.

There's also the increased likelihood that the surviving spouse remarries, particularly if the first decedent spouse dies at a relatively young age, such as in his 60s. If the surviving spouse may have a quarter century or more to live, she can't always be expected to live it alone.

Remarriage presents another set of issues. Pensions might be affected. Generally speaking, if one remarries after age 60, one may still receive survivor's benefits based on one's former spouse's record. However, if one's new spouse is also collecting Social

Security benefits, then one might receive a higher amount based on the new spouse's work record.

IRA accounts that once named a former spouse might now name a new spouse. If the new spouse survives and rolls over the account, the likelihood that the children of the original IRA owner become the ultimate beneficiaries decreases substantially. Remarrying without a nuptial agreement may also decrease the amount that one's children receive, because in most states a surviving spouse is entitled to an elective share of the decedent spouse's estate or trust.

Age of one's children when they finally inherit must also be considered. When clients live into their late 80s, their children are often post-retirement themselves when they inherit. In this case, it might make more sense to create continuing trusts sprinkling income and principal among several generations of the family. Educational needs of grandchildren or even great-grandchildren could become the priority, especially when one's children have already built nest-eggs of their own.

Instructions to family members about health care and end-of-life decisions becomes paramount. Should assets be consumed to remain at home as opposed to being housed in assisted living or memory care units? How will the consumption of assets affect the surviving spouse?

If a child has moved in to care for a parent, should she receive a larger share of the inheritance? If that same child is responsible for her elderly parent's finances, care should be taken to document and account for expenses. I've seen situations where the child taking care of her parents is accused of stealing their money, even when the parents wanted to give that money to the child. This is where ongoing communication with the estate planning attorney is crucial, so he can counsel and document transactions to avoid misunderstandings that can't be explained once the client dies.

Undue influence claims must also be guarded against. I once had a client whose daughter cared for her. They both came to my office, with the client requesting that I change her will and trust to give this daughter more than an equal share compared to her other siblings.

Under most state laws, including Florida's, a presumption of undue influence occurs when the beneficiary who benefits from the new will scheduled the appointment, drove the client to the office, was present during the meetings and signing, and so forth. This is why a knowledgeable estate planning attorney will meet individually with the client to ensure that elements of undue influence are not present.

As my grandmother once proclaimed, "Aging isn't for sissies." Make sure that you're prepared to enjoy a long and fruitful life. It begins with proper planning to not only benefit you and your spouse, but successive generations as well.

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School Board Appointments



Michael Ramirez



Jennifer Cupid-McCoy

The School District of Lee County Board has approved two new administrative appointments that will form part of Superintendent Dr. Christopher Bernier's cabinet.

Dr. Jennifer Cupid-McCoy is joining the district in the newly created position of deputy superintendent. In this role, she will supervise school improvement, student achievement and accountability for outcomes. Dr. Cupid-McCoy has spent the majority of her 33-year career with Orange County Public schools, where she started as a teacher and worked her way up to principal, a district administrator and, most recently, as area superintendent responsible for the oversight of 30 schools.

"I am excited to begin working with highly talented educators, committed parents and amazing students," said Dr. Cupid-McCoy. "Together, we will continue

to operationalize the board's vision. I look forward to learning from you and growing with you as a contributing member of the team."

Michael Ramirez is joining the district as chief of staff. Ramirez was one of the two finalists interviewed by the Lee County School Board for the superintendent position in January. He most recently served as deputy superintendent for Denver Public Schools after a 24-year career in Miami-Dade and Broward County as a teacher and administrator. As chief of staff, Ramirez will provide executive leadership and support for critical projects and initiatives of the district's strategic plan.

"I am humbled and honored to be joining the School District of Lee County," said Ramirez. "I look forward to serving our Lee schools community in working together to truly live out our mission of ensuring each student achieves his or her highest personal potential."

Dr. Denise Carlin, chief of staff to both interim Superintendent Dr. Ken Savage and Superintendent Dr. Bernier, is moving to the newly created position of chief communications and government relations officer. In this role, Dr. Carlin will supervise the district's communications and expand the district's work on legislative advocacy.

"I am excited to welcome Dr. Cupid-McCoy and Mr. Ramirez to the School District of Lee County," said Superintendent Dr. Bernier. "Both have the experience to drive our district to greater student success. I also congratulate Dr. Carlin in her new position at the

district where she will continue to put her expertise to use for our students' benefit."

Ramirez and Dr. Carlin moved into their newly appointed positions on August 1. Dr. Cupid McCoy will join the district on August 15.✪

Teacher Receives Instructor Award

Sgt. Major Kim Williams is the 2022 U.S. Army Cadet Command JROTC Army Instructor of the Year. Williams teaches in the Mariner Leadership Academy at Mariner High School.

"My entire Army career was focused on putting the media spotlight on others, so it was quite a shock when I received the announcement that I was selected as the Cadet Command JROTC Army Instructor of the Year," Williams said. "I am blessed to work at a school with such a supportive principal, Dr. Michel, administrative team and JROTC department who believe in what I do and who took the time to put together the nomination packet. Teaching our young people takes a village, and we truly have an amazing village at Mariner High School. I have never liked having attention focused on me, but I am truly, deeply humbled and honored to be



Sgt. Major Kim Williams

selected as Instructor of the Year."

Williams was on active duty in the Army from 1992 to 2014 in the career field of public affairs. She worked as a journalist, newspaper editor, and community and media relations supervisor. Her deployments include Somalia and Afghanistan, where she received a Bronze Star Medal.

After retiring from the Army, Williams joined the teaching staff at Mariner High. She primarily teaches freshman in the Leadership Academy to help them transition into high school. The classes focus on topics like self-esteem, confidence, leadership and citizenship. She is also a coach after school for the Academic/Leadership Team, Drill Team and Raider Team, all of which have competed at district, state and national levels.

"SGM Williams is the ideal role model to be selected JROTC Army Instructor of the Year," said Mariner High School's Senior Army Instructor Maj. Bryan Williams. "She is a distinguished teacher, a national champion coach, a role model citizen and a game-changing mentor to both fellow instructors and cadets."

The United States Army Cadet Command selection criteria for Instructor of the Year includes effectiveness in the classroom and community, examples of dedication to the profession of teaching, how the nominee compares to the school's top classroom instructor, in what other activities is the nominee involved, and the instructors' impact on the school's JROTC enrollment and achievements of the cadets involved in the program.✪

Superior Interiors

Designing A Forever House



by Jeanie Tinch

According to the American Association of Retired Persons (AARP), 87 percent of adults over age 65 want to stay in their current home and community as they age. However, having been more

homebound in recent years, many (of all ages) are re-evaluating features of their home and considering changes. One of the most important considerations is deciding how long one desires to stay in the home.

Another consideration is the stages of life the home must accommodate.

Will there be strollers rolling? Remote cars roaming? Craftwork or homework, or even schooling being done? Working from home? Multi-generations involved? Is aging-in-place a goal?

The term "Forever House" has become popular in recent years. An Internet search on that term will produce a host of results, including the term being discussed on some real estate agencies' websites.

Having a Forever House can make sense in many ways at many of life's stages: young parents; hosting grandparents with walkers; entertaining grandchildren; being prepared for a medical emergency so your home is a sanctuary, not your enemy. There are many design tips for a Forever House.

Let's start with doors. A front door that is 42-inches wide can accommodate a power wheelchair and sure make it easier to roll in that stroller. For inside doors, 36-inches is minimum for width. Sliding or pocket doors can be an advantage through all stages. Use lever

handles instead of doorknobs.

Smooth floors are better. Try wood or tile with few changes in texture or interruptions. Avoid carpet that will be too thick for rolling on. Also use area rugs wisely. Think about all stages of life when planning traffic patterns.

Create at least one accessible bathroom with a wide-enough entry and roll-in or walk-in shower. If you use 3/4-inch-thick plywood behind sheetrock or tile walls, that will enable you to place grab bars anywhere, not just on studs.

Re-think the height of certain things. Outlets, for example, will be better for more people if they are 22-inches off the floor rather than the normal 12-inches. Lower windows or grand ones can make those outdoor views and light more accessible through a variety of life's stages.

Don't forget the motion advantage. Motorized shades are not only convenient and easy to use, but they also eliminate cords that can be a hazard for toddlers. Motion chairs are not your grandfather's

huge recliner anymore. They come in all sizes with added features, more position options and lifts to help one stand up.

While open-plan interiors have long been popular, they are losing some of the luster. A recent *Wall Street Journal* headline proclaimed, "Why Open Plan Homes Are Actually a Terrible Idea." "With Covid-19 driving work and school (and almost every other activity) into the domestic sphere, families rub shoulders 24/7. As a result, the demand for private ancillary spaces seems to have kicked into high speed," the article stated. "Now fusty old things like doors seem like a luxury."

Overall, the goal is to make your home adaptable to lifestyle changes. Doing ample research or working with a knowledgeable design professional can help you have more confidence in any changes you make, and make them more lasting, more functional and more enjoyable.

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

County Now Offers Electronic Certified Records

Lee Clerk customers can now get their official records certified from the convenience of their home computer. The new service produces electronically certified documents such as affidavits, deeds and marriage licenses.

"Now customers don't have to wait for a paper document to be stamped and mailed, which could take days to receive," said Kevin Karnes, Lee County clerk of the court and comptroller. You can access the system 24/7, wherever you are in the world."

The e-certified documents help combat fraud by producing secure, encrypted PDF documents emailed to the customer. It is safer to accept than a stamped document and can be reused as many times as needed, unlike the stamped paper certifications.

Customers can purchase the non-refundable e-certified records for \$8 each at www.leeclerk.org/ecertify. Each e-certified document may take up to five minutes to produce before being emailed. The records are available to download for

up to 30 days after the purchase is made. Prior to purchasing an e-certified record, verify with the receiving agency that it will be accepted.

Customers can still get certified records with the wet seal by visiting the clerk's recording department on the second floor of the Lee County Administration building, located at 2115 Second Street in Fort Myers.

The Lee Clerk's office also has e-certified court records available for purchase through the Court Records Inquiry website at <https://matrix.leeclerk.org>. For more information, visit www.leeclerk.org/ecertify.✱

Local Company Introducing Canned Cocktails

Captiva Spirits Inc., a liquor company whose products are now sold in over 100 locations including liquor stores, hotels, restaurants and bars, is releasing a series of canned cocktails utilizing its award-winning Key Lime Honey Vodka. The canned cocktail line will include flavors of Mango Splash,

Beach Lemonade and Tropical Spice.

The company's signature vodka has won several awards, including the 2022 Gold Medal of the consumers choice SIP Awards for taste, and silver medal for bottle art design. Statewide distribution and online sales cover 31 U.S. states through Mexcor of Florida.

Made in Southwest Florida and introduced in February 2021, Captiva Spirits products use all natural, local ingredients from the state that provide

jobs from farm to table. They are 100 percent gluten free, five percent alcohol and low carbonation.

The company held a launch party at Sidney & Berne Davis Art Center in downtown Fort Myers on July 30 with local dignitaries and businesses attending. Company officials made a corporate contribution to JN "Ding" Darling National Wildlife Refuge at the event.

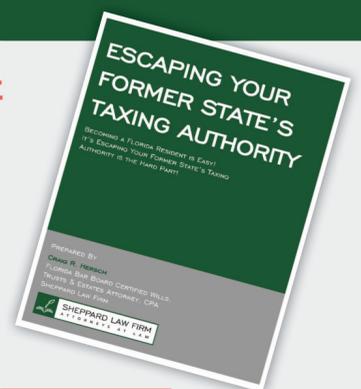
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Frankly Speaking

by Howard Prager



Baseball Historian Ralph Moses is filling in for Howard Prager as he continues his wild travel schedule.

It is my pleasure to talk about the life and career

of Vincent Edward Scully, who passed away last week at the age of 94. In his career that began in 1950 and expanded until 2016, fans were greeted by Scully with the following welcome: "It's time for Dodger baseball. Hi everybody, and a very pleasant good afternoon (or good evening) to you, wherever you may be." With this greeting, fans truly felt comfortable being at or listening to a baseball game described with such clarity and enjoyment by the best in the business. He described the game but, more importantly, Scully was a story-teller, filling the game's silences with moments of both humor and poignancy. And, like any good announcer should know, quiet was often more important than words.

Vin Scully was born on November 29, 1927 in Manhattan. He decided early in his life that he wanted to be a broadcaster. Listening to the New York Giants succumb to the New York Yankees by a score of 18-4 in the final game of the 1936 World Series, Scully took pity on the Giants and became one of their biggest fans. After a two-year stint in the United States Navy, Scully attended Fordham University where he became a student broadcaster and majored in English. Upon graduating, he sent 150 letters to states along the Eastern seaboard, receiving only one reply. The pioneering CBS broadcaster Red Barber was impressed by the young man and assigned him to cover some college football games. In his excitement to cover the first game at Boston's Fenway Park, Scully left his coat and gloves in his hotel room and must have suffered from the autumn cold. Yet, Scully never referred to it in his broadcast, which impressed

Barber.

In 1950, Scully joined Barber and Connie Desmond as the broadcasting team for the Brooklyn Dodgers. Barber mentored Scully that it was important to broadcast without blatant homer connections. While Barber was famous for his Southern colloquialisms, Scully had one thing that no one else had: himself. And he never tried to be anyone other than himself.

With his friendly and engaging personality, Scully easily became familiar with the Dodgers' fabled "Boys of Summer." He covered their heroics from the broadcast booth above and interviewed them from the field below. Whether it was Jackie Robinson, Roy Campanella, Duke Snider, Gil Hodges, Pee Wee Reese or Carl Erskine, the Dodgers felt comfortable around the youngest of the Dodger broadcasting trio.

Scully got an early baptism in World Series broadcasting, sharing games with Barber and the Yankees' Mel Allen. Despite being in his 20s, Scully proved that he could take the pressure. Such an example took place in Game 7 of the 1955 World Series when the Dodgers defeated the Yankees for the first and only time. Scully, who was at the mic when the final out was made, paused briefly, before telling his audience, "Ladies and gentlemen, the Brooklyn Dodgers are World Series Champions." In the following year's fall classic, Scully and Allen covered Don Larson's perfect game. Scully called it "the greatest game ever pitched."

By 1957, it became evident that Dodger President Walter O'Malley would carry out his plan of moving the Dodgers from Brooklyn to Los Angeles. Scully went along although he knew that leaving behind the borough of Brooklyn would devastate the heartbroken fans.

The Dodgers first home in Los Angeles was The Coliseum, a stadium built for the 1932 Olympics and used primarily for football. Over 80,000 fans, some of whom were celebrities, came to games to welcome the Dodgers. Their knowledge of baseball, however, was limited, and their distance from the games themselves made it difficult to follow. Scully took on a new role as an instructor of Dodger games. As he welcomed fans and broadcasted the games, thousands

of fans would listen to him from their seats using transistor radios. Fans relied on Scully's description of the game and enjoyed his storytelling. As the years went by and the Dodgers moved into the baseball-friendly Dodgers' Stadium, fans continued the tradition of bringing radios to the games to listen to Scully. The Dodgers won their first west coast World Series title in 1959 and, by the early 1960s, they were taking on a new team personality. These Dodger teams lacked power but were blessed with speed and great pitching. Scully had known pitchers Sandy Koufax and Don Drysdale since the mid-1950s but, by the early 1960s, this pitching duo had become the dominant force in baseball.

Scully admitted in later years that Koufax had been his favorite Dodger. He had broadcast all four of his no-hitters between 1962 and 1965. The fourth no-hitter turned out to be a perfect game against the Chicago Cubs and was a broadcasting masterpiece for Scully. Starting with the eighth inning, Scully not only described the action but inserted the time of each at-bat, building the drama with each pitch. In the ninth inning with two outs, Koufax struck out Harvey Kuehn to complete the perfect game. Scully paused for a minute before telling the fans the time, the attendance and the significance of Koufax's achievement. In the World Series that fall, against the Minnesota Twins and pitching on just two days of rest, Koufax shut out the Twins 2-0. In the Dodgers' clubhouse, after the

final game, Scully reminded Koufax that in his last game, also a shut-out, he had said he felt 100 years old. Koufax replied that he felt 101. The interview continued (and still exists on YouTube) and remains a classic Q&A between an outstanding broadcaster and an insightful ballplayer.

Beginning with the 1970s, Scully expanded his professional horizons to include football and golf, and became the frequent choice to cover the World Series and All-Star Game. His reputation was now nationwide, and he was the recipient of every honor imaginable. Scully's call of Hank Aaron's 715th home run poignantly reminded fans of what a marvelous moment it was in the country and the world for a Black man to be applauded in the deep South. In later years, Scully was elected to the broadcasters' wing of the National Baseball Hall of Fame in Cooperstown, and he also received from President Obama the Medal of Freedom, the nation's highest civilian award. Following the 2016 baseball season at age 88, he retired from his broadcasting duties and chose to live the remainder of his life quietly, looking back on 67 years as baseball's finest broadcasting. On August 2, he passed away, leaving a void that cannot be filled.

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

Golf Tournament Fundraiser For Heights Programs

The Heights Foundation 7th annual benefit golf tournament Swing Fore The Kids will be held at Old Corkscrew Golf Club on Friday, September 23. Registration begins at 11:30 a.m. There will be a boxed lunch, and a shotgun start at 1 p.m. with hors d'oeuvres, auction and awards at 6 p.m.

Proceeds of the event support The Heights Center's programs that work to build strong, self-sufficient families in the Harlem Heights neighborhood of Fort Myers. Last year's tournament raised \$44,000. The presenting sponsor is

Entech.

"This tournament will help support programs at The Heights Center including School Success and our enriching summer camp," said Jim Sanger, chief operating officer of The Heights Foundation.

Tournament registration is now available. A foursome is \$640. Sponsorships that include golf packages and recognition are available. The sponsorship deadline is September 9 and golfer registration deadline is September 16.

Old Corkscrew Golf Club is located at 17320 Corkscrew Road in Estero. For more information, visit www.heightsfoundation.org/golf or contact Sanger at 482-7706 or jim@heightsfoundation.org.*

SPORTS QUIZ

1. What member of the Pro Football Hall of Fame Class of 2022 was known as the "Father of Instant Replay"?
2. Name the Boston Celtics star who was stabbed 11 times at a nightclub in September 2000, but still started every game in the 2000-01 season.
3. What sports apparel and equipment company was founded in Baltimore in 1996 by Kevin Plank, a former University of Maryland football player?
4. Tadej Pogacar, winner of cycling's Tour de France in 2020 and 2021, hails from what country?
5. According to the American Cornhole Association's regulations and standards, what is the diameter of the hole in an official cornhole board?
6. Joe Sakic won two Stanley Cups (1996, 2001) as a player and one as general manager (2022) with what NHL franchise?
7. In the first round of the 1988 NBA Draft, the New York Knicks selected Rod Strickland, a star point guard from what university?

ANSWERS

1. Art McNally; 2. Paul Pierce; 3. Under Armour; 4. Slovenia; 5. 6 inches; 6. The Colorado Avalanche; 7. DePaul University.

Get Storm Ready

The heavy rainfall of summer storms pales in comparison to what Mother Nature is capable of. Now is the time to ensure that your home is ready should a major storm come your way this hurricane season.

The following tips can help storm-harden your home:

- Protect your windows with hurricane shutters or plywood;
- Trim dead branches from trees and shrubs around your home, avoiding those close to power lines;
- Clear your patio and yard of furniture, potted plants, toys and other debris;
- Anchor items that cannot be taken

inside;

Turn off and unplug the TV before lowering an antenna or satellite dish;

Protect your electronics with surge protection devices;

Reinforce your garage door at its weakest points;

Inspect doors and add extra locks or slide bolts; and

Inspect and secure mobile home tie downs.

In addition to preparing your home for a storm, now is the time to make sure your family emergency kit and plan are ready to go if need be.

For everything you need to know and do for storm preparation, download the LCEC Hurricane Guide from www.lcec.net.*

Doctor and Dietician

Sheet Pan Meals:
A Quick Dinner

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

Many people feel that life is so busy that it seems like making dinner is the most challenging task in the world. We find that making sheet pan meals make dinnertime meals easy. Sheet pan meals are exactly what they sound like. You put everything on a sheet pan, drizzle with extra virgin olive oil (EVOO), add some spices, place the pan in the oven, cook and enjoy. These meals are very simple to make, and the best part is

the options are endless.

Our favorite thing about sheet pan meals is that you cannot really make mistakes. We always suggest get creative and create your own seasoning at home as you never know what chemicals are hiding in store-bought seasoning packets. This may sound silly but give the spices a smell, if they smell good, they will taste good.

Here are some favorite sheet pan recipes, but remember you cannot go wrong with these meals, add whatever you please, substitute, or take out whatever does not suit your taste buds:

Greek Chicken

What you need: six chicken thighs; four whole carrots, sliced; 10-ounces grape tomatoes, halved; one cup mushrooms, halved; two zucchinis, quartered; one yellow bell pepper, sliced; one red bell pepper, sliced; ¾ cup Greek olives; eight to 10 (or more) baby red or Yukon gold potatoes, halved; one lemon, sliced; four ounces feta cheese, crumbled; Dressing: ½ cup EVOO; four cloves garlic, minced; two tsp. dried oregano (or four tsp. fresh); one tsp. dried thyme; one tsp. Dijon mustard; salt and pepper to taste.

What to do: Place all ingredients on the sheet pan and toss together, drizzle EVOO and toss spices over the ingredients, and

massage together. Bake at 425 degrees for 30 to 45 minutes, remove the baking sheet from the oven and serve on a platter topped with feta, sliced lemons and olives.

Pesto Salmon and Potatoes

What you need: four to six ounces salmon filets; one pound baby red potatoes, halved; seven cloves garlic, minced; one cup green beans; one tbsp. EVOO; one tbsp. freshly grated lemon zest; ½ tsp. thyme; salt and pepper to taste; ¼ cup pesto; chopped herbs like basil or parsley for garnish.

Pesto recipe: two cups packed fresh basil; ½ cup finely grated parmesan cheese; ¼ cup pine nuts, toasted; three garlic cloves; pinch of crushed red pepper; salt and pepper; ⅔ cup extra virgin olive oil; blend together in mini chopper.

Directions: Place potatoes and green beans on sheet pan, drizzle EVOO, lemon zest, thyme, salt and pepper and massage, place salmon over top and sprinkle with salt and pepper, cover salmon with the pesto, bake for about 30-45 minutes, remove the baking sheet from the oven, top with sliced lemons and garnish with basil or parsley, enjoy.

Shrimp or Steak Fajitas

What you need: 1 ½ pounds flank or skirt steak, cut into ½ inch slices; or 1 pound shrimp, cleaned and deveined;

(or both), 3 cloves garlic, minced; one lime; one medium onion, sliced thin; 1 ½ tsp. oregano; one red bell pepper, sliced thin; one yellow bell pepper, sliced thin; 1 tbsp. chili powder; ½ tsp. paprika; 2 tsp. cumin; salt and pepper to taste; 4 tsp. EVOO; corn, almond flour or cassava flour tortillas; add your favorite fajita toppings such as sour cream, salsa, guacamole, chopped lettuce and/or tomatoes.

Directions: In a small bowl, combine all spices, toss with the sliced peppers, onion and steak pieces and/or shrimp. Drizzle with EVOO, toss together until coated, spread evenly across the pan, place into the oven and broil until your protein is cooked to your preference, remove and squeeze lime over everything, serve with tortillas and your favorite fajita toppings.

We hope this inspires you to go sheet pan crazy and make some fabulous creations.

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

dearPharmacist

Facts About
Monkeypox

by Suzy
Cohen, RPh

Dear Readers: Recently, the World Health Organization has declared monkeypox a global health emergency. Monkeypox causes lesions similar to

smallpox but milder, and it is self-limiting for most people.

In case you're worried, I want to assure you, that almost everyone in this current outbreak is alive and well. I doubt you will know anyone who gets sick with it, it's very rare. Nevertheless, monkeypox has become a very hot topic in the news. Let's go over eight important points:

1. Is this going to kill people all over the world similarly to the coronavirus?

Answer: No, not like COVID-19 did. I don't like to propagate fear and this is not going to be like you're probably imagining it. There will be no monkeypox lockdowns so don't worry. It's not transmitted the same way.

2. Is it sexually transmitted?

Answer: Yes, it is mostly transmitted in this manner. However, there are other modes of transmission such as prolonged face-to-face contact or kissing. Studies confirm that the DNA virus is found mainly in semen, saliva, urine and/or feces.

3. Why is it named monkeypox?

Answer: The virus was first identified from those fuzzy creatures. It was first

discovered in 1958 when outbreaks occurred in monkeys that were being used for research. According to the CDC, the source of the disease remains unknown, however, monkeys (and rodents) harbor the virus.

4. What are the symptoms?

Answer: Fever is always part of the syndrome, along with headache, muscle aches, and other flu-like symptoms. Lesions and ulcers occur as well. If you develop these issues, call your doctor and limit contact with others.

5. Can you transmit this to your pets?

Answer: No, you can't give it to your pets. It's the other way around. People become infected from exposure to the animals which include gerbils, hamsters, rabbits, monkeys, dogs and cats. Of these, rodents seem to be the biggest transmitters. It can be transmitted from human to human as well.

6. What can we do to minimize the spread?

Answer: If you develop a rash, ulcer, or raised lesion (or you feel sick), avoid close contact and intimacy. Contact your physician.

7. What is the USA monkeypox case count?

Answer: It is unclear. The CDC has a website you can visit to see the live case counts in the USA. But the exact count for monkeypox is unclear. The number they post there includes both monkeypox cases and orthopoxvirus cases, combined. The latter includes smallpox, vaccinia virus and cowpox. So the monkeypox case count just by itself is opaque.

8. What should you do if you get infected?

Answer: Call your physician to make an appointment to get help, or visit an urgent care center. Follow your doctor's orders. For home relief, consider over-the-counter analgesics and antipyretics for fever and pain. Avoid close contact with

others to minimize spread.

If you're interested in a longer version of this article, it is available on my website at www.suzycohen.com.

This information is not intended to

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

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 Kiwanis Fort Myers Edison 694-1056
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PUZZLES

Answers on page 23

SCRAMBLERS

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



"The man who said, 'You can't take it with you' never went on _____ with THIS family."

Close
BRANEY

Authentic
LIVAD

Community
ICYTOES

Taint
TRASHIN

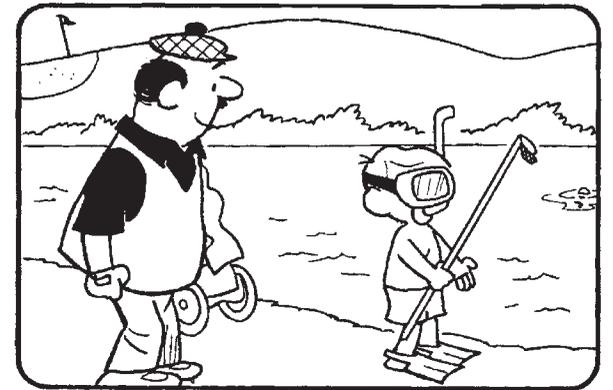
TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Neckline differs. 2. Shoes are missing. 3. Towel end is missing. 4. Snorkel is shorter. 5. Trunks differ. 6. Net is smaller.

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

To Play Sudoku:

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

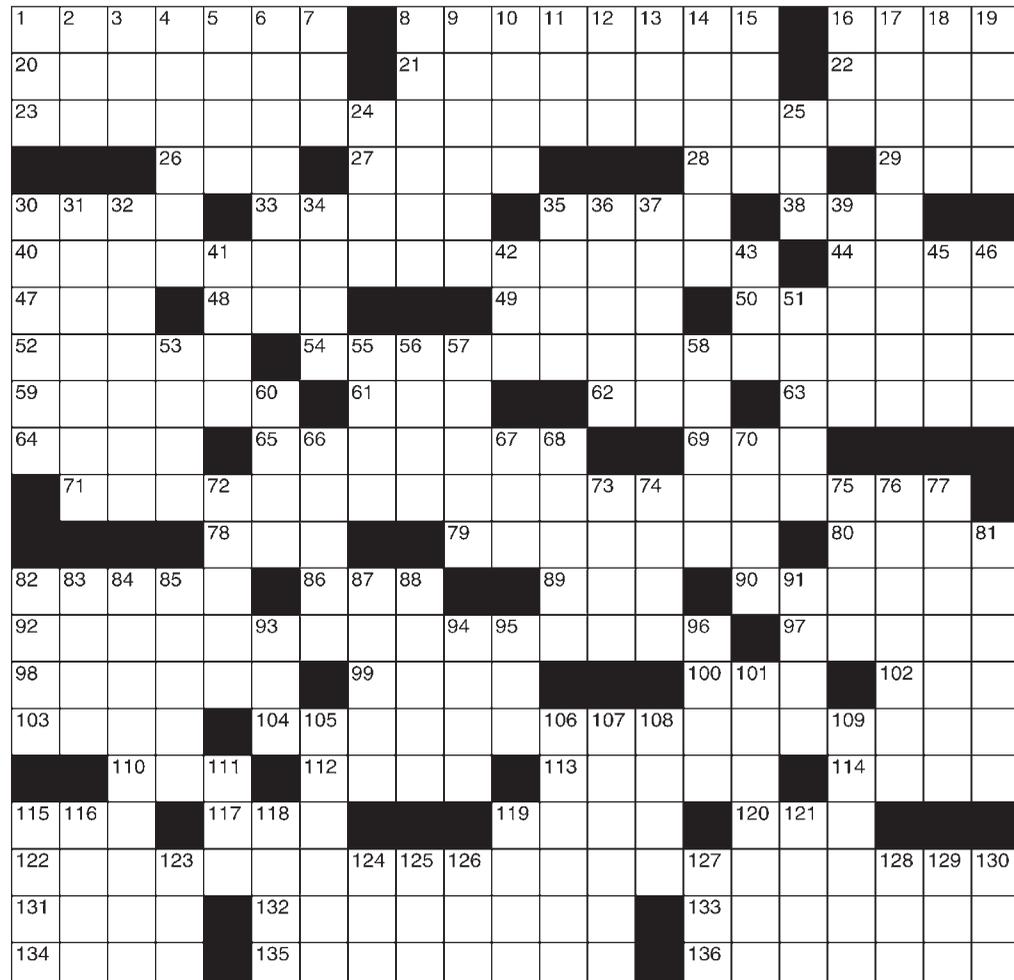
PUZZLES

Answers on page 23

Super Crossword

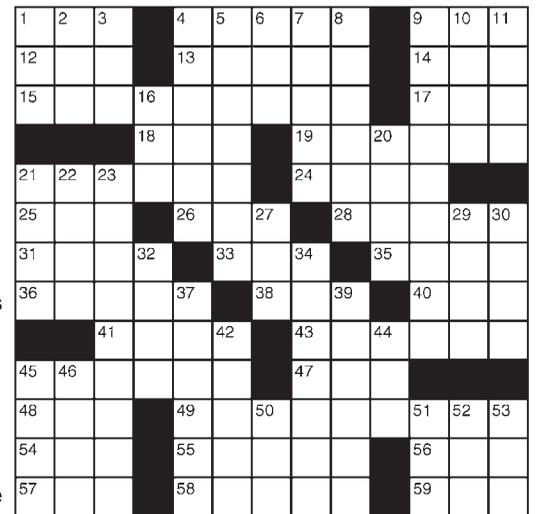
EVASIVE STATEMENT

- ACROSS**
- 1 Capital of Kenya
 - 8 Cleared up some space
 - 16 Link up
 - 20 Brought into harmony
 - 21 Sign of a warm welcome
 - 22 Capital of comedy
 - 23 Start of a riddle
 - 26 Cock-a-doodle- —
 - 27 Safecracker, informally
 - 28 Vinyl albums, for short
 - 29 Chose, as on a survey
 - 30 Batman player West
 - 33 Peter of "Casablanca"
 - 35 Stare in disbelief
 - 38 Baby's cry
 - 40 Riddle, part 2
 - 44 Filmdom, in France
 - 47 Stephen of "Utopia"
 - 48 Old Russ. state
 - 49 Spring flower
 - 50 Downhiller's gear holder
 - 52 Humane U.S. org.
 - 54 Riddle, part 3
 - 59 Routine-bound
 - 61 Tic-tac-toe winning row
 - 62 Waikiki souvenir
 - 63 Rejoinder to "Not so!"
 - 64 Capital of Qatar
 - 65 In Minnesota or Montana
 - 69 Extra NHL periods
 - 71 Riddle, part 4
 - 78 Supersecret govt. group
 - 79 Tetley tidbit
 - 80 Quite a long time
 - 82 Fine violin, informally
 - 86 Stage design
 - 89 New Year in Hanoi
 - 90 Election turndown
 - 92 Riddle, part 5
 - 97 Allow entry
 - 98 "Ha! I was right!"
 - 99 Thailand, formerly
 - 100 Pal, in Caen
 - 102 — Magnon
 - 103 French WWII battle city
 - 104 End of the riddle
 - 110 "Wolf" cable channel
 - 112 Followers: Suffix
 - 113 "You beat me"
 - 114 Gum globs
 - 115 Facility with hot tubs
 - 117 Gamble
 - 119 Subpoena, e.g.
 - 120 Go fast, quaintly
 - 122 Riddle's answer
 - 131 Atoll unit
 - 132 Trip in a "stretch" car
 - 133 Stacked messily
 - 134 It may grow on a rock
 - 135 Reduces to a fine mist
 - 136 Capable of being stretched out
 - 6 Looks upon
 - 7 Suffix with cyan-
 - 8 Lawn-Boy products
 - 9 Orbital point farthest from Earth
 - 10 C-H linkup
 - 11 Suffix with butyl
 - 12 Jogged
 - 13 Hobbit's foe
 - 14 Brunch staple
 - 15 Abbr. on a new car's sticker
 - 16 Face part
 - 17 Being displayed
 - 18 Pertaining to
 - 19 Require
 - 24 Novice
 - 25 Chicago-to-Memphis dir.
 - 30 Frightened
 - 31 Fails to
 - 32 Plains tribe
 - 34 — vez (again, in Spain)
 - 35 Teri of "Tootsie"
 - 36 Disney mermaid name
 - 37 Old hat
 - 39 Etchers' liquids
 - 41 Jacob's twin
 - 42 Bake-off entry
 - 43 That, in Oviedo
 - 45 Small iPod
 - 46 Big name in waffles
 - 51 Jewish deli treat
 - 53 Rugged cliff
 - 55 Zero
 - 56 Way in or out
 - 57 Most awful
 - 58 New York county whose seat is Owego
 - 60 Syllables of rebuke
 - 66 Lunar stage
 - 67 — kwon do
 - 68 Hilton rival
 - 70 Texter's "Catch ya later"
 - 72 Not finish later than
 - 73 "— Three Lives"
 - 74 — pot (sinus clearer)
 - 75 Roof feature
 - 76 "Yeah, understood"
 - 77 Turned in
 - 81 Spanish men
 - 82 Some NCOs
 - 83 Hit the horn
 - 84 Routines to determine who's present
 - 85 Append
 - 87 Snaky letters
 - 88 Be snaky
 - 91 Mishmash
 - 93 7'6" cager Ming
 - 94 "Witness" actor Lukas
 - 95 Novelist Tan
 - 96 Dits' partners, in Morse code
 - 101 Biofuel option
 - 105 Birdbrain
 - 106 Fiery lecture
 - 107 Antipasto morsels
 - 108 Carry
 - 109 Annoying sorts
 - 111 Pistons' org.
 - 115 Be fishy?
 - 116 Coin of Cali
 - 118 Fitzgerald of song
 - 119 Phenom
 - 121 Tehran's land
 - 123 French article
 - 124 Spanish for "I love"
 - 125 — Kippur
 - 126 — Lanka
 - 127 Plum center
 - 128 Half of VI
 - 129 Pipe fitting
 - 130 Visualize



King Crossword

- ACROSS**
- 1 Witty one
 - 4 Brings in
 - 9 Rail
 - 12 Mess up
 - 13 Unconventional
 - 14 Quarterback Manning
 - 15 Airhead
 - 17 Heavy weight
 - 18 Verily
 - 19 Made finer, as flour
 - 21 Rope parts
 - 24 "Holy —!"
 - 25 Prefix with gram or center
 - 26 Spasm
 - 28 Picture puzzle
 - 31 Towering
 - 33 "Eureka!"
 - 35 Nickelodeon's "Explorer"
 - 36 Politico Stevenson
 - 38 Branch
 - 40 Klutz
 - 41 Village People hit
 - 43 Place of worship
 - 45 Thief
 - 47 Equal (Pref.)
 - 48 Terre Haute sch.
 - 49 Inflatable pool toy
 - 54 Prof's degree
 - 55 Point of view
 - 56 Noon, on a sundial
 - 57 Blue
 - 58 Portals
 - 59 Moray, for one
 - 6 — glance
 - 7 Spectrum creator
 - 8 Soon-to-be grad
 - 9 Cartoon vamp
 - 10 Medicinal plant
 - 11 Peel
 - 16 Coloring agent
 - 20 Skedaddled
 - 21 Greek salad cheese
 - 22 Apple tablet
 - 23 Melville sailor
 - 27 Dance syllable
 - 29 Russian river
 - 30 Ump's call
 - 32 Gentle soul
 - 34 Newspaper piece
 - 37 Headache aid
 - 39 Fits together
 - 42 Where the action is
 - 44 Unruly group
 - 45 Tears
 - 46 Job-safety org.
 - 50 Literary rep
 - 51 Chopping tool
 - 52 Fish story
 - 53 Dogpatch adjective
- DOWN**
- 1 Entanglement
 - 2 "Entourage" character
 - 3 Spike's warning
 - 4 Actor De Niro
 - 5 Turkey is part of it



MAGIC MAZE ● ASSOCIATED WITH CROWDS

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

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

- Applause
- Audience
- Cheering
- Horde
- Marching
- Mass
- Mob
- Multitude
- Queue
- Riot
- Stampede
- Surge
- The wave
- Throng
- Troop



Broccoli and Avocado Soup

photo courtesy Fresh From Florida



Broccoli and Avocado Soup

- 1 cup broccoli, chopped
- 1 cup fresh spinach
- ½ avocado
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves fresh garlic, minced
- ⅓ cup low-fat milk
- 1 ¼ cup low-sodium vegetable broth
- 1 cup homemade croutons
- 4 teaspoons Parmesan cheese, grated
- Sea salt and fresh ground pepper,

to taste

Place a medium-sized stockpot over medium-high heat. Add 1 tablespoon of olive oil to the preheated pan. Add onion and garlic to the pan and sauté until translucent. Add broccoli, vegetable broth and milk to the pan. Reduce heat and bring to a simmer. Cook ingredients until the broccoli is just crisp-tender. Add broccoli mixture to a blender with a tight-fitting lid. Make sure not to fill the blender more than half full at a time. Add the avocado and spinach to the blender as well. Carefully pulse the ingredients until smooth and creamy. Taste soup and adjust seasoning with salt and pepper. Return soup to pot and heat back up to serving temperature. Garnish soup with croutons and Parmesan cheese.*

PETS OF THE WEEK



Charlie ID# A930755 photos provided



Mya ID# A930546

Lee County Domestic Animal Services

Charlie And Mya

Hello, my name is Charlie. I am a 3-year-old male pit bull mix. I went out on a field trip with volunteer Ed and his family to Miromar Outlets, Gulf Coast Town Center and Pinchers Crab Shack. Ed said: "He was so happy to get out of the shelter. He was stable in a crowd, no issues around other dogs. He loves children. He knows all basic commands. And what a love machine. He genuinely loves people. He's virtually perfect. He was calm and did not beg at lunch. His fur is soft like velvet." My adoption fee is \$25.

Hi, I'm Mya. I am an 8-year-old female domestic shorthair. This 'Super Senior' is looking for a place to retire and spend my golden years. I am very independent and self-sufficient, and will snuggle up with you

whenever you have the time. If you have a busy lifestyle and need a pet that can easily fit into it, I am the gal for you. My adoption fee is \$20, and if you adopt me, get a feline friend at no additional fee.

This month, adoption fees on dogs are reduced to \$25 and cats to \$20 with an approved application. The adoption package, a \$600 value, 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 AUGUST 8, 2022

Aries (March 21 to April 19)

Aspects favor socializing with family and friends, but an irksome workplace situation could intrude. No use grumbling, Lamb. Just do it, and then get back to the fun times.

Taurus (April 20 to May 20)

There's still time for you Ferdinands and Fernandas to relax and sniff the roses. But a major work project looms and will soon demand much of your attention through the next week.

Gemini (May 21 to June 20)

Your enthusiasm persuades even the toughest doubters to listen to what you're proposing. But don't push too hard, or you'll push them away. Moderate for best results.

Cancer (June 21 to July 22)

Your energy levels are rising, and you feel like you can handle anything that the job requires. While that's great, don't isolate yourself. Keep your door open to your workplace colleagues for sound advice.

Leo (July 23 to August 22)

A workplace change could lead to that

promotion you've been hoping for. But you'll have to face some tough competition before the Lion can claim his or her share of the goodies.

Virgo (August 23 to September 22)

Your rigidity regarding a difficult workplace situation could be the reason your colleagues aren't rushing to your assistance. Try being more flexible in your demands.

Libra (September 23 to October 22)

That uneasy mood could be your Libran inner voice reminding you that while it's great to be with your new friends, you need to take care not to ignore your old ones.

Scorpio (October 23 to November 21)

A sudden spate of criticism could shake the Scorpion's usually high sense of self-confidence. Best advice: You made a decision you believed in – now defend it.

Sagittarius (November 22 to December 21)

Your reluctance to help restart a stalled relationship could be traced to unresolved doubts about your partner's honesty. Rely on a trusted friend's advice.

Capricorn (December 22 to January 19)

The capricious Sea Goat is torn between duty and diversion. Best

advice: Do both. Tend to your everyday chores, and then go out and enjoy your well-earned fun time.

Aquarius (January 20 to February 18)

Cutting back on some of your activities for a few days helps to restore your energy levels. You should be feeling ready to tackle your many projects early next week.

Pisces (February 19 to March 20)

A co-worker might secretly be harping on about your work to your mutual colleagues. But some associates will come to your defense, and the situation will ultimately work to your advantage.

Born This Week: Your ambition makes you a success at whatever you choose to do – especially if it's in the world of the performing arts.

MOMENTS IN TIME

- On Aug. 19, 1812, the U.S. Navy frigate *Constitution*, known as *Old Ironsides*, catches the British warship *Guerriere* 600 miles east of Boston where the *Constitution* delivered its first broadside. The British man-of-war was de-masted and rendered a wreck while the *Constitution* escaped with only minimal damage.
- On Aug. 20, 1911, a dispatcher

in *The New York Times* office sends the first telegram around the world to determine how fast a commercial message could be sent. After it traveled more than 28,000 miles, relayed by 16 different operators, the reply was received by the same operator 16.5 minutes later.

• On Aug. 18, 1940, Walter Percy Chrysler, the founder of the American automotive corporation that bears his name, dies in New York. Chrysler was also known for financing the 77-story Art Deco Chrysler building skyscraper in midtown Manhattan. When completed in 1930, it was the tallest building in the world.

• On Aug. 16, 1954, *Sports Illustrated*, a new magazine dedicated to covering sports, appears on American newsstands with a cover photo of Milwaukee Braves third baseman Eddie Mathews. *Sports Illustrated* did not make money for most of its first decade but eventually became the undisputed leader in American sports media.

• On Aug. 15, 1961, two days after sealing off free passage between East and West Berlin with barbed wire, East

	FRIDAY Mostly Sunny High: 88 Low: 78		SATURDAY Partly Cloudy High: 89 Low: 78		SUNDAY Mostly Sunny High: 88 Low: 77		MONDAY Sunny High: 89 Low: 79		TUESDAY Sunny High: 91 Low: 80		WEDNESDAY Mostly Sunny High: 88 Low: 79		THURSDAY Mostly Cloudy High: 87 Low: 77
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	3:40 am	6:32 am	1:37 pm	8:59 pm
Sat	3:53 am	7:35 am	2:30 pm	9:32 pm
Sun	4:07 am	8:36 am	3:22 pm	10:01 pm
Mon	4:25 am	9:37 am	4:16 pm	10:27 pm
Tue	4:47 am	10:40 am	5:14 pm	10:51 pm
Wed	5:13 am	11:47 am	6:25 pm	11:14 pm
Thu	5:44 am	1:01 pm	8:05 pm	11:35 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	2:45 am	6:34 am	12:42 pm	9:01 pm
Sat	2:58 am	7:37 am	1:35 pm	9:34 pm
Sun	3:12 am	8:38 am	2:27 pm	10:03 pm
Mon	3:30 am	9:39 am	3:21 pm	10:29 pm
Tue	3:52 am	10:42 am	4:19 pm	10:53 pm
Wed	4:18 am	11:49 am	5:30 pm	11:16 pm
Thu	4:49 am	1:03 pm	7:10 pm	11:37 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	3:16 am	7:58 am	2:04 pm	9:18 pm
Sat	3:46 am	9:00 am	3:08 pm	9:57 pm
Sun	4:16 am	9:53 am	4:07 pm	10:31 pm
Mon	4:45 am	10:39 am	4:57 pm	11:02 pm
Tue	5:14 am	11:22 am	5:40 pm	11:30 pm
Wed	5:43 am	12:05 pm	6:22 pm	11:56 pm
Thu	6:10 am	12:52 pm	7:04 pm	None

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	5:50 am	9:48 am	3:47 pm	None
Sat	6:03 am	12:15 am	4:40 pm	10:51 am
Sun	6:17 am	12:48 am	5:32 pm	11:52 am
Mon	6:35 am	1:17 am	6:26 pm	12:53 pm
Tue	6:57 am	1:43 am	7:24 pm	1:56 pm
Wed	7:23 am	2:07 am	8:35 pm	3:03 pm
Thu	7:54 am	2:30 am	10:15 pm	4:17 pm

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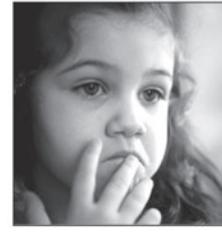
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THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNDOWN FOREST RIVERS



Harry Chapin Food Bank
OF SOUTHWEST FLORIDA

College Credits In High School Saves Money

Earn college credits while still in high school to save money on the cost of higher education. High school students can take advantage of several programs that let them earn college credits. These programs include:

Dual credit courses – These courses let students earn both college and high school credit. They are offered in both academic and technical areas. In some cases, students will pay less than the college tuition rate.

Advanced Placement (AP) courses – AP classes count as high school credits, but many colleges will give students college credit if they earn a certain grade on AP exams. Offered by the College Board, AP classes are widely available.

International Baccalaureate (IB) Diploma and Cambridge Advanced International (CAI) programs – IB and CAI are for students age 16 to 19 and are similar to AP courses.

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

From page 20

Moments In Time

German authorities begin building a wall – the Berlin Wall – to permanently close off access to the West. For the

next 28 years, the wall was a literal “iron curtain” dividing Europe.

- On Aug. 21, 1980, animal rights advocates Ingrid Newkirk and Alex Pacheco found People for the Ethical Treatment of Animals. Rising from humble beginnings, PETA will soon become the world’s foremost and most controversial animal rights organization.

- On Aug. 17, 1993, Random House agrees to pay Gen. Colin Powell an advance of about \$6 million for the rights to his autobiography, *My American Journey*. Powell’s book became the fastest-selling book in Random House history.

NOW HERE’S A TIP

- “For taking to a party: Melt vanilla chips in the microwave, adding by handfuls and heating for about 15 seconds at a time. After 15 seconds, stir and repeat until chips have melted. Then dip small clusters of green grapes into the melted vanilla chips.”

– MF in Washington

- “I read your tips in a Rochelle, Illinois, newspaper. The paper is sent to me by a friend, and I love the tips. Here is mine: For homemade spray and wash, mix two cups of water, two tablespoons of white vinegar, one tablespoon of baking soda and one tablespoon of dish soap.”

– KW in Tennessee

- When purchasing school supplies, remember that paper, pencils, etc., typically aren’t on sale mid-year, so stocking up is a good idea. Just make sure the deal you are getting is a good

one. Then put it away for distribution later.

- I lay out my school clothes and even my hairbrush and stuff to get ready. I put my shoes and socks by the front door. I am always ready before my sister, and I get to watch TV while she is running around.

– RG in Florida

- Pint-size water bottles are great for refilling with milk. The milk boxes at the grocery store are so expensive, and this way, I can control how chocolatey the chocolate milk is.

– CC in Oregon

STRANGE BUT TRUE

- A fan of the Detroit Pistons who also happened to design the video game NBA Jam detested the Chicago Bulls so much that he embedded a special code causing them to miss last-second shots when playing the Pistons in the game.

- Heat waves kill more Americans than tornadoes, hurricanes, or floods.

- In nuclear physics, a “shake” (equivalent to 10 nanoseconds) is an informal unit of time measuring events in a nuclear explosion.

- Fans of the Philadelphia Eagles have a longstanding reputation for rowdiness, but when a 1997 game between the team and the San Francisco 49ers saw around 60 fistfights in the stands, with someone even shooting a flare gun, the response from both worried families and local law enforcement prompted the installation of “Eagles Court,” a functional courtroom and jail at Veterans Stadium.

- Calling a man bald qualifies as sexual harassment in the United

Kingdom.

- When Salvador Dali bought a castle for his wife, Gala, in 1968, she accepted it with one condition – that the artist would gain written permission from her before visiting.

- One of the oldest recorded tattoo ink recipes consists of Egyptian pine bark, corroded bronze, vinegar, vitriol, leek juice and insect eggs.

- The movie term “blockbuster” was originally a military term to describe bombs in World War II that could destroy an entire city block.

- You’ve undoubtedly watched the Oscars at some point, but have you heard of the *Pauscars*? That’s an annual show put on by American Humane, celebrating the “furry, winged, and scaled” actors of TV and film, both past and present.

- As he lay dying of blood poisoning, the last words of whiskey distiller Jack Daniel were, fittingly, “One last drink, please.”

THOUGHT FOR THE DAY

“The past is the only dead thing that smells sweet.” – Cyril Connolly

TRIVIA TEST

1. **AD Slogans:** Which product’s advertising slogan is “Look, Ma, no cavities!”?
2. **Movies:** The movie *300* is based on which famous historical battle?
3. **U.S. Presidents:** How many presidents have served more than two terms?
4. **Animal Kingdom:** How far can a

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8/12 ✪ 8/19

HELP WANTED

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

HELP WANTED

OFFICE ADMINISTRATOR WANTED
Royal Shell is seeking a Director of First Impressions for our busy real estate office in Sanibel Island. In this role, you will direct incoming calls, assist the Office Manager and agents with administrative duties. Administrative experience in a real estate office and with MLS is preferred. You must be professional in appearance and demeanor, and have excellent computer and communication skills. A Florida Real Estate license and Notary Public are a plus. Pay is based on experience. Email resume to resumes@royalshell.com
7/15 ✪ TFN

FULL/PART-TIME SALES ASSOCIATE
Sanibel Sole is seeking an additional sales associate to join our great team! We have expanded in the Tahitian Gardens plaza and offer a wide variety of clothing and footwear. We offer competitive wages, benefits, and perks. No evenings required. Please email a resume to sanibelsole@gmail.com.
4/22 ✪ TFN

HELP WANTED

ISLAND PRESCHOOL TEACHERS
The Children's Education Center of the Islands (CECI) is looking for part-time or substitute preschool teachers for its nature themed education program. Potential for full-time growth possible. Flexible hours. Competitive salary. Tolls paid.
Please call Nita at 239-472-4538.
10/22 ✪ TFN

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8/12 ✪ 8/12

- skunk's spray reach?
- 5. **Geography:** What is the southernmost major city on the continent of Africa?
- 6. **Language:** What is a funambulist?
- 7. **History:** Who was the first woman to complete the Boston Marathon (unofficially)?
- 8. **Television:** What was the name of the cruise ship on the sitcom *The Love Boat*?
- 9. **General Knowledge:** Which colors make up the five-ring Olympic symbol?
- 10. **Food & Drink:** Which plant produces cacao beans, which are used to make chocolate?

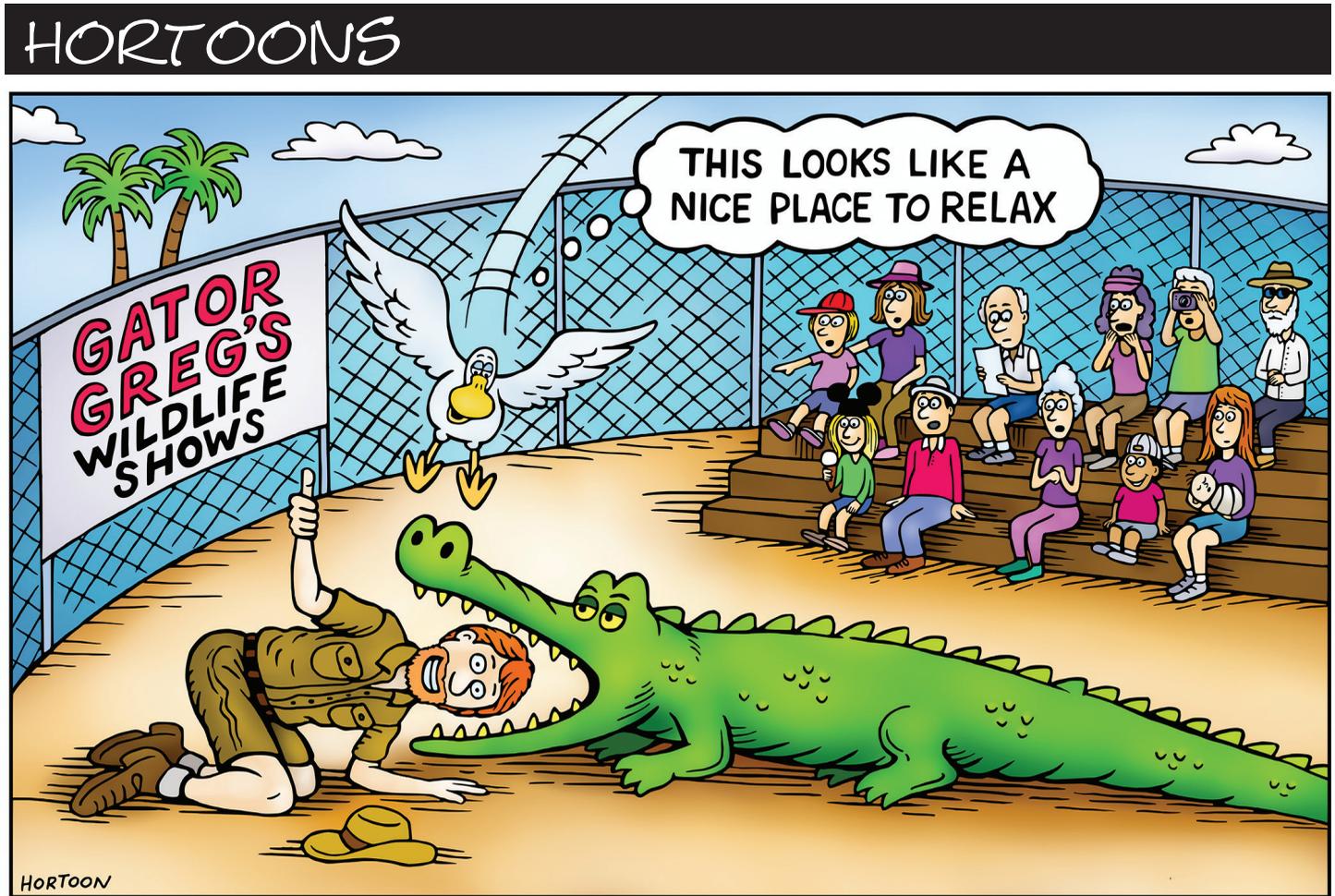
TRIVIA ANSWERS

1. Crest. 2. The Battle of Thermopylae. 3. One. Franklin D. Roosevelt. 4. About 10-20 feet. 5. Cape Town. 6. Tightrope walker. 7. Bobbi Gibb. 1966. The race was opened to women in 1972. 8. *Pacific Princess*. 9. Blue, yellow, red, green and black. 10. Cacao trees.

SCRAMBLERS ANSWER

1. Nearby 2. Valid
3. Society; 4. Tarnish

Today's Word
VACATION



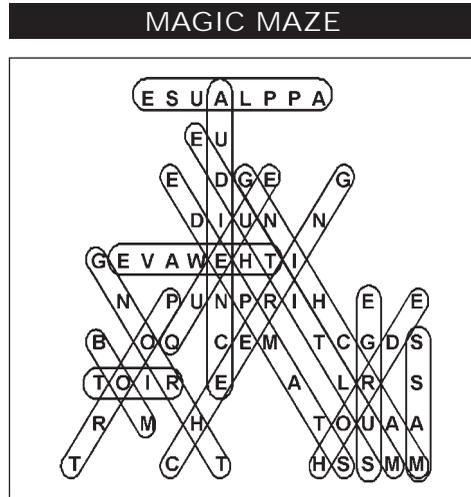
PUZZLE ANSWERS

SUPER CROSSWORD

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

KING CROSSWORD

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SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Barefoot Beach	Bonita Springs	2021	6,113	\$12,975,000	\$14,207,802	749
Imperial Shores	Bonita Springs	2017	4,501	\$4,995,000	\$4,850,000	35
Seaspray Subdivision	Sanibel	1989	3,565	\$3,295,000	\$3,295,000	0
Riverwalk	Bonita Springs	1992	2,917	\$2,750,000	\$2,675,000	19
Del Sega	Sanibel	1982	2,292	\$2,495,000	\$2,489,000	4
Cape Coral	Cape Coral	2013	3,416	\$2,698,000	\$2,150,000	15
Yacht Club Colony	North Fort Myers	2017	2,600	\$1,400,000	\$1,600,000	3
Palmetto Point	Fort Myers	1984	2,597	\$1,590,000	\$1,490,000	25
Cape Coral	Cape Coral	2000	2,452	\$1,550,000	\$1,395,000	41
Corkscrew Shores	Estero	2016	2,852	\$1,299,000	\$1,275,000	63

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