

Movies

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'Summer of Soul (... Or, When the Revolution Could Not Be Televised)' (July 2)

Roots drummer Questlove's documentary chronicles the 1969 Harlem Cultural Festival, dubbed Black Woodstock by some as it took place the same summer and featured performers such as Stevie Wonder, Nina Simone and Sly & The Family Stone. "Summer of Soul" premiered at this year's Sundance Film Festival, winning the U.S. Documentary Grand Jury Prize and Audience Award and heralded by critics as an instant addition to the concert film canon.

Where to watch: Theaters and Hulu

'Black Widow' (July 9)

As Marvel is now seemingly preparing a movie or series for just about every character it has, one of the original Avengers now gets her own standalone movie: Natasha Romanoff, or Black Widow, portrayed by Scarlett Johansson for more than a decade now. Set before the events of 2019's "Avengers: Endgame," "Black Widow" will add multiple new actors and characters to the Marvel Cinematic Universe, including Florence Pugh as Yelena Belova and "Stranger Things" star David Harbour as Red Guardian.

Where to watch: Theaters and Disney+ Premier Access

'Space Jam: A New Legacy' (July 16)

Bringing the 1996 hybrid live-action/cartoon film starring Michael Jordan and the Looney Tunes characters to a new generation, this sequel stars fellow basketball phenom LeBron James as himself, as he's transported to an universe full of Looney Tunes and other Warner Bros. characters.

Where to watch: Theaters and HBO Max

'Old' (July 23)

M. Night Shyamalan's latest thriller, inspired by the graphic novel "Sandcastle," follows a vacationing family who visits a beach that mysteriously causes them to age rapidly. The film features an



Natasha Romanoff (Scarlett Johansson, left) reconnects with her "little sister" Yelena (Florence Pugh) in "Black Widow." MARVEL STUDIOS

excellent cast including Gael García Bernal, Vicky Krieps, Thomasin McKenzie, Eliza Scanlen and Alex Wolff.

Where to watch: Theaters

'Jungle Cruise' (July 30)

Dwayne "The Rock" Johnson plays a riverboat captain escorting a scientist (Emily Blunt) in Disney's latest cinematic adaptation of one of its theme park attractions, which have had a success rate ranging from widespread disapproval ("The Haunted Mansion") to enormous commercial and critical success ("Pirates of the Caribbean").

Where to watch: Theaters

'The Suicide Squad' (Aug. 6)

The collective of comic book ne'er-do-wells who made their big-screen debut in 2016's "Suicide Squad" are back for this film, including Margot Robbie's Harley Quinn alongside several new ones like Idris Elba as Bloodsport, John Cena as Peacemaker and Sylvester Stallone voicing the CGI King Shark.

Where to watch: Theaters and HBO Max

'Free Guy' (Aug. 13)

Ryan Reynolds stars in this action-comedy as a non-player character in a

video game who suddenly becomes aware of his situation and chooses to become a hero. The trailers thus far haven't inspired much confidence, but it does feature a solid supporting cast that includes Jodie Comer, Lil Rel Howery and Taika Waititi.

Where to watch: Theaters

'Respect' (Aug. 13)

After the box office and awards success of "Bohemian Rhapsody" and "Rocketman," this Aretha Franklin biopic with Jennifer Hudson playing the Queen of Soul looks like it could be the next big hit in the genre. Delayed from last winter to this summer, the film's cast also includes Forest Whitaker as Franklin's father and Marc Maron as the late legendary producer Jerry Wexler.

Where to watch: Theaters

'The Beatles: Get Back' (Aug. 27)

Peter Jackson's documentary chronicles the making of the Beatles' last studio album, 1970's "Let It Be" – the subject of a prior documentary of the same name – using previously unseen footage and featuring the group's final rooftop concert in full. Most music documentaries could hardly be considered blockbusters, but most aren't about the most acclaimed band ever or made by the di-

rector of "The Lord of the Rings."
Where to watch: Theaters

'Candyman' (Aug. 27)

The 1992 horror film about the title hook-wielding spirit (Tony Todd) who appears when his name is repeated in front of a mirror gets a new sequel, following an artist (Yahya Abdul-Mateen II) who lives in a condo built on the torn-down Chicago housing projects that Candyman haunted and becomes involved in his legend. Previous "Candyman" sequels didn't add much to the well-executed original, but this one features a talented creative team in producer Jordan Peele and director Nia DaCosta and looks to tackle topics of race and gentrification.

Where to watch: Theaters

'Shang-Chi and the Legend of the Ten Rings' (Sep. 3)

The second Marvel Cinematic Universe movie set to come out this year, "Shang-Chi" introduces the titular comic book character to the big screen, played by Simu Liu. The film looks to honor the character's heritage with a largely Asian and Asian-American creative team and cast, as well as introduce some martial arts-inspired action.

Where to watch: Theaters



Robin F. DeMattia
Blue Zones Project-Southwest Florida

Three mornings a week, Bill Orlosky, Jim Anderson and Jim Kane gather at the Publix in Ave Maria by 8 a.m. They aren't shopping. The trio also known as the Ave Angels, meets a representative from the Guadalupe Center in Immokalee and helps load a van full of meat, dairy, vegetables and bakery items approaching their sell-by date that Publix contributes to the charity.

"It's good of Publix to donate what they do, and it feels good to help out," said Orlosky. "I play a small part, but the Guadalupe Center appreciates not having to load it all."

This activity that provides a sense of Purpose is just one way the Ave Maria community follows the Blue Zones Power 9, principles shared by the longest-lived and healthiest people in the world. Located near Immokalee, about 25 miles east of Naples, Ave Maria gives off a small town feel that prides itself in having a strong sense of community and promotes well-being with walking trails, bike trails, wide-open spaces and a family-friendly atmosphere.

Dr. Victor Acquista, a retired physician and Ave Maria resident, sits on the Blue Zones Project-Southwest Florida's Immokalee/Ave Maria Leadership Committee. He did his fellowship in preventive medicine, authored "Pathways to Health: An Integral Guidebook," and serves on the Ave Maria social committee's health and wellness subcommittee.

"The notion of social wellness and how you relate to your community as an aspect of health and well-being is not discussed enough," Dr. Acquista said. "What appeals to me about Blue Zones Project is they provide education, opportunity and encouragement to incorporate behaviors that help you as an individual and simultaneously are designed to help the health of the community."

Dr. Acquista called the Blue Zones Project Leadership Committee "a great and diverse group of people very committed to making their community better in a lot of ways." He said this work has included developing a five-year strategic plan, addressing COVID, and encouraging participation in last year's Census, because that helps determine federal health-related grants and other community resources.

He also works within Ave Maria to get more residents and town businesses registered with Blue Zones Project, so the town can become Blue Zones approved.

"It's quite an achievement," he said of getting the Blue Zones approval. "You have to have engagement and the activities that support Blue Zones well-being principles."

Members of the Ave Maria Social Committee have incorporated many of the Blue Zones Project Power 9 principles in their events.

To encourage residents to Move Naturally, Social Committee chair Debbie Fornwall said they hold fun runs and beach walks, encourage dancing when bands perform at their events, and plan sack races, corn hole, obstacle courses and water laser tag for children. The group added bike parades to their Hometown Christmas and Fourth of July events.

Ave Maria takes the Plant Slant principle seriously, adding salad choices and yogurt topped with berries at their annual pig roast. They also invited town restaurants Teriyaki Madness and Tropical Smoothie Café to serve healthy foods at events instead of a doughnut truck they have brought in before.

To follow the 80% Rule, they switched from 10-inch to 8-inch plates and have servers put portions on plates rather than offer self-serve.

Fornwall also said they are reinstating a community garden that had existed several years ago but did not have enough participation. With so many new people in the town, she said now is the time to grow vegetables for possible use by residents or donation to those in need.

They are also planning a second cooking demonstration from Chef Daniela, who specializes in gourmet cuisine for the health conscious and is a Blue Zones Project recognized organization.

The Social Committee has several subcommittees: health and education, adult and family fun, youth and teen, marketing, and Ave Cares, which supports people and organizations.

"Ave Cares was developed not only as part of the Blue Zones Purpose initiative to help others in need but to give our residents a purpose by helping others," Fornwall said.

Through Ave Cares, the group has held a diaper drive for mothers in Immokalee, donated hurricane supplies to residents in the Panhandle, contributed animal food and supplies to the Humane Society of Naples, and made and given masks during COVID to healthcare workers.

They established Cards of Care and Letters of Love, where Ave Maria residents write uplifting notes to residents in local nursing homes. Currently, they are preparing cards and items like nail polish to send to a 16-year-old girl in Arkansas who is battling her second brain tumor.

Fornwall said just joining the Social Committee helps people find their Right Tribe.

"It's a great way of meeting people," she said. "It's why I got involved. Our friend base has grown remarkably in the past four years from being a volunteer."

Brought to Southwest Florida by NCH Healthcare System, in collaboration with Sharecare, Inc., Blue Zones Project is part of Southwest Florida's well-being improvement initiative that encourages changes in the community that lead to healthier options. For more information, visit southwestflorida.bluezonesproject.com.

