



New Theatre Conspiracy Play Is Astounding

by Di Saggau

At long last, Theatre Conspiracy is back with live productions and their first is an amazing new play by Phillip Christian Smith, *The Chechens*. It is set in 2017 modern day Grozny, the capital of Russia's Chechen Republic. It is a time when being openly gay is absolutely unheard of. Chechen culture is one of "honor killings," and family members of a known LGBTQ person are expected to rid their community of such a stain.

The cast includes Miguel Cintron as Uncle Usman. He is the brother-in-law of Raisa (Hollis Galman), a widow, and if he has his way, he will marry her. Raisa has other plans that do not include Usman. She has three children. The oldest, Dagamara (Sharon Isern) is married to a general and active in local politics. She abides by the dress code preferred by the community, wearing beautiful long dresses and keeping her hair covered. Elina (Madelaine Weymouth) is more modern in her attire. She plans to go to college, perhaps in Moscow. Valid



Cast members, from left, Hollis Galman, Madelaine Weymouth, Reuben Garcia, Miguel Cintron and Sharon Isern photo provided

(Reuben Garcia) is the younger brother they all adore. He is considered the man of the house, but he harbors a deep secret that he cannot share.

Uncle Usman likes to drop in the house any time he wants without advance notice. One day, he stops by when no one is home with the intent

to snoop around and try to find some incriminating evidence against Valid. He has told the family that "certain people" are being rounded up and held in a camp on the east edge of town. He uses his cell phone to take pictures that will incriminate Valid. If he has his way, the family will do the right thing and commit an honor killing. In his mind, it is all about family honor.

Will the family protect their younger brother who may be the next target? Will they turn him in or will they consider an honor killing? This is the dilemma that faces the family toward the play's end. The characters are so well cast and deliver amazing performances in this intense drama. At times, there is a bit of humor to lighten the seriousness of the plot. There is also a scene that no one expects and it absolutely astounds the audience. Cell phones play a prominent role in this play.

Under the direction of Artistic Director Bill Taylor, *The Chechens* is a brilliant production that leaves you thinking about it long after you leave the theater. It plays through August 15 at Theatre Conspiracy within the Alliance for the Arts, located at 10091 McGregor Boulevard in Fort Myers. For tickets, call 939-2787 or visit www.artinlee.org/theatre.

I hope you get to see it.✧

Reality Show Stars To Perform Live On The Rooftop

Two singer-songwriters from a hit TV reality show will perform together during the Sounds of Summer series at the Sidney & Berne Davis Art Center on Friday, August 20. Doors open at 6:30 p.m. and performance begins at 7:30 p.m.

Sheena Brook and special guest Angie K (Keilhauer) will join forces at Sidney's Rooftop Sculpture Garden and reception area for the music series finale. Both of these artists have been featured on the hit TV show *The Voice*.

Brook is a mainstream artist with a laid-back style and an energetic and inviting vibe. She appeared on NBC's Season 12 of *The Voice*, where she was hand-picked by Adam Levine to be on his team.

Since appearing on *The Voice*, Brook has gained the attention of multi-platinum songwriters and other artists to further her creativity in her unique style. Recently, she became the founder of The FEM Collective (Female Empowering Musicians), an organization that hosts events to support women and provides an outlet for their creativity. She is



Sheena Brook

currently working on a new project with Godsmack lead singer Sully Erna, set to release this year.

Recently named "Highway Find" by Sirius XM, Keilhauer has played over 1,000-plus live shows, touring an average of 10 to 12 cities a month for the past eight years. She was a contestant on Season 10 of *The Voice*,

auditioned with the song *I Hold On* and managed to turn three chairs, but chose Blake Shelton as her coach. In 2017, her Disney duet with Jordan Fisher, *Happily Ever After*, became the soundtrack to the nightly fireworks show at Magic Kingdom. She has opened for artists like Jake Owen, Tanya Tucker, Sammy Kershaw, Trace Adkins and



Angie K

Melissa Etheridge.

Tickets are \$10 for general admission.

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

Historic Downtown Fort Myers, Then And Now:

Drive Up For Ice Cream Or Cash



by Gerri Reaves, PhD

This diminutive structure at McGregor Boulevard and Clifford Street had the distinction of being two very different drive-in businesses – an ice cream shop and a savings and loan association.

The lack of signage in the mid-1950s photo suggests that it is in the vacant period after the Dairy Pleeze Ice Cream Drive is closed. That business had opened in the early 1950s, but by March 1954, the “man and wife operation,” as the classified ad read, was already for sale.

Note the portico-like seating area and the picnic tables on the lawn. Farther south and behind those royal palms (left center) is the Home Supply Store near the corner of Altamont Avenue.

Far left in the photo is part of a sign for Carroll's Apartments on McGregor.

In the mid-1950s, that corner on McGregor had plenty of drive-by traffic, but there were not many businesses in the immediate neighborhood to attract foot traffic.

Apartments abounded, many catering to seasonal residents.

The Dairy Pleeze stood on the southeast corner of a large parcel that in January 1960 opened as Boulevard Plaza, Fort Myers's first shopping center.

The plaza was bounded by McGregor and West First Street on the south and north, respectively, Clifford on the east and Virginia Avenue on the west.

Right after the plaza opened, along came a business to take advantage of the activity that it generated.

In February 1961, Fort Myers Federal Savings and Loan (S&L) opened in the former ice cream drive-in.

In 1963, the S&L more than doubled the size of the building. It advertised a drive-in window, friendly service and the convenience of banking while shopping at the plaza.

Boulevard Plaza lasted approximately four decades. It ended its days with a different name, Edison-Ford Square, and was demolished in 2003.

In November 2007, First Street Village, a mixed-use development anchored by Publix, opened on the portion of the former plaza east of Altamont at the Clifford corner.

The other, larger section of the shopping center parcel on the west side of Altamont is now being developed as West End at City Walk.

Walk down to McGregor and Clifford and compare the scene to that of almost 70 years ago.



Today, Publix Super Market, anchor store for First Street Village, occupies the former Dairy Pleeze/S&L corner

photo by Gerri Reaves



This small building at McGregor and Clifford, pictured in the mid-1950s, was Dairy Pleeze Ice Cream Drive In and became a savings and loan in 1961

photo courtesy SWFL Historical Society

Then visit the following research centers to learn more about the little ice cream drive-in that morphed into an S&L.

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

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

Visit the IMAG History & Science Center at 2000 Cranford Avenue or at www.theimag.org.

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

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Visitors learn about Thomas Edison's and Henry Ford's inventions in the Timeline of Innovation exhibit at Edison and Ford Winter Estates photo provided

Estates Offering Museum Access Through Program

Edison and Ford Winter Estates has joined Museums for All, a signature access program of the Institute of Museum and Library Services, administered by the Association of Children's Museums, to encourage people of all backgrounds to visit museums regularly and build lifelong museum-going habits. The program, which started August 1, allows individuals and families (up to four people) that receive food assistance benefits to be admitted for a self-guided tour when they present their SNAP Electronic Benefits Transfer (EBT) card. Special events and Holiday Nights admission are not included.

Museums for All helps raise awareness and expand public access to museums within each community. The program is part of Edison Ford's broad commitment to include and welcome all audiences, and is a good fit with the organization's mission to educate the public and inspire an inventive spirit by interpreting and preserving the innovations, legacies, artifacts, gardens, homes, laboratory and other structures of Thomas Edison and Henry Ford, emphasizing Florida history, science, horticulture and the arts. More than 700 organizations across the country participate in the program, including museums, science centers, botanical gardens and zoos. Partnering museums are located nationwide,

representing all 50 states, the District of Columbia and U.S. Virgin Islands.

Edison and Ford Winter Estates includes the historic winter homes of famous inventors Thomas Edison and Henry Ford, a 15,000-square-foot museum, the botanic research laboratory, and more than 20 acres of botanic gardens with plants and trees from around the world. The site is open from 9 a.m. to 5:30 p.m. seven days a week.

As a non-profit, Edison Ford depends on donations and sponsorships to be able to offer programs like this one to less fortunate families within the community. Sponsors have an opportunity to get their name in front of more than 220,000 local, national and international visitors annually.

The Institute of Museum and Library Services is the primary source of federal support for the nation's 123,000 libraries and 35,000 museums. Their mission is to inspire libraries and museums to advance innovation, lifelong learning, and cultural and civic engagement. Their grant making, policy development and research help libraries and museums deliver valuable services that make it possible for communities and individuals to thrive. To learn more, visit www.imls.gov and follow us on Facebook and Twitter.

The Association of Children's Museums (ACM) champions children's museums worldwide. With more than 460 members in 50 states and 19 countries, ACM leverages the collective knowledge of children's museums through convening, sharing and dissemination.

For more information, visit www.childrensmuseums.org.✱

Beach Fishing Pier To Close For Resurfacing Job

The Fort Myers Beach Fishing Pier at Lynn Hall Memorial Park within Times Square will be closed for about three weeks beginning Monday, August 16, so that a contractor can resurface the entire concrete deck. The pier is expected to re-open in time for Labor Day weekend.

Except for the pier, all amenities at Lee County's Lynn Hall Park – including shelters with grills, restrooms with changing facilities and accessible beach access – will remain open with regular hours. Parking is \$2 per hour.

The concrete deck is resurfaced about every 10 to 15 years. The work is funded through the Tourist Development Tax, which is assessed on short-term lodging.

For information about Lee County Parks & Recreation locations, amenities and special events, visit www.leeparks.org, call 533-7275 or email leeparks@leegov.com.✱

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Fort Myers Art:

Artists Reveal The Unique In Alliance Exhibit



by Tom Hall
On view in the main gallery at the Alliance for the Arts through August 28 is *Different Strokes*. The exhibition recognizes the unique styles and widely diverse

approaches to making art by the Alliance's member artists. The artists participating in this two-month-long, 72-piece show were challenged to exhibit pieces that didn't quite fit into other calls to artists over the past year. Roy Rodriguez is one of 72 artists that is displaying work in the exhibition. It is a composite of 18 photographs combined and printed on canvas. "One day, I put some powder on a puff and noticed this incredible design made by the powder," Rodriguez divulges of his inspiration and process for the unconventional artwork. "I was so taken, that I rushed to photograph it." The next day, an image reminiscent of waves crashing over rocks appeared



Artwork in the Different Strokes exhibition

photo courtesy www.artswfl.com

when he powdered the puff. "A trend started, lasting over a month, and I collected about 40 pictures. Seeing an Oriental theme develop, I selected 18 and combined it together on this larger canvas," he said. "I needed a title that would describe the process, hence *18 Occasions of Powder on a Puff*." Rodriguez is a Cape Coral fine art photographer and mixed media artist. He uses a variety of cameras to capture images that contain rich narrative, whether in the form of abstract compositions formed by the

random remains of beet juice on the evening's dirty dinner dishes or arresting landscapes, skyscapes and seascapes from diverse local environs such as Myakka River State Park, or while simply waiting for the traffic light to change on a rainy afternoon. Susi Wingenroth's artwork titled *Palm Queen* is a woman's portrait painted on a frond from a queen palm. If Wingenroth's name seems familiar, it's because she is also one of five artists juried into this year's Alliance for the Arts Art Lives Here Billboard Campaign. Her Art Lives Here work is titled *Frame of Reference*. The Lee County School District arts educator taught art at Canterbury School from May 2006 through August 2016, and Renaissance School from August 2001 through June 2016. She has a bachelor of arts degree in fine and studio arts from University of Maryland College Park. Khaysie Tiburcio is another artist exhibiting with her composition titled *Child's Play*. "Child's Play highlights our imagination," she shared. "I included a few ironic elements that include the rabbit with the human foot for 'good luck,' and the goat and sheep playing

patty cake to emphasize the playful behavior in the piece." Tiburcio reports that the painting process for *Child's Play* proved to be as fun as it was rewarding. "I was able to experiment with different mediums to add textures and patterns." Tiburcio also displayed in this year's Alliance for the Arts Art Lives Here Billboard Campaign. Her work for that initiative is a metaphorical piece titled *Art Within Their Souls*, which underscores how art becomes a part of the artist and not simply an expression of the artist's thoughts and emotions. David Acevedo's painting *AJA* in the Different Strokes exhibition is a representation of the African goddess of nature. "I was inspired by these chaotic times (in which) we are living, where nature itself seems to be sending a message that most of us ignore," he explained. "Also, I'm experimenting with busy, abstract backgrounds with detailed portraiture in contrast, combining both with a cohesive theme. This piece is the first one of this line, and I am really pleased with the reaction it has received." *AJA* is something of a departure from the paintings in Acevedo's Introspection series that he featured in his solo show at the Sidney & Berne Davis Art Center a year ago during the height of the pandemic. Those works contrasted people, influences and experiences from his past against a blend of abstract and surrealist imagery that gave them an otherworldly sensibility. *AJA*, on the other hand, possesses a more naturalistic, even primordial feel that connects with the viewer on a more organic, emotional plane. Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information, visit www.artinlee.org/event/differentstrokes. Tom Hall is both an amateur artist and aspiring novelist who writes art quest thrillers. He is in the final stages of completing his debut novel titled *Art Detective*. A former tax attorney, he lives in Estero with his fiancé and their four cats.✽

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Peace Day Returns To New Location

The 14th annual SWFL Peace Day Celebration will be held at Wa-Ke-Hatchee Park on Sunday, September 19 from 10 a.m. to 5 p.m. This family and pet-friendly event coincides with the International Day of Peace, held on Tuesday, September 21. For the past 13 years, SWFL Peace Day celebrations have been held at Jaycee Park in Cape Coral and the Alliance for the Arts in Fort Myers. Each year, the annual celebration has featured food drives, pet drives, blood drives, children's activities, vendors, live art and live music to help hundreds of members of the community each year. The celebration involves the community coming together to celebrate all that's right in the world, experiencing a single day of peace right here in Southwest Florida. Other activities at this year's Peace Day Celebration include early morning yoga, qigong, free crystal bowl therapy and performances, an on-site licensed mental health counselor and her team, free introductory acupuncture and free reiki. Participants are encouraged to bring a blanket, yoga mat, or chair. Wa-Ke-Hatchee Park is located at 16760 Bass Road, Fort Myers, Florida 33908. For information on becoming a vendor and/or Peace Day sponsor, contact Zachari VanDyne of SWFL Peace Celebrations at swfl4peace@email.com, or call 560-5224.✽



From left, Carl Wolaver, Lt. Alan Canfield, William Bogar, Ernie Urias and Eric Bivens
photos provided

Foundation Hosts Backpack Giveaway

The Guardian ad Litem Foundation, 20th Judicial Circuit, distributed backpacks filled with school supplies to more than 200 Southwest Florida students.

The foundation's 2nd annual Back to School with the Blue backpack giveaway, in partnership with Lee County Sheriff's Office, was held recently at the Lee County Sheriff's Office Community Outreach Center at Edison Mall. Children

living in foster care or temporary homes were given new backpacks filled with folders, notebooks, writing utensils, art supplies and \$100 Old Navy gift cards to purchase school uniforms or clothing.

The event was funded by the Shadow Wood Charitable Foundation, a nonprofit that supports programs for Southwest Florida residents in need.

"Foster families and those providing temporary shelter for students in the child welfare system do not always have the financial resources to afford new school supplies every year," said Jessica Stanfield, the foundation's executive director. "Thanks to the generosity of our community partners, more than 200



Back to School with the Blue volunteers

students are now on the path to success and will start the school year ready for the challenges that await."

At Back to School with the Blue, students also were encouraged to write notes of appreciation to their Guardian ad Litem volunteer advocates, which are court-approved volunteer child advocates who serve as the voice for abused, neglected and abandoned children in Southwest Florida.

About 170 children received their backpacks during the event, and volunteers delivered 40 additional backpacks to local students unable to

attend. One aspiring law enforcement officer was presented with a badge and an honorary title of Sheriff for the Day.

"As she left, she had a big smile on her face, which is what this event is all about," said Eric Bivens, a foundation board member and event chairman.

The Guardian ad Litem Foundation recruits, trains and supports volunteer child advocates for youth in Collier, Lee, Charlotte, Hendry and Glades counties as they navigate the judicial, education and child welfare systems. For more information, visit www.voicesforkids.org or call 533-1435.✽

Groundbreaking For Margaritaville Beach Resort

The TPI Hospitality FMB team has announced its groundbreaking ceremony for the Margaritaville Beach Resort will be held at 1160 Estero Boulevard on Fort Myers Beach on Friday, August 13 at 3 p.m.

After years of delays caused by issues out of TPI's control, the 254-room Margaritaville Beach Resort will be located at the foot of the Matanzas Bridge. The development will consist of four buildings that will include the resort, restaurants and retail shops on both sides of Estero Boulevard. A pedestrian walkway will be built over Estero Boulevard, linking the two sides of the resort. Construction is set to begin on Monday, August 16.

"Many of you will recognize that on August 13, 2004, Hurricane Charley swept through, leaving behind in its wake, enormous physical and economic damage on this part of the island," said John Gucciardo, spokesperson for TPI Hospitality. "We are so proud to be part of the long overdue revitalization of this part of the island, and hope that we can be a catalyst for future prosperity for all."

Since the property is currently an active construction site, access to the actual groundbreaking ceremony is limited to invited guests only. However,

the general public will have access to the public beach in front of and on either side of the construction area.

"We hope to see many of our loyal supporters there that day to share this momentous occasion with us," Gucciardo said.

For more information, visit www.facebook.com/tpifmb or www.tpi-hospitality.com.✽

College Graduates

Miguel Aliaga from Fort Myers and Nguyen Nguyen from Cape Coral recently received degrees from New York Institute of Technology in Old Westbury, New York.

Aliaga graduated with a bachelor of science degree in information technology, while Nguyen completed a master of science degree in physician assistant studies.✽

President's List

Lura Hoard of Fort Myers was recently named to the president's list for the spring 2021 semester at Georgia Southern University in Statesboro, Georgia.

To be eligible for the honor, a student must have at least a 4.0 grade point average and carry a minimum of 12 hours for the semester.✽



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Cooper is the fourth generation of his family in construction and has been participating as a vendor for the past 15 years. The company specializes in interior remodeling of kitchens and baths.

For more information about the Home & Garden Show, contact David Pardi of Expo Management at 284-4597, email fldave@expomanagementinc.com or visit expomanagementinc.com. ❄

Grant To Assist Residents With Electric Costs

For more information, visit www.leegov.com/dhs or call the department's coordinated entry help line at 533-7996.✱

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B. Keith Councill, president of the Beekeepers Association of Southwest Florida, examines honey bee hives at the estates
photo provided

Honey Bee Day And Plant Sale At The Estates

In celebration of National Honey Bee Day, the public is invited to learn about honey bees at Edison and Ford Winter Estates on Saturday, August 21 from 9 a.m. to 2 p.m. The itinerary will include demonstrations and lectures, and a hands-on demonstration on bee keeping for children. Multiple vendors will be on site for a plant fair and sale, with food trucks and live music. The event is free (does not include tours, museum or lab admission).

The Beekeepers Association of Southwest Florida will give lectures on honey bee ecology and plant pollination, and demonstrations on an open hive, honey extraction and bottling, and bee wax and candle making. They will also have an observation hive, information table and honey available for sale and tasting. In addition, the Florida Native Plant Society will have an information

table and will be available to answer questions about Florida native plants.

Several food and beverage vendors will be on site, including the Foodology Food Truck, Daddy Dee's Ice Cream Parlor and Vibes and Spices. David Rojas will perform live music, and pollinator plants will be available for purchase in the Garden Shoppe.

More than a dozen honey bee hives are managed by professional beekeepers at the estates. Historically, bees were critical to the site for pollination. As early as 1886, Edison instructed his caretaker to obtain bee hives to pollinate flowers and other plants on his property.

Approximately one third of the food that humans consume each day requires pollination, including fruits, vegetables, nuts and other crops. Bees are also the primary pollinator for many beautiful flowers that grow in the wild or are cultivated for use in landscaping.

In addition to Honey Bees, there are more than 4,000 native bee species in North America; more than 300 of those are found in Florida, and of those, 29 are endemic (found only in Florida). Due to pesticide use, disease and parasites, bee populations have decreased considerably. Across the United States, some native bee species have been added to the endangered list, such as the rusty-patched bumblebee, *Bombus affinis*, and seven species of the Hawaiian yellow-faced bees.

"This is an opportunity for local residents to learn about the important role bees play in our environment and how everyone can help protect Honey Bees and the many Florida native bees in their own home gardens," said Debbie Hughes, horticulture director.

Visitors will also be able to see the beginnings of a new Florida native wildflower demonstration garden, which is being installed around the Honey Bee apiary. Wildflowers will provide nectar and pollen for the honey bees and other pollinators. Future garden talks, children's programming and interpretive signs will provide more opportunities for visitors to learn about pollinators and the benefits of utilizing native plants.

For more information, visit www.edisonford.org or call 334-7419.✪

Camp Offered To Help Heal Young Hearts

Hope Healthcare will host its Rainbow Trails Camp at the Alliance for the Arts on Sunday, October 24 from 9:30 a.m. to 3 p.m. Children ages 6 to 17 who have experienced the loss of a loved one are welcome to attend.

The day camp offer campers creative, stress-reducing activities like crafts, recreation and singing, along with activities to support the grieving process. Led by experienced Hope counselors and music and art therapists, campers will receive healing care while learning to cope with complex emotions after the loss of a family member or friend.

"For more than 30 years, Hope has offered Rainbow Trails Camp to children who have experienced the loss of a loved one," said Samira K. Beckwith, Hope Healthcare president and CEO. "The pandemic has caused tremendous grief for so many families, making this camp more vital and meaningful. Thankfully, through the efforts of our partners and volunteers, we will be able to bring a smile to many children's faces while providing comfort, friendship and joy."

There is no charge for the camp and Hope will host an orientation via Zoom for parents, campers, and guardians prior to the start. Lunch is provided. The deadline to submit applications is October 18.

To learn more about Rainbow Trails Camp or to register a camper, visit www.hopehcs.org/rainbowtrailscamp. For more information, contact Kay Kelly at 333-4256 or kay.kelly@hopehcs.org.✪



Native diamondflowers is a member of the madder family and is listed as imperiled in South Florida by the Institute for Regional Conservation
photo by Gerri Reaves

Plant Smart

Diamondflowers

by Gerri Reaves

Diamondflowers (*Houstonia nigricans* var. *nigricans*) is a perennial wildflower of the madder family. The Institute for Regional Conservation lists it as imperiled in South Florida.

Native to Florida and the eastern and central U.S., it grows in dry, rocky areas and open woods and along roadsides.

It's known by a number of pretty names that call attention to its delicate slender stems and appearance, including narrowleaf bluets, baby's breath and

fine-leaf bluets. This species might be sprawling and vine-like or upright and a couple of feet tall. It forms clumps and is branched on the upper stems.

The white or pinkish flowers are trumpet-shaped with four pointed petals that resemble tiny crosses. Opposite leaves are extremely narrow and about a half inch long with rolled edges. They turn black when dry, thus the term *nigricans* in the binomial. This wildflower prefers full sun and sandy or alkaline soil.

Sources: *Everglades Wildflowers* by Roger L. Hammer, www.regionalconservation.org, and www.wildflower.org.

Plant Smart explores the diverse flora of South Florida.✪

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by Capt. Matt Mitchell

Lots of bait and lots of fish go hand in hand. The amount of hatch bait we are witnessing all through the area is just nuts. Taking a live well full of this generally small bait

and live chumming is giving our clients amazing nonstop action on a wide variety of species. Everything that swims is dialed in on this plentiful bait. What this bait lacks in size it makes up for in sheer numbers and is easily caught in large amounts.

For clients looking for a bag of fillets, mangrove snapper fishing has been the call. July and August are our best months for this outstanding annual fishery. Though we have mangrove snapper here all year, the average size of these fish is much larger during these hot summer months. Mangrove snapper are very abundant with a 10-inch minimum size and a five fish-per-person limit. Although its legal to keep a 10-inch snapper, they yield very little meat, a 12-inch or larger fish is much more ideal to fillet.

Live shiners have been the most successful way to catch these fish. It takes small hooks, leader and baits to



Another successful morning of mangrove snapper fishing

photo provided

fool these snapper. Some of the largest ones we have been catching have been out on the open flats. Watch for these fish to swarm and pop on chum in the many white sand holes on the grass flats. Docks and creek mouths have also been a good choice to get in on the action. I've had one favorite dock in the southern sound that has an insane amount of snapper its holding. Basically, everyday this week, it's given up a limit of mangrove snapper. A few scoops of live chum and it just explodes with fish.

All summer long, mangrove snapper are the favorite of my clients who want to cook the day's catch. Generally, I fillet them and describe the flesh as mild, sweet and firm. These fillets can be cooked lots of different ways and will even hold up well on a hot grill. Another option is to cook the fish whole after you scale, gut and gill them. Score the skin and season before you grill, fry, bake or even steam. Cooking the fish whole gives you not only a great presentation, it keeps the flesh

extremely moist. Many of my clients prefer to simply take the fillets to a local restaurant and have the catch cooked immediately after the charter. I personally can't think of a better lunch than the fresh fish you just caught.

*Capt. Matt Mitchell has been fishing local waters since he moved to Sanibel in 1980. He now lives in St. James City and works as a back country fishing guide. If you have comments or questions, email captmattmitchell@aol.com.**

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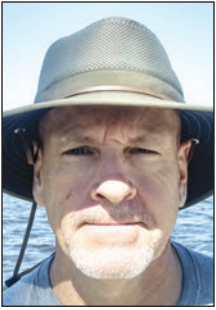
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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Black Crowned Night Heron



by Bob Petcher

The black crowned night heron (*Nycticorax nycticorax*) is a stocky, compact bird whose body is in stark contrast to long-legged relatives, such as the great blue

heron, grey heron or most egrets. This light gray bird with a dark back area and dark crown has a flat head and shorter legs to go with its heavy pointed bill.

Black crowned night herons are known to tuck their heads into their shoulder areas, especially in flight, to create a hunchback look with a neck that appears to have disappeared. They spend their days perched on tree limbs or hiding within foliage and branches, and reportedly forage during evenings and nights, either in water, on mudflats, or on land.

At CROW, an adult black crowned night heron was admitted after being found on Fort Myers Beach unable to move. Radiographs were taken and showed no abnormalities except mild gas dilation of its intestines and dehydration.

"We suspected this patient to be most



Patient #21-4187 was successfully treated for brevetoxicosis

photo by Haillie Mesicks

likely suffering from brevetoxicosis," said Dr. Robin Bast, CROW staff veterinarian. "The neurotoxin in red tide can cause ileus or a slowing or standstill of the GI (gastrointestinal) tract. This could be causing the gas in the intestines."

During the initial examination, the patient had some abrasions on its legs and did show symptoms of ataxia, a condition that can affect birds or other

animals in different parts of its body.

"Brevetoxins can cause effects on both the central (brain) and peripheral (nerves in the body outside of the brain/spine) so its effect on the entire nervous system can cause ataxia, or uncoordinated gait," said Dr. Charlotte Cournoyer, CROW veterinary intern. "Based on clinical signs exhibited by the bird, our primary suspected cause

is brevetoxicosis. We cannot rule out underlying systemic diseases without further diagnostic tests."

Medications were given along with supportive care. "An intravenous line (IV) infusion of lipids was given to bind and eliminate toxins from the body quicker. Antibiotics, IV fluids and nutritional support are the mainstay of brevetoxicosis treatment," said Dr. Bast.

Sometimes, a condition such as brevetoxicosis can be deemed serious and life-threatening to many animals that are affected by it. Fortunately, the black crowned night heron appeared to bounce back quickly.

"Brevetoxicosis can be fatal if left untreated," confirmed Dr. Cournoyer. "This patient responded well to the IV lipids and supportive care."

The heron responded so well that, within a few days, it was seen standing on its own and eating well. It didn't take much longer than a week for the patient to be cleared to go back into the wild.

"Once off medications, it was moved to an outdoor enclosure for pre-release conditioning and has since been successfully released," Dr. Bast reported.

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.✱

Contracts Awarded For Flood Mitigation

The Lee Board of County Commissioners recently awarded two contracts for projects to mitigate stormwater flooding in the San Carlos Park area.

San Carlos Park was particularly hard hit by flooding in 2017 when heavy rains in August were followed by Hurricane Irma in September.

In June 2020, the board accepted a \$7.1 million Community Development Block Grant from the state for repairs to the sidewalks and drainage infrastructure. The work is being coordinated by Lee County Natural Resources and the Lee County Department of Transportation.

Contracts were awarded to: Mohawk Valley Materials, Inc. for canal cleaning services and drainage restoration at various locations throughout the San Carlos Park area, including restoring more than nine miles of drainage canals; and

BC Underground LLC for swale re-establishment, drainage pipe cleaning, concrete culvert replacement, sod installation and minor sidewalk repairs at various locations throughout

the San Carlos Park area. The work includes restoring 72,014 linear feet of roadside drainage ditches and cleaning 1,450 pipes under driveways in road rights-of-way.

The work will directly benefit 2,016 residences in the area and will ultimately improve stormwater drainage through the East Mulloch watershed to benefit the entire community.

These projects are part of a broader flood mitigation effort county commissioners and county staff have undertaken since the rainy season of 2017.

The effort has also included:

Using staff expertise as well as outside vendors to immediately clear waterways, ditches swales, drainage canals and other infrastructure;

Documenting and studying flooded areas and further clearing obstructions, including meeting with private property owners and informing them of the impediments to water flow on their own property;

Assembling a master list of proposed projects that could help mitigate flooding long-term and seeking grant opportunities to leverage state and federal funds to expedite projects; and

Hosting multiple public meetings.

For more information about Lee County's efforts, visit www.leegov.com/flooding.✱

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Charles Dachtton (center with check) and other award winners

photo provided

Another Success For Florida Python Challenge

The 2021 Florida Python Challenge yielded unprecedented results this year with participants removing 223 invasive Burmese pythons from south Florida. More than 600 people participated in the 10-day competition, designed to increase awareness about invasive species and the threats they pose to Florida's ecology.

Charles Dachtton won the \$10,000 Ultimate Grand Prize for removing 41 pythons. The longest python removed in the competition was 15 feet, 9 inches by Dusty Crum.

Under the leadership of Gov. Ron DeSantis, the Florida Fish and Wildlife Conservation Commission (FWC), South Florida Water Management District and the Fish & Wildlife Foundation of Florida host the Florida Python Challenge to continue raising awareness about invasive species in Florida and their impacts. The annual competition encourages people

to get directly involved in Everglades conservation through invasive species removal.

"Everglades restoration and the protection of water resources has been a top priority of my administration since day one," said Gov. Ron DeSantis. "Invasive Burmese pythons have wreaked havoc in the Everglades, negatively impacting the ecosystem and biodiversity. At my direction, FWC and the South Florida Water Management District have taken steps to increase python removal efforts, and the unprecedented success of the 2021 Florida Python Challenge is a great example of the progress Florida has made battling these invasive species. Removing more than 200 Burmese pythons is a victory for our state as well as for the native animals that live here."

"Thanks to the leadership of Gov. Ron DeSantis, we have made great progress in removing invasive pythons from the Everglades ecosystem," said FWC Chairman Rodney Barreto. "Removing more than 100 recently hatched pythons from the wild has stopped these snakes before they could disperse and cause future impacts to our native wildlife. That's a great accomplishment with exponential

benefits."

"The fact that the Ultimate Grand Prize winner is a novice and not a professional python hunter demonstrates that, with the right training and education, even beginners can make a difference in removing Burmese pythons," said Chauncey Goss, chairman of the South Florida Water Management District Governing Board. "We thank Gov. Ron DeSantis for his leadership, inspiring people from all over the country to get involved with this effort."

This year, Virtual Business Services provided the \$10,000 reward for the Ultimate Grand Prize while the Fish & Wildlife Foundation of Florida provided the additional prizes. Visit www.flpythonchallenge.org for more information.

Prize winners include:

Ultimate Grand Prize – \$10,000, Charles Dachtton, 41 pythons
Most Pythons Grand Prize, Professional – \$2,500, Donna Kalil, 19 pythons; Novice – \$2,500, Juan Gonzalez, 8 pythons; Tom Hobbs, 6 pythons
Most Pythons Second Place, Professional – \$750, Kurt Cox, 15 pythons; Novice – \$750, Derek Reynolds,

2 pythons

Longest Python Grand Prize, Professional – \$1,500, Dusty Crum, 15 feet, 5 inches; Novice – \$1,500, Brandon Call, 15 feet, 9 inches

Longest Python Second Place Prize, Professional – \$750, Myron Looker, 12 feet, 4.5 inches; Novice – \$750, Shawn Allen, 13 feet, 8 inches

Additional participants who are members or veterans of the U.S. military also received prizes.

Burmese pythons are not native to Florida and negatively impact native species. They are found primarily in and around the Everglades ecosystem in south Florida where they prey on birds, mammals and other reptiles. A female Burmese python can lay 50 to 100 eggs at a time. Since 2000, more than 13,000 Burmese pythons have been removed from the state of Florida.

The public can help control invasive species by reporting nonnative fish and wildlife to the FWC's Invasive Species Hotline at 888-483-4681, by reporting sightings online at www.ivegot1.org or by downloading the IveGot1 smartphone app. For more information, visit www.myfwc.com/nonnatives.

Mound House Outdoor Nature And Education

The Mound House, the oldest standing structure on Fort Myers Beach, is offering an array of outdoor nature and education programs each month.

The Mound House offers new programs the next two Fridays. To celebrate Friday the 13th, it hosts the "Spooky Kayak Tour" at 9 a.m. Hear folklore legends about pirates, mermaids and other tall tales while paddling. Cost is \$45 per person, while Mound House members pay \$15; advance registration necessary; all paddling equipment is provided.

On Friday, August 20, the Mound House hosts Build & Brew, which features pottery-making along with local craft beer and tasting. Tickets are \$40 per person, Mound House members \$30; includes

Mound House admission, a tasting and one full craft beer, and a one-hour class on making Native American pottery out of modeling clay. advance registration necessary.

Newton Beach Park Guided Beach Walk – for all ages; each Tuesday and Thursday; weather permitting. Free outdoor nature program. Parking is \$3 per hour; one hour generally enough. Meet at the thatched hut closest to the beach; no registration necessary; Newton Beach Park is located at 4650 Estero Boulevard.

Garden Outside Guided Tour – All ages; August 14 and 17 at 1 p.m. Stroll through the Mound House gardens to discover how its unique plants conserve water and protect wildlife, while learning how the Calusa and other Native Americans used them in their daily lives. Cost: \$5 per person; does not include Mound House admission; Mound House members free.

Shell Mound Outside Guided Tour – All ages; August 14 and 17 at 11 a.m. and August 19 at 2 p.m.; Cost: \$5 per

person; does not include Mound House admission; Mound House members free.

Untold Stories Guided Tour – For adults; August 19 and 21, at 1 p.m. Learn about individual stories along with a dose of island history through the Mound House museum, native gardens and majestic grounds. Adults \$15; Mound House members free.

Junior Explorers – children age 2 to age 5 with their adult guardians at Newton Beach Park on August 13 and 18 at 1 p.m. Junior Explorers learn about the environment, culture and early life skills such as language, numbers, fine motor and socializing. Cost: \$2-per-child, with adult guardians and Mound House members free; no reservations necessary. Newton Beach Park is mid-island at 4650 Estero Boulevard.

Family Fun Kayak Tour – Ages 6 and older; weather permitting; August 14 and 21 at 9 a.m. Cost: \$25 per person age 13 and older; \$15 per person ages 6 to 12; includes all equipment.

Cool Calusa Tools – families with children ages 6 and older on August 14

and 21 at 2 p.m. Learn to hunt, fish and make masks and pottery.

Latino History Outside Guided Tour – for all ages; August 17 and 19 at 11 a.m. Learn about the Latino fishing village known as a "Rancho" that existed on the shell mound between the ancient Calusa and Anglo-Pioneer eras. Cost: \$5 per person; does not include Mound House admission; Mound House members free. New "Latino History" Outside Guided Tour

Mangroves by Kayak Tour – Ages 12 and older; weather permitting. August 18 at 9 a.m. Cost: \$45-per-person; Mound House members \$15. Advance reservations necessary; private tours available.

Social distancing and unvaccinated visitors are encouraged to wear masks.

The Mound House is located at 451 Connecticut Street with overflow parking at 216 Connecticut Street on Fort Myers Beach. For details, reservations and monthly programs schedule, call 765-0865 or visit www.moundhouse.org.



As always, expect top ranked players at the Culligan City of Palms Classic in December
photo provided

Basketball Classic Returns With Prized Field

After a one-year layoff, the excitement is building as the 48th Culligan City of Palms Classic field is set for the tournament, which will be held at Suncoast Credit Union Arena from December 17 to 22.

A star-studded field will once again take to the hardwood in Fort Myers for the holiday event, led by defending tournament and national champion Montverde (Florida) Academy. IMG Academy in Bradenton, the 2019 City of Palms runner-up, will also make a return trip to Fort Myers, hoping to walk away with this year's title.

Montverde will be led by ESPN's No. 2, No. 6 and No. 13 ranked seniors, Jalen Duren, Dariq Whitehead and Skyy Clark, respectively. IMG will counter with ESPN's No. 14 and No. 25 ranked seniors, Jaden Bradley and Eric Dailey, Jr. Combined, Montverde and IMG have 10 of ESPN's top 100 seniors.

The stellar lineup of teams doesn't end there. Four-time *USA Today* National Coach of the Year Steve Smith brings the fabled Oak Hill Academy (Mouth of Wilson, Virginia) program back to the City of Palms for the second time in four years. They're led by one of the top juniors in the nation, 6'3" Caleb Foster.

Georgia Class 7A state champion Milton High School (Alpharetta, Georgia) makes its first trip to the City of Palms after coming off a run to the quarterfinals of the GEICO Nationals on the Suncoast Credit Union Arena court back in April. Milton's basketball program has been on the rise for several years and nearly shocked IMG at GEICO.

In addition to those outstanding teams, the main bracket also features Ballard (Louisville, Kentucky); Berkmar (Lilburn, Georgia); Buchtel

(Akron, Ohio); Calvary Christian (Fort Lauderdale); Charlotte (Punta Gorda); Dr. Phillips (Orlando); Gill St. Bernard's (Gladstone, New Jersey); Greensboro Day (Greensboro, North Carolina); Isidore Newman (New Orleans, Louisiana); Orlando Christian Prep (Orlando); St. John's (Washington, D.C.); and Whitney Young (Chicago, Illinois)

The always exciting Signature Series features several powerhouse teams as well, led by Arizona Compass Prep School (Chandler, Arizona). Compass Prep reached the semis of the GEICO Nationals last season and put a scare into No. 1 Montverde twice. Combine Academy (Lincolnton, North Carolina) makes its way to the City of Palms after being put on the high school hoops map with an upset of Oak Hill Academy in the 2019-20 opener. A year later, the Goats followed that up with a No. 15 national finish (MaxPreps). The tournament will bring international flair to Fort Myers with the presence of Crestwood Preparatory out of Toronto, Canada. This program has been a fixture on the Canadian basketball scene for years, and they return much of their squad from last season. Victory Rock Prep (Bradenton) is coming off an SIAA state championship and it

too returns much of its team from last season.

Expect a lot of buzz around the Sunshine Series this year, thanks to 6'6" senior Hansel Emmanuel of Life Christian Academy (Kissimmee), a Dominican player who moved to Orlando less than a year ago and has gone viral for his flashy dunks, passes and shooting against top talent, despite losing one arm to an accident when he was six years old. Miami Norland (Miami), Tampa Catholic (Tampa) and Choctawhatchee (Fort Walton Beach) round out the four-team bracket.

And the Hugh Thimlar Tribute continues this year honoring the legendary college and high school coach. This year's games will feature Christopher Columbus (Miami) against hometown Southwest Florida Christian (Fort Myers). As coach of then-Edison Junior College, Thimlar created a junior college national powerhouse over 26 seasons. Overall, he won 604 games over 40 seasons as a head coach in Indiana and Florida. He also founded the City of Palms tournament, then called *The News-Press* Christmas Basketball Tournament, in 1973, with six teams competing at Edison in a regional tournament.

Suncoast Credit Union Arena is located on the campus of Florida SouthWestern State College at 13351 FSW Parkway in Fort Myers. Visit www.cityofpalmsclassic.com for tickets and tournament information.*

Electrical Outage Map Available

Reliability is of the utmost importance at Lee County Electric Cooperative (LCEC). Employees work around the clock to keep the lights on for customers, but even with that dedication, power outages can and do happen. Power outages can result from a variety of causes including storms, animals, vehicle accidents, fallen trees and even sailboats coming into contact with power lines.

When an outage is detected and/or reported, field crews are dispatched as soon as possible to impacted areas. Restoration begins with repairs that restore service to the largest number of

customers in the least amount of time.

In the event of an outage, customers can view the LCEC Outage Map at www.lcec.net to stay informed as restoration takes place. Customers can rest assured knowing that LCEC works 24/7/365 to deliver the power that energizes our community.*

Maintenance Scheduled For Toll Facility

The City of Sanibel has received notice from Lee County of scheduled preventive maintenance work at the Sanibel Toll Facility.

Work will be performed beginning Monday, August 23. Crews will pressure wash, seal and hand paint the toll-lane structures and the building. The maintenance work will be done between 7:30 a.m. and 5 p.m. Monday through Saturday and is expected to continue until September 3.

No work will be done during Labor Day weekend. The county urges motorists to use caution. Intermittent lane closures will be necessary in the work areas. At least two lanes will remain open at all times.

For questions regarding this maintenance repair project, contact Betsy Clayton, communications director at Lee County Government, via email at bcclayton@leegov.com or Lee DOT's Rob Radford at 533-0110.*

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Book Review

The Thursday Murder Club



by Di Saggau

Coopers Chase is a British retirement village in the lush, rolling countryside of Kent, where once a week four friends living there – Elizabeth, Joyce, Ibrahim and Ron – meet in the Jigsaw

Room to investigate unsolved murders. They call themselves the Thursday Murder Club. Joyce, is a widow and former nurse, pining for another resident, but not as innocent as she seems. We get to know her best, thanks to her many diary entries throughout the book. She keeps us updated on what's going on with the crime-busting quartet. Ibrahim is a former therapist who understands the darker side of human nature. He's fastidious and methodical. Ron is a former socialist firebrand who is still causing trouble. He has a warm heart and a hot head. And Elizabeth, well, no one is quite sure of who she really is, but she's definitely not a woman to underestimate as she was allegedly a spy in a past life.

When Tony Curran, a dangerous crook who's about to be fired from the village, is found bludgeoned to death, the

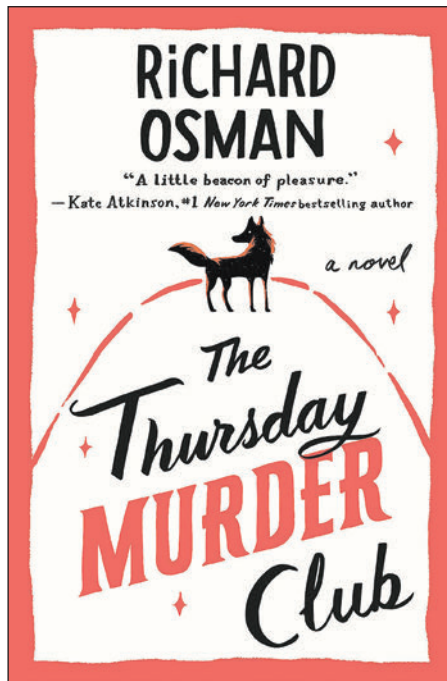


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aged sleuths become immersed in their first live case. This one has a real corpse and somewhere there is a real killer. The foursome charm Police Constable Donna De Freitas, a guest speaker at the village, and together they set out to get to the bottom of things. The members use their diverse skills to solve a series of interconnected crimes.

The book is full of dry wit and charming characters who draw you in and actually leave you wanting the book

not to end. Each member of the club contributes a different skill but all are together in their goal to get to the bottom of a violent crime that baffled the police and enabled someone to get away with murder. They end up with a long list of suspects including a rival Polish builder, a lapsed priest, Ron's boxer son and Curran's erstwhile business partner, the shady and slippery property developer Ian Ventham. When Ventham falls dead, they find themselves tracking two killers and questioning if one might even live within their retirement village.

Osman allows his main characters to

experience senior moments and reflect on growing old, which adds humor along with poignancy. He blends in many of his own unique touches that make the book fiendishly clever and brilliantly funny. I can't remember when I have laughed out loud so many times reading a novel. As it says on the inside cover, Richard Osman has employed all of his considerable wit and intelligence to give us just the curl-up-and-read novel we need right now. It is pure enjoyment, so prepare yourself for the flat-out pleasure of this book. It's another one that is on my book club list.✱

School Smart



by Shelley M. Greggs, NCSP

Dear Readers,

Most of you will be preparing to start a more typical new school year soon, after many months of differing school attendance

configurations. Getting a new school year off to a good start can influence children's attitude, confidence and performance, both socially and academically. The transition from summer to school can be difficult for both children and parents. Even children who are eager to return to class must adjust to the greater levels of activity, structure and, for some, pressures associated with school life. The degree of adjustment depends on the child, but parents can help their children (and the rest of the family) manage the increased pace of life by planning ahead, being realistic and maintaining a positive attitude. Here are a few suggestions, from the National Association of School Psychologists, to help ease the transition during the first weeks and promote a successful school experience.

Clear your own schedule – To the extent possible, postpone business trips, volunteer meetings and extra projects. You want to be free to help your children acclimate to the school routine and overcome the confusion or anxiety that many children experience at the start of a new school year.

Make lunches the night before – Older children should help or make their own. Give them the option to buy lunch in school if they prefer and finances permit.

Set alarm clocks – Have school-age children set their own alarm clocks to get up in the morning. Praise them for prompt response to morning schedules and bus pickups.

Leave plenty of extra time – Make sure your children have plenty of time to get up, eat breakfast and get to school. For very young children taking the bus, pin to their shirt or backpack an index card with pertinent information, including their teacher's name and bus number, as well as daytime contact information.

Prepare for after school – Review with your children what to do if they get home after school and you are not there. Be very specific, particularly with young children. Put a note card in their backpack with the name(s) and number(s) of a neighbor who is home during the day as well as a number where you can be reached. If you have not already done so, have your children meet neighbor contacts to reaffirm the backup support personally.

Review your child's schoolbooks – Talk about what your children will be learning during the year. Share your enthusiasm for the subjects and your confidence in your children's ability to master the content. Reinforce the natural progression of the learning process that occurs over the school year. Learning skills take time and repetition. Encourage your children to be patient, attentive and positive.

Send a brief note to your child's teacher – Let the teachers know that you are interested in getting regular feedback on how and what your children are doing in school. Be sure to attend back-to-school night and introduce yourself to the teachers. Find out how they like to communicate with parents (e.g., through notes, e-mail, or phone calls). Convey a sincere desire to be a partner with your children's teachers to enhance their learning experience.

Familiarize yourself with the other school professionals – Make it a priority to find out who in the school or district can be a resource for you and your children. Learn their roles and how best to access their help if you need them. This can include the principal and front office personnel; school psychologist; counselor and social worker; the reading specialist; speech therapist and school nurse; and the after-school activities coordinator. These professionals can provide guidance for many questions that you may have or any difficult situations your child may encounter.

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. Questions for publication may be addressed to smgreggs@gmail.com or at www.schoolconsultationservices.com.✱

EPIC FIRES OF FORT MYERS

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



THOMAS P. HALL
ROBIN C. TUTHILL, EDITOR

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Health First

A Medal-Worthy Lesson From The 2020 Olympics



by Julie Rosenberg, MD

Olympic gold was in sight at the 2020 Tokyo Olympic games when Simone Biles unexpectedly announced her decision to “take a step back.”

The superstar gymnast withdrew from Olympic competitions unexpectedly, indicating that she was suffering from the “twisties.” Gymnasts describe the twisties as a sense of losing control of their body mid-trick and losing sense of where they are in the air. Such a situation can lead to serious and even catastrophic injury.

Prior to her decision to withdraw from both the team final and the women’s individual all-around, Biles had openly spoken about the monumental pressure and mental strain that she endured during Olympic competition. She said of her decision to withdraw: “It’s OK sometimes to even sit out the big competitions to focus on yourself, because it shows how strong of a competitor and person that you really are, rather than just battle through it.”

Biles’ decision to prioritize her mental health and wellbeing above all else is a medal-worthy lesson for us all – we must protect our bodies and minds to achieve peak performance.

A recognition of the need to prioritize mental health and wellbeing is not new among elite athletes. Tennis star Naomi Osaka pulled out of the French Open in May for similar reasons. In an essay for *TIME* magazine, she wrote: “I think we can almost universally agree that each of us is a human being and subject to feelings and emotions.” Swimmer Michael Phelps, the most decorated Olympian in history, has openly suffered from anxiety and depression, and is now a prominent advocate for mental health.

One of my personal sports heroes is football great Tom Brady. Brady

has publicly discussed the lifestyle practices that keep him in top shape – emphasizing sleep, mindfulness and a plant-based diet. Brady attributes his massive success both on and off the football field and off to his disciplined lifestyle. In his 2017 book *The TB12 Method* (which refers to Brady’s No. 12 jersey number), Brady focuses on natural, healthier ways of exercising, training and living. He also addresses the need to stay mentally engaged to succeed.

The strong connection between self-care and performance applies not only to top athletes, but to all of us. It’s OK to take care of yourself; in fact, it’s the only way to win.

What is self-care? Self-care is any action or behavior that helps you to sharpen your mental and physical health. Self-care requires discipline, tough-mindedness, an understanding of personal priorities and respect for oneself.

Five examples of self-care include:

1) Remind yourself that you matter and therefore it is important to spend time and energy on taking care of yourself.

2) Be patient with yourself and recognize that you are human; you will make mistakes.

3) Say no to situations or people that could trigger you in a negative way or jeopardize your wellbeing. (Simone Biles said “no” to participating in Olympic events when she believed that her mental state could lead to an unsafe performance).

4) Invest in yourself. Follow your dreams and ambitions.

5) Focus forward. Don’t dwell on the past but rather learn from past events and experiences.

In conclusion, one of the most important take-aways from the 2020 Tokyo Olympics was that it is essential to prioritize self-care especially when the stakes are high. Self-care is imperative for good health and wellbeing, but it does not come easy for many of us. Engaging a coach or therapist for support may be helpful as you proceed along your self-care journey.

Julie Rosenberg, MD, is a global healthcare leader, medical consultant and the author of two books, Beyond the Mat and Be True. For more information, visit her website at www.drjulierosenberg.com. For consulting and speaking requests, email inquiries to info@drjulierosenberg.com.✱

Deadline Nears For Environmental Funding Awards

The deadline to apply for a Lee County Electric Cooperative (LCEC) Environmental Funding Award is Wednesday, September 1. To apply for an environmental funding award from LCEC, organizations can visit www.lcec.net/about-lcec/community-and-education/environment-to-download-the-application.

Interested organizations must meet certain criteria to be considered for the award including being located within LCEC service territory, funding utilized

for projects/programs related to the environment and the utility industry, and having a demonstrated need for funds. Funding is awarded twice a year with deadlines happening in March and September.

The March 2021 LCEC Environmental Funding Award recipients included Audubon Western Everglades, Future Forestry, Audubon Corkscrew Swamp Sanctuary, and Marco Island Nature Preserve and Bird Sanctuary. More than \$160,000 has been awarded since the program’s inception in 2013.

LCEC’s Environmental Funding Award Program is just one of the ways that LCEC positively impacts and supports wildlife and the environment. To learn more, visit the environment page at www.lcec.net.✱

Nonprofit Hires Executive Director

Our Mother’s Home (OMH) has hired Alicia Miller to fulfill the role of executive director. Miller will lead the organization in achieving its mission of helping teen mothers and their children transition from foster care to stable, productive lives by breaking the cycle of generational poverty.



Alicia Miller

“We are taking Our Mother’s Home to the next level,” said Miller. “We want to be more than just a home for our girls. We want to offer them the educational resources and tools that they need to live successful, happy, safe and productive lives. We take pride in supporting these young women as they work toward living an independent life with their children. Each one of them has the potential for a bright and beautiful future, and we are proud to guide them on the right path.”

In her role, Miller will oversee the development of a new transitional home for young mothers who are aging out of the foster care system. Currently, OMH is unable to provide long-term housing for girls after they turn age 18. This transitional home will allow young women

and their children to have a safe space to live and additional support they may need as they age out of the system.

“The girls have already made a significant impact on me in the short time I have been in this role,” said Miller. “I often find myself thinking about them and their babies, and they have clearly already left their marks on my heart. I know I have found my perfect fit with this organization, and I look forward to the impact that we will make on the lives of these young women in our community.”

Miller’s extensive background in nonprofit leadership makes her the ideal fit for this position. Before joining OMH, Miller served as the executive director for The Deaf and Hard of Hearing Center and the adoption specialist for The Children’s Network. She was named one of Gulfshore Business’ 40 under 40 in 2019, and she was recognized as the Cape Coral Community Foundation’s Executive Director of the Year in 2020.

Miller is an active member of the Fort Myers Chamber of Commerce, a graduate of Leadership SWFL and is currently one of three 2021 Women in Business APEX finalists. Miller graduated from the University of Florida with a bachelor’s degree in psychology and a minor in secondary education.

In her free time, Miller enjoys spending time with family, including her two young children and dog.

To learn more about Our Mother’s Home or schedule a meeting with Alicia Miller, call 267-4663 or visit www.ourmotherhome.org.✱



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AUGUST 24 · 5 PM

8,000 YEARS OF SHELLS IN THE AMERICAN SOUTHEAST: Archaeological Insights on the Ecology, Diet, Architecture, and Ritual of Ancient Native Americans

By **Kenneth E. Sassaman**

Hyatt and Cici Brown Professor of Florida Archaeology, University of Florida

SEPTEMBER 16 · 5 PM

WHY AM I GROWING GIANT CLAMS IN THE MIDDLE OF THE ARIZONA DESERT?

By **Dan Killam, Ph.D.**

*Biosphere 2
University of Arizona*

OCTOBER 20 · 5 PM

SPOOKY MOLLUSKS AND OTHER EVILS OF THE DEEP: A Halloween Special

By **José H. Leal, Ph.D.**

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Do I Need A Trust?



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

One of the most common questions I encounter in my practice. That question goes something like this, “I’m not a millionaire and my estate is not taxable, so I don’t need a trust, do I?”

Whether you would benefit from a revocable living trust does not really have any relation to whether your estate might be subject to tax. A revocable living trust helps you if you should become disabled, for example. In the event of your disability, or if you are simply unable to manage your investments or pay your bills because of age or infirmity, the successor trustee of your revocable living trust can step in and do these things for you.

Revocable living trusts are also private documents. In contrast to wills, which are filed with the probate court after your demise, and are available for anyone to review, trusts are not filed with any public court in the event of your disability or in the event of your death.

Further, Florida statutes enhance the privacy of your revocable trust when transferring assets into your trust. Brokerage firms have, in the past, requested a copy of your trust when you transferred your brokerage account into the trust. The new Florida statutes provide that the brokerage firm may rely upon a brief “certificate of trust” and a “trustee’s affidavit” to verify the trust and trustee.

Many of you already know that trusts help avoid the probate process for the assets that have been transferred into the trust. If you own real property in more than one state, trusts help avoid not only the domiciliary proceeding here in Florida, but also avoid the necessity for an ancillary proceeding in the states that you own real property. If you own a home in Indiana, commercial real estate in Ohio, and your primary residence is here in Florida, a revocable living trust could help your family avoid a probate process in three states.

The types of assets that you own also speak to whether a trust may assist you and your family. If most of what you own is in an IRA account, for example, then you have a beneficiary designation and a trust may not be as useful.

The ages and relative condition of your beneficiaries speaks to whether a revocable living trust would benefit you or your family. If you have minor children or grandchildren, for example, it is easy to create provisions inside of a trust that take care of them until they become old enough to handle their inheritance. If you want to provide asset protection features for your surviving spouse, children or grandchildren, trusts are often easier than wills.

Discussion Held On Red Tide

Florida Fish and Wildlife Conservation Commission (FWC) Executive Director Eric Sutton and Florida Department of Environmental Protection (DEP) Interim Secretary Shawn Hamilton joined affected stakeholders recently to discuss Florida’s multifaceted efforts to combat red tide. During the roundtable, hosted at the FWC Fish and Wildlife Research Institute, DEP highlighted funding it is allocating to bolster local response efforts mitigating the impacts of red tide in the greater Tampa Bay area. In response to this red tide event, the state has been engaged with stakeholders and is in the process of executing grant agreements with Pinellas and Hillsborough counties.

“Having spent much of my life in Southwest Florida, I know that red tide blooms can cause significant impacts to our local communities,” said Sutton. “Today, DEP Interim Secretary Shawn Hamilton and I were able to view firsthand the impacts of the current bloom in the Tampa Bay area. We also spent time with stakeholders and local leadership to ensure we are providing information, scientific data and the latest efforts of all partners regarding red tide research and management. Since his first day in office, Gov. Ron DeSantis has been a staunch advocate of improving our state’s water quality, dedicating

significantly more funding and resources for red tide research and management. This support is critical as we join together for a long-term approach to complicated ecological issues.”

“Algal blooms have the ability to impact environmental health as well as the economic health of our communities,” said Hamilton. “Today, we were able to hear directly from stakeholders about their needs and ways we can enhance our collaborative efforts to combat red tide. Effectively addressing these impacts requires an all-hands-on-deck approach at both the local and state levels. Thanks to the leadership of Gov. DeSantis, DEP is able to provide funding assistance to our local partners for monitoring and mitigation solutions.”

“While red tide has existed for centuries, we know that excess nutrients in our coastal waterbodies exacerbate and encourage the presence of harmful algal blooms, including red tide,” said Florida Chief Science Officer Dr. Mark Rains. “The Blue-Green Algae Task Force is committed to working with the Harmful Algal Bloom Task Force to identify gaps in our understanding and develop strategies based on sound science and thorough research to mitigate both the short- and long-term effects of harmful algal blooms.”

Upon taking office, Gov. DeSantis outlined a bold approach to tackle Florida’s critical water issues in Executive Order 19-12 (Achieving More Now for Florida’s Environment), including the reactivation of the long-dormant

If you are concerned about someone challenging your will, then a trust could benefit your family. Trusts are harder to challenge than wills are because you operate under the trust during your life, as opposed to a will that doesn’t have legal significance until your death. Since you have been operating under the provisions of your trust for your lifetime, the theory goes that you had a greater understanding of the trust contents and that it was likely consistent with your intent.

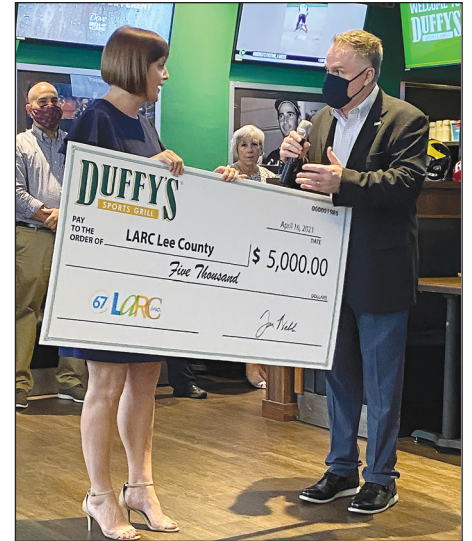
So, all of the previously mentioned reasons speak to the benefits of a revocable living trust without consideration to whether you are a millionaire or have a taxable estate.

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Disabilities Group Awarded \$5,000

Lee Association for Remarkable Citizens (LARC) has been awarded \$5,000 from Duffy’s Foundation. The donation was a part of Duffy’s Estero location grand re-opening. The grant will help LARC, an organization serving people with intellectual and developmental disabilities, provide programs and services that help individuals with disabilities achieve. The Duffy’s Foundation is the philanthropic arm of Duffy’s Sports Grill, a sports-themed restaurant concept with 34 locations in South Florida. The mission of The Duffy’s Foundation is to benefit organizations and individuals who positively impact their local communities.

“Support from community partners like Duffy’s Sports Grill is essential and helps LARC provide the programs and services that help individuals with disabilities achieve their potential,” said Angela Katz, LARC’s executive director. “We are deeply grateful and humbled to celebrate Duffy’s mission of ‘Benefitting



Angela Katz with Joe Webb, president of Duffy’s Sports Grill photo provided

organizations who positively impact their local communities.”

To learn more about LARC, contact Katz at 334-6285 ext. 210, email angelakatz@larcleecounty.org, or visit www.larcleecounty.org.✱

Harmful Algal Bloom Task Force. Under the governor’s direction, the task force adopted an initial short-term, top-priority focus on key issues associated with red tide. The task force continues to meet at least quarterly to further the state’s efforts to combat red tide.

Since 2019, the state has dedicated more than \$14.5 million to the Center for Red Tide Research at FWC, which was created in 2019 at Gov. DeSantis’ request. Additionally, in his first legislative session, Gov. DeSantis signed into law Senate Bill 1552, which established

the Florida Red Tide Mitigation and Technology Development Initiative, a partnership between FWC and Mote Marine Laboratory to develop technologies and approaches to control and mitigate red tide and its impacts. Senate Bill 1552 provided a \$3 million annual appropriation to the initiative for six years, totaling \$18 million.

Learn more about what the state is doing to protect Florida’s waterways and stay up-to-date with real-time water quality status at www.protectingfloridatogether.gov.✱

Two-Way Traffic Conversion Phase

Contractors will start construction this month on Phase I of the First Street and Second Street Two-Way Traffic Conversion project, according to City of Fort Myers officials. Construction is expected to take approximately 12 months, due to manufacturing and delivery challenges of traffic signal materials. Phase I of this project is expected to be completed in summer 2022.

Contractors are expected to begin bringing in equipment and materials, placing erosion control devices throughout the project area, and setting up traffic signs and devices. Construction is expected to begin at the Palm Beach Boulevard and Seaboard Street intersection. More information will be

forthcoming. Motorists traveling First, Second and Seaboard streets through the construction zone are strongly encouraged to sign up for construction and traffic updates at www.cfm2way.com.

The conversion of the First and Second streets corridors from one-way to two-way streets will improve neighborhood safety, lower speed limits, simplify access points, improve safety for all users (motorists, bicyclists, pedestrians, and transit) and add to downtown evacuation routes in case of hurricanes or other emergencies.

For more complete project information, view a video of the new traffic movements planned, or to sign-up for construction updates, visit www.cfm2way.com or contact the city’s public information consultant for the project at 337-1071 or 877-496-1076 (toll free) or email info@cfm2way.com.✱



Students from the Boys & Girls Clubs of Lee County photo provided

Foundations Support Programs For Local Youth

The Boys & Girls Clubs of Lee County (BGCLC) is hosting a summer enrichment program for youth ages 6 to 18 in the community, thanks to grants they received from the Schulze Family Foundation and the Bank of America Charitable Foundation.

The Schulze Family Foundation donated \$30,000 towards scholarships, which offered families financial support to allow many young children in the community the ability to attend summer programs. The generous donation also helped fund the "Summer Brain Gain" curriculum, which is project-based learning activities designed to reduce summer learning loss.

"We are pleased to award our first grant to the Boys & Girls Club of Lee County and support the important work they do to keep students fully engaged during critical summer months," said Mary Beth Geier, Florida director for the Richard M. Schulze Family Foundation. "By providing greater access to children and families in Lee County, our investment is helping to ensure more local children reach their full potential."

The Bank of America Charitable

Foundation granted \$30,000 to support BGCLC's Youth Employment for high school students. Funding also supported educational activities, such as STEM and reading, along with unique learning opportunities, recreation, health and wellness programs, field trips and more.

"Bank of America is committed to investing in our youth by increasing their access to jobs, community engagement opportunities and leadership development," said Gerri Moll, president, Bank of America Southwest Florida. "Young adults are the future of Southwest Florida, which is why we are partnering with the Boys & Girls Clubs of Lee County to provide paid opportunities for students to gain job experience while developing a diverse pipeline of talent for the region."

The Boys & Girls Clubs of Lee County recognizes these outstanding partners who understand the needs of the community and are willing to step in and assist the organization to have a lasting impact on our youth and the community. Through their generosity, BGCLC is able to create an exciting, engaging and educational Summer Enrichment Program where youth were able to explore new things such as nutrition/culinary classes, karate, dance and basketball training along with project-based learning activities that focus on areas such as STEM, reading and cultural exploration.

"The last year has been challenging for all of us, but especially our youth. We wanted to ensure that we delivered quality programs over the summer that allowed our youth to learn new things but also have some fun," said BGCLC CEO Denise Gergley.

Donations and grants are vital to BGCLC's programming and the community. Every day, one out of four children leave school with no place to go, putting them at risk of being unsupervised, unguided and unsafe. During the summer, an alarming three out of four kids lack access to summer learning programs, increasing their risk of learning loss and putting them at a disadvantage before the school year starts. The way a child spends their time after school and during the summer can significantly impact the path they take.

To learn more about the Boys & Girls Club of Lee County or how to help, visit www.bgcllee.org.✱

Superior Interiors

Make The Room More Mature For Your Teen



by Marcia Feeney

As kids grow older, their tastes change. They start to like different music, new styles of clothing. With maturity comes a need to mix things up, specifically in a way that mimics their evolving likes, wants and needs.

Revamping their bedroom design and decor is the perfect opportunity to embrace this change in life, giving them a place to relax and retreat after a long day. Teens crave a space that not only looks great but makes them feel comfortable too. After all, do you really think your teen is still into the bright walls and decals of their favorite cartoon characters?

Making your teen's room look more mature does not have to involve a construction zone on the top level of your home. With a few simple tips and tricks, you can make the necessary arrangements to get this room to the place it needs to be.

Start with the foundation – The wall color and carpeting may be the

biggest features holding the room back from growing up with your teenager. We recommend going with a neutral tone, such as off-white or light gray, and speaking with color through the accessories and details.

If you want to keep the original carpeting but still feel like the flooring needs a change, add an area rug. You can put a large one under the bed or add a small carpet to the foot of the bed or near another seating arrangement in the room.

Create a study or hobby space – While we recommend that the bedroom space remains free of distraction for adults, teens are still kids at heart who do more in their bedrooms than sleep. Creating a small space that they can retreat to for fun, such as a book nook, vanity, or desk for studying and homework, will be utilized often. Think of it as an upgraded activity table if you will.

Upgrade the bed – Now that you have a teenager in the house, it may be a good time to think about retiring the twin bed. This will automatically add maturity to the room, and you can also invest in a new headboard for more impact.

Let your teen accessorize – While your teenager should be present for the entire project, be sure to let them take the reins when it comes to all the final touches. Wall art, lighting, window treatments and tabletop accessories will bring the room together and give your teen the satisfaction of a complete space, that reflects their tastes and interests.

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

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Frankly Speaking



by Howard Prager
This week, I'm sharing more on the Olympics and a "post preview" of the Field of Dreams game, based on the movie. My wife, Laurie, and I drove out to Dyersville, Iowa from Chicago to see

what preparations Major League Baseball (MLB) was making for the Thursday night, August 12 game with the Yankees facing the White Sox, the first time MLB game played a game in Iowa. Beyond the original Field of Dreams, we found a huge temporary baseball stadium being constructed, surrounded by 159 acres of Dekalb corn. In fact, the 8,000 fans lucky enough to snag tickets will walk on a specially constructed path through the cornfields from the original Field of Dreams to the new temporary stadium. Once they are settled, the ballplayers will appear through the rows of corn, just like in the movie. Temporary tent clubhouses have been built, the scoreboard is hand-operated, and the bullpen is designed to look like Old Comiskey Park, 12 feet behind the padded wall in center field. Dimensions are 335 feet down both lines, 380 to the alleys and 400 feet to dead center. All the seats face the original Field of Dreams, providing a great view from the

movie to reality. A "corn maze" adorned with MLB's iconic silhouetted batter logo is located beyond the right field fence, part of an immersive fan experience. Iowa-based Musco Lighting is providing a first-of-its-kind LED system that will also spotlight much of the 159 acres of corn that surround the ballpark. The right field fence has a unique design that accentuates the corn through a fine mesh seven-foot-high green chain link fence with offset vertical support posts – meaning the posts will actually be in the corn.

From the MLB press release, a little background on the movie and the site. "Since 1989, the Lansing Family Farm has been a popular tourist attraction, now known as the Field of Dreams Movie Site. In 2011, the field was purchased by Denise Stillman and a group of investors with the goal of preserving the Field of Dreams and creating a special place for baseball fans, tournament players and families. The 1989 movie *Field of Dreams* starred Kevin Costner, Ray Liotta, James Earl Jones and Amy Madigan. It was nominated for an Academy Award for Best Picture in 1990 and was selected to the National Film Registry of the Library of Congress in 2017. The film tells the story of Iowa farmer Ray Kinsella, a husband and father who is tending to his cornfield when he hears a mysterious voice intone, "If you build it, he will come." According to the American Film Institute (AFI), those words are the 39th top film quote of all-time. The White Sox and the Yankees are the two favorite clubs of Ray's father, John Kinsella, at different points of his life."

I hope you saw and liked the movie

and this provided background. The site is a remarkable place to visit. One can only imagine how the traffic was on the country roads.

Speaking of crowds, as we know there were none at the Tokyo Olympics. Despite no fans, the consensus was that the games were a success, but 294 players unfortunately were quarantined or sent home due to testing positive for COVID-19, including Florida tennis star Coco Gauff. In all, a total of 11,091 athletes, representing 206 countries, competed in 41 different sports and 339 events. The U.S. won the most medals by far and the most gold medals, besting China by one, 39 to 38, and 88 countries won at least one medal with 63 countries winning their first gold medals ever, both new Olympic records. Bermuda, the Philippines and Qatar won their first gold. Burkina Faso, Turkmenistan and San Marino, with the fifth smallest population in the world, all won medals for the first time. Congrats to them.

What moments stood out for you? Several athletes stood out for me and CBS Sports. Alyson Felix broke Carl Lewis's record of most medals in track and field, winning 11. This was her fifth and final Olympics. Katie Ledecky placed fifth in the 200-meter swim but rebounded just over an hour later, dominating the Olympics' first ever women's 1500-meter final. Suni Lee was the first ever Hmong-American Olympic gymnast, and made history by becoming the ethnic group's first medalist, winning gold in women's gymnastics individual all-around when Simone Biles stepped down due to the "twisties." But Biles came back and won a bronze in the women's balance beam. Men's and women's "dream teams" both brought home the gold, with the men getting revenge on France in the finals, who beat them earlier in the tournament. Xander Schauffele and Nelly Korda gave the U.S. its first men's and women's gold medals in golf since 1900, although golf was not in the Olympic program from 1906 through 2012 for the men and 1904 through 2012 for the women. Lydia Jacoby, a 17-year-old Alaskan, won the women's 100-meter breaststroke, giving Alaska its first ever Olympic swimming medal. Jacoby also took home silver in the 4x100-meter medley relay, joining alpine skier Tommy Moe as the only Alaskans to win more than one medal

in a single Olympics. Speaking of two, speedskater-turned-baseball infielder Eddie Alvarez did what only two other Americans have ever accomplished – win medals at both the Summer and Winter Olympics. At the Sochi Winter Games in 2014, the Cuban-American athlete won silver as part of the U.S. 5,000-meter relay team. He also won a silver medal in Tokyo when the U.S. lost to Japan in the baseball finals.

Reagrding good news stories coming out of the Olympics, this is from *The Bridge*. "Heartbreaking and inspiring stories of the refugee team this year following the first ever participation of 10 refugee athletes at the Rio Games in 2016. This year's 29 athletes belong to 13 National Olympic Committees and competed in 12 different sports, including six athletes who had competed in Rio." Although they came close to winning a medal in taekwondo, the refugee team has yet to medal at the games. Still, what a great humanitarian thing to do.

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 or questions to press@islandsunnews.com.✪

Traffic Signal To Be Installed At Busy Beach Area

Construction is set to begin on the Town's new traffic signal at the intersection of Old San Carlos and Estero boulevards on Fort Myers Beach on Monday, August 16. The work is expected to be complete by the end of 2021.

Motorists should anticipate periodic lane closures and delays in the area and some work taking place at night. Ajax Paving Industries of Florida, LLC, is the contractor, and will be managing traffic. Two signalization mast arms and associated equipment are to be installed.

Lee County is also planning to install a second new signal at the intersection of Crescent Street and Estero Boulevard starting approximately in May of 2022.

For more information or questions, call the Town's Public Works Department at 765-0202, visit www.fmbgov.com or check the town's social media outlets.✪

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SPORTS QUIZ

1. In a 2004 ESPN special called *Utilityman: The Quest for Cooperstown*, comedians Randy and Jason Sklar campaigned to get what player into the National Baseball Hall of Fame?
2. Pro Football Hall of Famer Steve Atwater was a hard-hitting safety for the Denver Broncos from 1989-98, but he played his final season in 1999 with what team?
3. In November 2014, what 47-year-old goaltending coach for the Buffalo Sabres suited up as an emergency backup netminder?
4. What Ohio State Buckeyes men's basketball player was named Big Ten Co-Player of the Year in 1999 and won the Frances Pomeroy Naismith Award (for the best shorter-than-average player)?
5. In 2001, the Baltimore Ravens were featured in the first season of what long-running HBO documentary series?
6. In roller derby, the players who score points and wear stars on their helmets are known as what?
7. "You got a beat-up glove, a homemade bat and a brand-new pair of shoes" are lyrics to what 1985 song by John Fogerty?

ANSWERS

1. Jose Oquendo. 2. The New York Jets. 3. Arturs Irbe. 4. Scoonie Penn. 5. Hard Knocks. 6. The jammers. 7. Centerfield.

Doctor and Dietician

Summer Zoodle Bowls



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

When we lived in the north, the summer represented a time when you could get fresh produce at farmer's markets and farm stands. We are blessed to be able to have access to farm-fresh produce year-round here in Southwest Florida. With the Florida summer heat comes a decreased desire to heat up the kitchen, thus we love making salad for dinner.

Eating summer salads is a great way to get your veggies and fruits in. As you know, adding fresh produce to your daily meals provides many health benefits. Vegetables are low in calories, high in fiber, and contain many of the vitamins and minerals the body needs for optimal health and well-being. Eating five to seven cups of vegetables and fruits each day will transform your health and maybe even your life. Remember, consume more vegetables than fruit, and ketchup does not count.

The health benefits of eating more veggies are well documented, such as regular bowels, healthier skin, better weight, improved gut health, improved energy and mood, enhanced immune function, more rapid recovery and reduced risk for development of various chronic diseases.

We are going to share one of our

favorite recipes for Zoodle bowls. Feel free to use your imagination and make a bowl with your favorites.

Zoodle, Shrimp and Veggie Bowl
What you need – For the salad: 2 zucchinis spiralized; 1 to 2 tbsp. olive oil; 2 garlic cloves; 8 or so mini peppers; 2 ears of sweet corn; ½ pint cherry tomatoes, halved; ½ cup small fresh mozzarella balls; 2 tbsp. fresh chopped basil; 2 tbsp. fresh chopped oregano (and/or cilantro); salt and pepper. Shrimp: 1 pound raw peeled/deveined shrimp; ½ tsp. salt; ½ tsp. pepper; ½ tsp. smoked paprika; ¼ tap cumin; 4 tbsp. butter; 2 tbsp. garlic cloves, minced. Serves four.

What to do – Spiralize zucchini and place on a towel and cover with another towel. Let sit for at least 15 minutes to release moisture. Press to soak up moisture. Grill corn and mini peppers or place in the broiler on a baking sheet. Remove corn from cob and deseed the peppers. (You can also use frozen corn, but grilled is so darn tasty.) Completely dry the shrimp after cleaning them. Season with salt, pepper, paprika and cumin. Heat skillet and add butter. Add shrimp and cook on both sides. Stir in garlic. Remove from pan. Quickly toss your zoodles with a little olive oil and the garlic in the shrimp pan over medium heat for just a minute or two. Salt and pepper to taste. We like them barely cooked.

Build your bowl – Place zoodles in a bowl, add tomatoes, fresh mozzarella, grilled corn and peppers. Top with shrimp and chopped herbs.

If you like dressing, we recommend “the green stuff” which is a blend of olive oil, fresh herbs, lemon juice/zest, and garlic with a splash of red wine vinegar whirled together in a mini food processor.

Happy last days of summer! Enjoy!

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

dearRPharmacist

Four Natural Antihistamine Foods



by Suzy
Cohen, RPh

Dear Readers:

I was visiting Florida recently and was taken aback by how many people were blowing their nose. It was due to allergies. So many

people in all states suffer with allergies year round, but it may be especially harder in hot, humid conditions where mold spores, weeds, flowers and grasses are abundant.

It's good to know ways to help your body produce it's own antihistamine and how to mitigate all the sneezing, itching and runny nose problems. When histamine and other cytokines get out of control, you can experience anaphylaxis, which is a life-threatening reaction. Histamine is an ‘exciting’ chemical, as it excites and wakes up the brain. This is why antihistamines often cause sedation. How about eating your way to better health?

The following are some good ideas – four antihistaminic foods to eat – to help you improve your diet:

Capers – These delicious treats are something I like to put on top of a bagel with some cream cheese and nova, as well as everything seasoning spice. The capers are rich in quercetin. Quercetin and its cousin compound called DHQ (dihydroquercetin) are one of the strongest natural antihistamines known to man. Quercetin-rich fruits like apples and most vegetables will help attenuate allergic reactivity in almost everyone. Supplements are available too, if the

capers aren't enough.

Pineapples – Bromelain is the enzyme that fresh pineapple confers, and it's a strong anti-inflammatory enzyme. It can help with a runny nose and itchy, swollen eyes. It will help with mucus production and allergies by blocking chemicals that cause misery. Bromelain is a popular natural post-surgical supplement because it speeds healing of tissue. Just a note of caution because some people are actually allergic to pineapple. If you are one of those people, then you may also have a cross reactivity to bananas, so be careful.

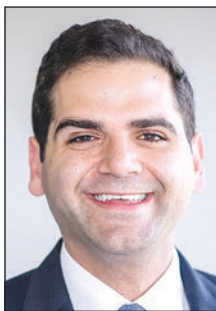
Ginger – I like those Ginger Chews and also crystallized ginger, as well as the type in sushi cuisine. My favorite form of ginger is ginger tea, which is easy to make. Ginger is a natural antihistamine and it's strong. It also helps immediately with a scratchy, raw throat that may occur if you have a lot of phlegm dripping down. Ginger is also thought to help with DNA damage, that's why some oncologists recommend it. Again, this is a very strong herbal remedy when it comes to controlling cytokines of all sorts, including histamine.

Navel Oranges – Vitamin C is a powerful water-soluble antioxidant with many well-documented antihistamine effects. It helps prevent your body from making so much histamine while improving collagen production and immune function. Eating a grapefruit, or orange each day could provide enough C for a mild allergy. Navel oranges are higher in C than blood oranges, generally speaking. If you need supplementation, those are widely available at health food stores. If you'd like to read the extended article I wrote, sign up for my free newsletter at www.suzycohen.com.

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

Promotion At Lee Health

With extensive expertise in government and civic relations, legislation and public policy, Lee Health's Michael Nachev has been tapped to serve the health system in a new role.



Michael Nachev

Nachev has been named vice president of government relations. Before being appointed to his new position, Nachev served as Lee Health's system director of government relations.

As an in-house registered lobbyist, Nachev works closely with elected officials and their staff at the local, state and federal levels. This work is focused on policy and funding issues that affect

healthcare delivery and cost for residents of Southwest Florida. He also collaborates with hospital, community and statewide leaders to achieve positive outcomes for Lee Health and the region. The strong working relationships with elected officials and staff benefit healthcare delivery for Lee Health and all of Southwest Florida.

Nachev has been with Lee Health since 2016 when he joined the organization as director of government relations. Prior to his role at Lee Health, Nachev spent more than six years working for the State of Florida. He served as a legislative assistant with the Florida Senate, where he helped to craft legislation and move it through the legislative process.

“Michael has been instrumental in our government and civic relations, and has helped to elevate Lee Health on the local, regional and national level,” said Dr. Larry Antonucci, president and chief executive officer of Lee Health. “I look forward to all that he'll accomplish in his new role.”

Nachev earned a bachelor of arts in political science from Florida Gulf Coast

University. He is a graduate of College Leadership Florida and an active member of the Leadership Florida organization.

Nachev currently serves as chair of the Florida Gulf Coast University Alumni Board of Directors and as a member of the Sanibel Chamber of Commerce Board of Directors. He is also a corporate

board member, governance committee chair and chair-elect for the Big Brothers Big Sisters of the Sun Coast.

In 2019, Nachev was appointed by the governor to serve on the Florida Greenways and Trails Council.

For more information, visit www.leehealth.org.*

Donation Awarded

Florida SouthWestern State College's (FSW) Respiratory Care program recently received a \$500,000 donation from Brian and Kim Rist and the Rist Family Foundation. The funds will be used to provide enhancements to the program including equipment, technology and additional instructional staff.

“After the last year and all of the things that happened with the pandemic, it made us all aware that respiratory

therapy is key and critical,” said Brian Rist. “Then to find out there is a shortage of people who have these skills made it a simple decision for us to try to help. Many of these students stay local once they graduate, and we want them to have the best training and education they can so that they can help Fort Myers and Southwest Florida.”

Additionally, the FSW respiratory care lab and classroom will be named the “The Rist Family Foundation Respiratory Laboratory and Classroom.”

“We've watched FSW for a number of years and have seen the great things they do, and we want to help them in any way we can,” Rist said.*

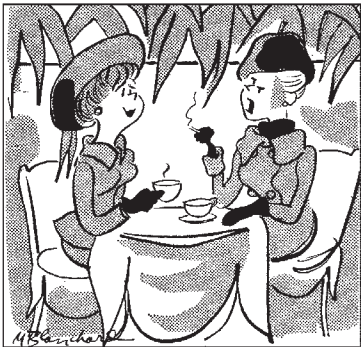


Emergency	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
HealthPark Medical Center	1-800-936-5321
Ft. Myers Chamber of Commerce	332-3624
Foundation for Quality Childcare	425-2685
Fort Myers Beach Chamber of Commerce	454-7500
Fort Myers Beach Library	463-9691
Lakes Regional Library	533-4000
Lee County Chamber of Commerce	931-0931
Post Office	1-800-275-8777
Visitor & Convention Bureau	338-3500
ARTS	
Alliance for the Arts	939-2787
Arts For ACT Gallery & Studio	337-5050
Art League Of Fort Myers	275-3970
Barbara B. Mann Performing Arts Hall	481-4849
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Cultural Park Theatre	772-5862
Edison Festival of Light	334-2999
Florida Repertory Theatre at the Arcade	332-4488
Florida West Arts	948-4427
Fort Myers Harmonica Band	610-653-7940
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	239-597-1111
The Schoolhouse Theater	472-6862
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards	574-9321
CLUBS & ORGANIZATIONS	
American Legion Post #38	239-332-1853
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	https://www.audubonswfl.org/
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy	939-1338
Southwest Florida Music Association	561-2118
Kiwanis Fort Myers Beach	765-4254 or 454-8090
Kiwanis Fort Myers Edison	694-1056
Kiwanis Fort Myers South	691-1405
Iona-McGregor	482-0869
Lions Club Fort Myers Beach	463-9738
Lions Club Fort Myers High Noon	466-4228
Lions Club Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
Organ Transplant Recipients of SW Florida	247-3073
POLO Club of Lee County	477-4906
Rotary Club of Fort Myers	332-8158
Sanibel-Captiva Orchid Society	472-6940
United Way of Lee County	433-2000
United Way 211 Helpline (24 hour)	211 or 433-3900
AREA ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
Burrough's Home	337-9505
Calusa Nature Center & Planetarium	275-3435
Edison & Ford Winter Estates	334-7419
Fort Myers Skate Park	321-7558
Imaginarium Hands-On Museum & Aquarium	321-7420
JN "Ding" Darling National Wildlife Refuge	472-1100
Koreshan State Historic Site	239-992-0311
Langford Kingston Home	239-334-2550
Ostego Bay Foundation Marine Science Center	765-8101
Skatium	321-7510
Southwest Florida Historical Society	939-4044
Southwest Florida Museum of History	321-7430
True Tours	945-0405

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

PUZZLES

Answers on page 23



"I'd admire his grim determination if it weren't to remain _____."

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!

Curio
FILTER

Curve
RUNT

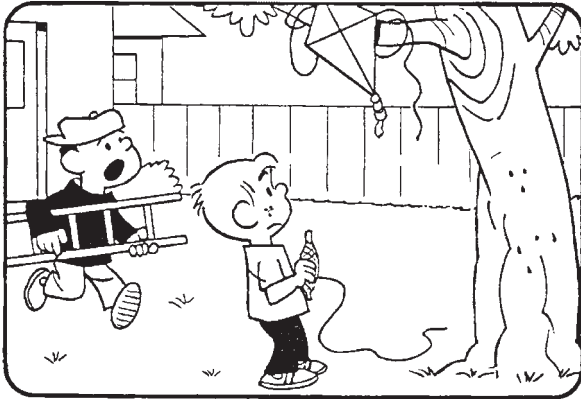
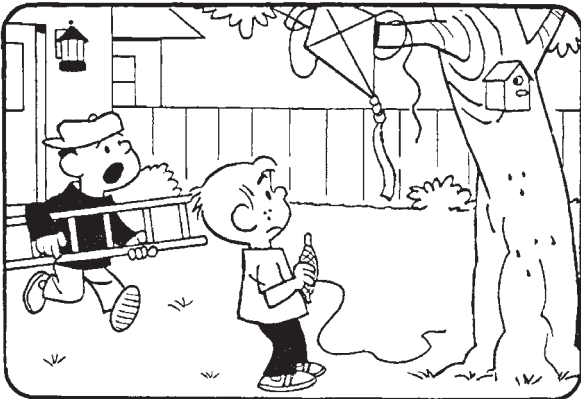
Austere
BORES

Shiver
GENTIL

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Light fixture is missing. 2. Ladder is shorter. 3. Body is slimmer. 4. Kite tail is shorter. 5. Bush is missing. 6. Bird house is missing.

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

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

HIDDEN STAIRS

- ACROSS
- 1 Hindu monks

7 Gorilla or gibbon

10 Baby doll call

14 Ignominy

19 Wound antiseptic

20 Nothing

21 Chilled

22 Tabloid VIP

23 Long poems in which animals speak and act like humans

25 Figure skater's jump

26 Drizzles, e.g.

27 Beethoven specialty

28 Much-shared GIF, maybe

29 Murmur continuously

30 Bodega, e.g.

33 Detecting of sweetness, flavor, etc.

36 Spiny-crested lizard

39 Place atop

40 Not busy

41 Installments of TV series that were not preserved

44 Biology and ecology, e.g.

48 It may be loose-leaf

49 Clan carvings

51 "— found it!"

52 Pub. houses hire them

53 One of the Judds

57 Cannes' Palme —

58 Actress Lena

59 Iris' place in the eye

62 Hindu social classes as they relate to government affairs

66 Cherishes

69 Taverns

70 Lord's home

71 1 Peter and 1 Timothy, in the Bible

73 Armory stuff

74 Sister of Luke, in sci-fi

75 Seville cheer

76 Masterful

78 Fan noise

81 In time past

82 Dry gully

85 Road part for cyclists

89 "Huzzah!"

91 Crusty, cheesy brand in the frozen food aisle

95 Salinger's "love and squalor" girl

96 Philosopher with a logical "razor"

97 Surrendered

98 It may result in landfills

104 Get a look at

105 ET and such

106 Dried out

107 Sea demigod

110 Future pupa

111 Pre-'91 world power

112 Enter ... or what each of seven long answers in this puzzle has

116 Prepare to pray, say

117 Go higher

118 Old Olds

119 Conductor of impulses

120 Composer Camille Saint- —

121 Direct

122 Age-verifying docs.

123 Trees that tremble

DOWN

1 Sis, say

2 Adversity

3 Org. for a periodontist

4 Say wrongly

5 Gung-ho on

6 In view

7 Ekberg of Hollywood

8 Blue Period artist Pablo

9 Overhead rails

10 Highway distance marker

11 Keen insight

12 Rhythm

13 Lumber tool

14 High ethical standards

15 Encourage

16 Court excuse

17 — Park (Edison's lab site)

18 Jed Clampett

24 Singer Benatar

28 Parcel (out)

29 Make obscure

30 Pooh creator

31 Put up — fight

32 Undergoes oxidation

34 TV's Turner

35 Orator of old Rome

37 Neighbor of Colo.

38 GI address

42 Scottish isle

43 Pop music of Jamaica

44 Quits

45 Eyelashes, anatomically

46 Give the boot

47 Awareness

50 Danish port

54 Irish playwright Sean

55 Ale grain

56 Capri, e.g., to a Capriote

58 Filmmaker Preminger

59 Stellar bear

60 Dog healer

61 Ending for journal

63 Three- — sloth

64 NASA moon lander

65 Ending for journal

66 Insurer with a duck mascot

67 San — Bay

68 Stellar hunter

69 Grain storers

72 Redcap, e.g.

73 On the job

77 "POV" airt

78 Fogs

79 Open, as some jackets

80 John Irving's "A Prayer for Owen —"

82 Armories

83 Freeway exit inclines

84 Came to pass

86 Tavern cask

87 Green gp.

88 Adds pep to

90 Take revenge

92 "Behold!," to Brutus

93 Brutus' lang.

94 Sent forth

96 Ukraine city

98 Goes on foot

99 "George & —" (1990s talk show)

100 "Yes, —!" ("For sure!")

101 Actor Davis in many Spike Lee films

102 Creme-filled cookies

103 Puppy bite

108 Funny Fey

109 Wallet singles

111 Internet ID

112 — Lankan

113 Fury

114 Comedian Rickles

115 USNA grad.

1	2	3	4	5	6		7	8	9		10	11	12	13		14	15	16	17	18	
19							20				21					22					
23							24				25					26					
			27							28					29						
30	31	32				33			34					35							
36				37	38			39					40								
41						42	43						44					45	46	47	
48										49	50						51				
52						53		54	55	56		57					58				
			59	60	61			62			63				64	65					
66	67	68					69								70						
71						72								73							
74						75				76				77				78	79	80	
81					82	83				84				85		86	87	88			
89				90						91	92	93	94								
			95					96							97						
98	99	100					101							102	103			104			
105							106						107			108	109				
110							111					112							113	114	115
116							117					118				119					
120							121					122				123					

King Crossword

- ACROSS
- 1 Glitz partner

5 Body powder

9 Use a straw

12 Andean land

13 Jannings of old films

14 Travail

15 Former Cubs slugger

17 Tolkien creature

18 Porgy's love

19 Witherspoon of "Wild"

21 Inventor Nikola

24 Pugilist's weapon

25 Yard tool

26 "CSI" procedures

30 Egg (Pref.)

31 Topped with froth

32 Picnic dessert

33 Like ghost towns

35 Dog's treasure

36 Cambodia neighbor

37 "What the Butler Saw" playwright

38 Ink stains

40 Onetime "This Old House" host Bob

42 Back talk

43 "Georgia on My Mind," for

7 Fleur-de- —

8 Gem's feature

9 Ideal place on a tennis racket

10 Charged bits

11 Seeger or Sampras

16 Verily

20 Jargon suffix

21 Walked (on)

22 Roof overhang

23 Aspen attractions

24 Notoriety

26 "— you're told!"

27 Rebel Turner

28 Ex-Yankee

29 Beheld

31 Heeded dental advice

34 Feedbag morsel

35 Obstreperous

37 Flamenco cheer

38 Online journal

39 Turkish money

40 Expansive

41 — -bitty

44 Greek cross

45 Discoverer's call

46 Pester

47 "Today" rival, briefly
- DOWN
- 1 Family docs

2 Grazing land

3 Branch

4 Speak unclearly

5 Dick Tracy's love

6 Hebrew prophet

103 Puppy bite

108 Funny Fey

109 Wallet singles

111 Internet ID

112 — Lankan

113 Fury

114 Comedian Rickles

115 USNA grad.

MAGIC MAZE ● — GATE

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: **Must Pay Before Passing Through**

- AND
Brandenburg
City
Departure
- Flood
Garden
Golden
Head
- Iron
Moon
Sluice
Starting
- Tail
Water
Wooden



Guava No-Bake Cheesecake

photo courtesy Fresh From Florida



Guava No-Bake Cheesecake

2 cups graham crackers
½ stick unsalted butter, melted
4 tablespoons peanut butter, melted
½ cup guava preserves, jam, or paste
1 tablespoons Key lime juice
1 tablespoons water (as needed)
¼ cup guava preserves
16 ounces cream cheese, softened
⅓ cup sour cream
1 cup heavy cream, whipped to stiff peaks
2 tablespoons lemon juice
1 tablespoon vanilla extract
½ cup sugar
2 tablespoons powdered sugar
Place the graham crackers in a food processor and pulse until broken down into crumbs. Add the melted butter and peanut butter and pulse until thoroughly mixed. Press into a pie pan or other dish that can be refrigerated, pack tightly so that it will form a pie crust. Store in refrigerator until ready for filling.

Combine very cold heavy cream and powdered sugar into a mixing bowl. Whip or beat until stiff peaks form and store in refrigerator until ready to use.
Mix topping by combining the guava preserves (or paste) and the lime juice. Melt over low heat until smooth, remove from heat and cool completely. If the mixture is too thin add a tablespoon of paste until desired consistency. If the mixture is too thick add water one teaspoon at a time until desired consistency.
Using a stand or hand mixer combine the cream cheese and sugar. Mix until the cream cheese is completely smooth. If there are lumps at this point it is because the cream cheese was too cold. Allow mixture to sit at room temperature for a few minutes and mix until smooth. Add the sour cream, lemon juice, guava preserves and vanilla extract and mix thoroughly. Fold in whipped cream by hand until combined. Do not overmix. Pour cheesecake mixture into the chilled pie crust. The guava topping can be piped on, spread on using a spoon, or poured over entire cheesecake. Allow to chill for at least two hours to properly set. Serve with more whipped cream if desired.*

PETS OF THE WEEK



Tucker ID# A869107 photos provided

Lee County Domestic Animal Services

Tucker And Pepsi

Hello, my name is Tucker. I'm a brown 3-year-old male pit bull mix. I'm a big boy who appears quite shy when you first see me in my run, but when you take me outside for play time, you get to see the happy, fun guy that the volunteers all love. I'm such an awesome dog! I love to play with toys, splash around in the doggie pool, soak up loving pets and seem to like other pups too. My adoption fee is \$20.
Hi, my name is Pepsi. I'm a brown tabby 2-year-old female domestic shorthair. I'm working overtime at the shelter to get noticed over the ridiculously cute kittens the adoption center keeps getting filled up with



Pepsi ID# A876846

during kitten season. I will roll over, put my paws out through the door for attention – basically do anything I can to show off my absolutely adorable personality. Kittens are certainly nice, but I already have my personality and I'm trained and less active than a kitten. I also get along well with other felines so why not adopt one of each. My adoption fee is waived.
Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit www.leelostpets.com to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.*

My Stars ★★★★★
FOR WEEK OF AUGUST 9, 2021

Aries (March 21 to April 19) You still might have to deal with some lingering confusion that marked a recent workplace situation. But for the most part, you should now be well on your way to your next project.
Taurus (April 20 to May 20) A new commitment might demand more time than you'd expected to have to give it. But rely on that special Bovine gift for patience, and stick with it. You'll be glad you did.
Gemini (May 21 to June 20) You're earning the admiration of a lot of people who like the way you handle yourself when your views are on the line. Even one or two of your detractors are being won over.
Cancer (June 21 to July 22) Taking your responsibilities seriously is what you do. But ease up on the pressure gauge and make time for much needed R & R. Start by making this weekend a "just for fun" time zone.
Leo (July 23 to August 22) Some recently uncovered information might make a change of plans inevitable. If so,

deal with it as quickly as possible, and then find out what went wrong and why. What you learn might surprise you.
Virgo (August 23 to September 22) Aspects favor moving carefully and deliberately when making any significant changes. Could be there are more facts you need to know, which you might overlook if you rush things.
Libra (September 23 to October 22) A problem neighbor might be looking to goad you into an action you don't want to take. Ask someone you both respect if he or she would act as an impartial arbitrator for both of you.
Scorpio (October 23 to November 21) A recent workplace accomplishment hasn't been overlooked by those who watch these things. Meanwhile, start making travel plans for that much-too-long-deferred trip with someone special.
Sagittarius (November 22 to December 21) Those money matters continue to move in your favor. Now would be a good time to start putting some money back into the house, both for esthetic as well as economic reasons.
Capricorn (December 22 to January 19) A changing workplace

environment can create job pressures. But, once again, follow the example of your birth sign and take things a step at a time, like the sure-footed Goat you are.
Aquarius (January 20 to February 18) Cheer up. You could soon have the funds you need for your worthy project. Your generous gifts of time and effort are well known, and someone might decide it's time to join with you.
Pisces (February 19 to March 20) Your inner scam-catcher is right on target, and you're absolutely right to reject that too-good-to-be-true offer. Meanwhile, something positive should be making its way to you.
Born This Week: You are generous and also sympathetic to people who find they need the help of other people.

MOMENTS IN TIME

- On August 22, 1776, the British arrive at Long Island, between Gravesend and New Utrecht, with 24,000 men. They captured New York City on Sept. 15. It would remain in British hands until the end of the war.
- On August 20, 1804, Sgt. Charles Floyd, quartermaster of the Lewis and Clark expedition, dies near present-day

Sioux City, Iowa, becoming the first U.S. soldier to die west of the Mississippi. Floyd likely died from acute appendicitis.
• On August 16, 1841, President John Tyler vetoes a second attempt by Congress to re-establish the Bank of the United States. In response, angry supporters of the bank, many from his own party, the Whigs, burned an effigy of Tyler outside the White House.
• On August 18, 1920, a dramatic battle in the Tennessee House of Representatives ends with ratification of the 19th Amendment to the U.S. Constitution, giving women the right to vote. The decisive vote was cast by a 24-year-old representative, who changed his vote after receiving a note from his mother.
• On August 17, 1969, the Woodstock Music & Art Fair ends after three days of peace, love and rock 'n' roll in rural New York. Promoters expected no more than 200,000 people, but almost half a million showed up, with most getting in free when the gates had to be opened.
• On August 19, 1953, the Iranian military, with U.S. assistance, overthrows

 FRIDAY Cloudy High: 92 Low: 81	 SATURDAY Chance Showers High: 90 Low: 82	 SUNDAY Cloudy High: 89 Low: 79	 MONDAY Mostly Cloudy High: 90 Low: 81	 TUESDAY Cloudy High: 88 Low: 77	 WEDNESDAY Partly Cloudy High: 87 Low: 78	 THURSDAY Mostly Cloudy High: 88 Low: 77
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Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	5:03 am	10:57 am	5:29 pm	11:14 pm	Fri	4:08 am	10:59 am	4:34 pm	11:16 pm	Fri	5:28 am	11:32 am	5:58 pm	11:46 pm	Fri	7:13 am	1:59 am	7:39 pm	2:13 pm
Sat	5:36 am	12:12 pm	6:50 pm	11:43 pm	Sat	4:41 am	12:14 pm	5:55 pm	11:45 pm	Sat	5:46 am	12:19 pm	6:49 pm	None	Sat	7:46 am	2:30 am	9:00 pm	3:28 pm
Sun	6:15 am	1:38 pm	8:48 pm	None	Sun	5:20 am	1:40 pm	7:53 pm	None	Sun	6:04 am	12:13 am	7:43 pm	1:17 pm	Sun	8:25 am	2:59 am	10:58 pm	4:54 pm
Mon	7:04 am	12:09 am	None	3:09 pm	Mon	6:09 am	12:11 am	None	3:11 pm	Mon	6:29 am	12:38 am	8:40 pm	2:23 pm	Mon	9:14 am	3:25 am	None	6:25 pm
Tue	8:06 am	4:31 pm	None	None	Tue	7:11 am	4:33 pm	None	None	Tue	7:06 am	12:58 am	9:48 pm	3:30 pm	Tue	10:16 am	7:47 pm	None	None
Wed	9:19 am	5:40 pm	None	None	Wed	8:24 am	5:42 pm	None	None	Wed	7:54 am	1:09 am	None	4:43 pm	Wed	11:29 am	8:56 pm	None	None
Thu	10:33 am	6:36 pm	None	None	Thu	9:38 am	6:38 pm	None	None	Thu	9:00 am	6:03 pm	None	None	Thu	12:43 pm	9:52 pm	None	None

PROFESSIONAL DIRECTORY

CONSTRUCTION/REMODELING

COOPER
CONSTRUCTION
Custom Homes & Remodeling Specialists
We can design, build and manage any endeavor you can dream up.
239.454.5699
cooperconstruction@embarqmail.com
Kerry Cooper • An Island Business Since 1982 • License # CBC1255742

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Amberjack And Triggerfish Seasons Reopen

The recreational harvest of greater amberjack and gray triggerfish will reopen in gulf state and federal waters on Sunday, August 1.

Greater amberjack is scheduled to remain open through October 31 in gulf state and federal waters. Gray triggerfish is scheduled to remain open through December 31 in gulf state and federal waters but an early quota closure is possible for either species.

To fish for amberjack or gray triggerfish anywhere in Florida state or federal waters from a private recreational vessel, sign up as a state reef fish angler at www.myfwc.com/fishing/saltwater/recreational/state-reef-fish-survey.✱

From page 20

Moments In Time

the government of Premier Mohammed Mosaddeq and reinstates the Shah of Iran. As thanks, the Shah signed over 40 percent of Iran’s oil fields to U.S. companies. The Shah was toppled from power in 1979.

• On August 21, 2004, American swimmer Michael Phelps wins his eighth medal of the Athens Olympics, six gold and two bronze, tying him with Soviet

gymnast Aleksandr Dityatin for the most individual medals won at a single Olympic Games.

NOW HERE’S A TIP

- Coffee filters make wonderful glass cleaners. They leave behind no streaks and no residual lint.
- Berries are in season, and there’s no greater time to stock up. But don’t feel like you have to make jam out of all the berries. Freeze in a single layer and transfer to a freezer-safe bag or container. Later they can be popped into muffins and quick breads, as well as eaten straight out of the bag for a delicious treat.
- “Do you love burgers? Here’s a great thing our family does that saves money and is very handy: When ground beef goes on sale, we buy a large quantity and premake many burger patties, seasoned and shaped just as we like them. Then we separate them with butcher’s paper cut into squares. We put them in stacks, and then into empty bread bags to store in the freezer. When we are getting ready to cook out, the patties don’t have to be all the way defrosted, just put on the grill and cooked up!” – AJ in Florida
- Okra, which is at its peak July through September, makes an excellent stew thickener. But it’s quite yummy on the grill as well, brushed with olive oil and lightly seasoned. Just be sure you don’t wash it until you are ready to use

it. There’s a natural protective coating on it, and if you wash it off, it’ll get slimy.

• Old socks can be fitted around the head of an old mop or Swiffer base. Spray with cleaner and clean away. When you are done, remove the sock and launder.

STRANGE BUT TRUE

- The oleander is the official flower of the city of Hiroshima. It was the first to bloom again after the explosion of the atomic bomb in 1945.
- The Greek name for the mosquito is *anopheles*, which means “good for nothing.”
- The earliest written record that mentions the practice of medicine is Hammurabi’s Code from the 18th century BC in Mesopotamia, which includes information for physicians about payments for successful treatments and punishments for medical failures. For example, payment was better for curing the wealthy, but failing to do so could result in the loss of a hand.
- Live next door to a lottery winner? You might want to use caution while shopping: A 2016 study by the Federal Reserve Bank of Philadelphia found that you’re more likely to go bankrupt thanks to trying to keep up with your neighbor’s new spending habits.
- Charlton Heston was cast as Moses in the 1956 blockbuster movie *The Ten Commandments* partly because he

resembled Michelangelo’s famous statue of Moses.

- Calvin Graham was just 12 years old when he enlisted in the U.S. Navy following the attack on Pearl Harbor. He won a Bronze Star and a Purple Heart before the Navy found out how old he was (courtesy of his mother) and discharged him two days before his 13th birthday.
- Rocky Road ice cream was originally marketed during the Great Depression as a metaphor for coping with the economic crash.
- The term “coccyx” (more familiarly known as your tailbone) is derived from the Greek word *kokkux*, or *cuckoo*, because its curved shape resembles the bird’s beak.
- Benjamin Franklin introduced tofu to America in 1770.

THOUGHT FOR THE DAY

“The life given us, by nature, is short, but the memory of a well-spent life is eternal.” – Marcus Tullius Cicero

TRIVIA TEST

- 1. Geography:** In which European city would you find the Spanish Steps?
- 2. Television:** What were the names of the parents on the animated TV show *The Jetsons*?
- 3. Literature:** Which 20th-century novel begins with the line, “This is my favorite book in all the world, though I have never read it”?

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YARD WORK

Two Island households seek reliable person to do monthly and/or occasional light yard work - includes mowing.

coe1537@icloud.com

8/13 ✱ TFN

HELP WANTED

CAREGIVER

Looking for part time caregiver for elderly woman (98 years) on Sanibel. Duties include companionship, person care and basic household chores. Please call Lisa at 239-395-0153.

8/13 ✱ 8/20

HELP WANTED

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.

8/13 ✱ 8/13



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12/11 ✱ TFN

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NOW HIRING

Do you want morning, evenings & weekends off?
Looking for experience while studying child development?
WE'VE GOT THE JOB FOR YOU!
City of Sanibel is hiring Recreation Aide/ Youth Counselor Staff at the Sanibel Recreation Center Youth Program!
SHIFTS: Monday - Friday,
2 p.m. to 5:30 p.m.

- Gain experience working with school-aged youth in a fun, safe, and friendly environment.
- Be a positive role model
- Have fun!

- We provide CPR/AED/FIRST-AID and Lifeguard Certifications
- Recreation Aides who obtain Lifeguard Certification receive a PAY INCREASE to \$15 PER HOUR!
- Sanibel & Cape Coral Tolls PAID!

REQUIREMENTS: Age 17 or older. Must be a current high school senior, high school graduate or have GED. 6-months experience as a youth counselor in recreation programming preferred but not required.
Apply online at:
www.governmentjobs.com/careers/sanibel

8/6 ✱ 8/27

YOUTH LIBRARY CLERK (PT)

Sanibel Public Library seeks a library clerk focusing on youth services. This part-time (20-24 hours per week) position provides Library use guidance, programming, and special events support. Previous public service experience, working with youth, basic computer skills preferred. Weekend and some evening work required. Job description is available online at www.sanilib.org/employment.
Deadline August 31, 2021

8/13 ✱ 8/20

PART-TIME TECH

Tech position for church on Sanibel needed on or before 9/1/21, a part-time person qualified for video, sound, streaming, and formatting overhead screen projections. Experience preferred. Additional training provided. Up to 20 hours per week including Sunday mornings. Must be flexible. Compensation commensurate with experience. Email chrp194@gmail.com to submit resume or request additional information.

7/30 ✱ 8/20

LIBRARY CLERK TECHNOLOGY (PT)

Sanibel Public Library seeks a library clerk with a working knowledge of personal computers. This part-time (20-24 hours per week) position assists patrons and staff on use of public computer equipment, software, Library Catalog, printing, and the Internet. Performs other duties as required. Evening and Saturday hours required. Job description is available online at www.sanilib.org/employment.
Deadline August 31, 2021.

8/13 ✱ 8/20

GARAGE SALE

MOVING SALE

Antique Singer Sewing Machine, 4 piece Lanai set, Biria Bike, Beach items, Tools, Floral supplies, Jewelry, Kitchen items. 1536 Bunting Lane, Sanibel, 9 a.m. to 4 p.m. August 20-22.

8/13 ✱ 8/20

1. Rome, Italy 2. George and Jane Jetson
3. *The Princess Bride* 4. Carson City
5. Publius 6. Dos Equis beer 7. *Casablanca*
8. Sturgeon 9. Lamb Chop, Charlie Horse
10. Hush Puppy and Wing Ding 118

1. Trifle 2. Turn;
3. Sober; 4. Tingle

Today's Word
SINGLE

A cartoon illustration of a large tortoise in a forest at night. The tortoise is green with a brown, patterned shell, and it is holding a small blue smartphone in its right front leg. It has a wide-eyed, startled expression with sweat drops above its head. A jagged white speech bubble with black text is positioned above the tortoise's head. The background features tall brown trees, green foliage, and a purple night sky with a yellow crescent moon and white starburst lines. The signature 'HORTOON' is located in the bottom left corner.

PUZZLE ANSWERS

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

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

A crossword puzzle grid with 10 numbered squares. The grid is filled with letters, and the words are: BUREAU, MARCH, ON, T, Y, DEPARTURE, E, D, W, N, I, E, N, D, O, R, E, C, B, I, O, D, A, E, H, I, U, R, L, O, G, U, R, O, F, W, L, I, A, T, G, N, I, T, R, A, T, S.

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

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Imperial Shores	Bonita Springs	2017	4,501	\$3,999,000	\$3,900,000	13
Esplanade Lake Club	Fort Myers	2022	3,299	\$2,306,600	\$2,306,600	0
Harborage	Fort Myers	2016	3,429	\$1,900,000	\$1,900,000	0
Cape Coral	Cape Coral	2006	3,635	\$1,747,000	\$1,649,900	43
Cape Coral	Cape Coral	2017	2,701	\$1,850,000	\$1,625,000	24
Cape Coral	Cape Coral	2004	2,778	\$1,599,900	\$1,600,000	7
Bonita Beach	Bonita Springs	1969	1,700	\$1,500,000	\$1,500,000	0
Palm Acres	Fort Myers	1992	3,071	\$1,599,999	\$1,500,000	4
Jose's Hideaway	Upper Captiva	2009	2,172	\$1,395,000	\$1,395,000	116
Metes And Bounds	Sanibel	1974	1,938	\$1,350,000	\$1,351,000	5



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