



New Season For Lab Theater Opening Soon

The Laboratory Theater of Florida will begin its 13th season in September. The upcoming season will feature a world premiere and six Southwest Florida premieres, including one that is different with every performance by design. In addition to half-price preview nights, the theater will now offer special Thursday night discounts and expanded season pass options. The theater will continue to present its popular 24-Hour Screenwriting Project and staged readings.

There remain opportunities to sponsor shows, advertise businesses, help refurbish a nearly 100-year-old building and to help rebuild the actor's fund.

The following plays will be presented:

The Color Purple by Marsha Norman, Brenda Russell, Allee Willis and Stephen Bray (Southwest Florida premiere) – The Pulitzer Prize-winning novel by Alice Walker is the tale of African-American women finding their independence in the first half of the 20th century. With



From left, Faye Barrett, Tijuanna Clemons, Edward Kelly, Monicke Clark and Kim Hardin in *The Color Purple* photo provided

powerful songs and mature themes, audiences will join their journey of heart-touching deliverance. It is sponsored by Emily Eason.

Performance dates are September 3 through October 2, with some special events.

24-Hour Screenwriting Project on

October 9 – Selected screenwriters will be assigned a theme, a director, a videographer and actors. Within just 24 hours, you will see the fruits of their labor when all of their 10-minute movies are presented and then judged by a panel of area theater and arts professionals. There will be a limited number of in-person

tickets to this event, accompanied by virtual passes.

White Rabbit Red Rabbit by Nassim Soleimanpour (Southwest Florida Premiere) – With no rehearsal, no director, a different actor each night and a script waiting in a sealed envelope on stage, this show is a theatrical experience that reminds the audience of the transformative power of theater. It is sponsored by Dave Yudowitz.

Performance dates:

October 14 at 8 p.m., Dave Yudowitz; October 15 at 8 p.m., Eric Raddatz; October 16 at 2 p.m., Melanie Payne; October 16 at 8 p.m., PJ McCready; October 17 at 2 p.m., Randall Kenneth Jones; October 21 at 8 p.m., Stephanie Davis; October 22 at 8 p.m., Lucy Sundby; October 23 at 2 p.m., Sonya McCarter; and October 23 at 8 p.m., Ella Naylor.

The Tempest by William Shakespeare – Shakespeare's classic comedy about betrayal and family will lead you on a magical journey. Trapped on an island by a jealous sibling and aided by various spirits, the heroes find revenge complicated. Co-directed by Artistic

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Participants in costume at a previous SW-FloridaCon

photo provided

Local Comic Con Next Sunday

The SW-FloridaCon is returning to the Crowne Plaza Hotel Bell Tower on Sunday, August 29 from 10 a.m. to 5 p.m. The local collectors mecca convention strives to be Florida's best and truest comic con featuring fandoms of multiple genres.

Tickets are \$20; no charge for those under age of 11. Masks will be optional during the show. Temperatures will be taken at registration, and there will be

hand sanitizer stations available.

The show will have over 125 exhibitors that cater to a wide spectrum of interests including comic books, magazines, toys, gaming, video games, movies, records, wrestling, television, anime, manga, cosplay, artwork, sketches and apparel. In addition, a roster of comic industry professionals and fandom-related celebrities are expected to be in attendance.

Crowne Plaza Hotel is located at 13051 Bell Tower Drive in Fort Myers. For more information, visit www.swfloridacomicon.com.✴

Call To Artists For Exhibit Reflecting Love Of Pets

Put your love of your pet and animals to canvas, sculpture or photography and enter it in the Arts & Animals: Furry Friends Displayed in Art juried exhibit, scheduled for Thursday, September 23 at the Alliance for the Arts.

Artwork for the exhibition, which is a fundraiser for the Gulf Coast Humane Society (GCHS), will be on display and for sale. Tickets can be purchased at the door during the night of the event for \$20. Proceeds benefit the GCHS shelter animals.

Art pieces should reflect the love of a pet and can be submitted digitally to www.artinlee.org/furryfriends. Submission deadline is Monday, September 6 at 5 p.m.

"We love this event, because it mixes two wonderful things in life – art and animals," said GCHS Executive Director Jennifer Galloway. "The first time we held Arts & Animals, it was a great success and a wonderful turnout."

The digital submissions will be judged with the top submittals moving onto the final stage. The final stage artists will need to deliver their pieces to the Alliance for the Arts framed and ready to be displayed.

This is open to the public and there is no charge to enter your pieces. The artists who are chosen as final stage entrants will earn a complimentary ticket to that



This piece by Alli Bell was among the top three chosen for the 2019 exhibit

image provided

night's event. There will be three winners announced for the event.

Rules include: one entry per artist; all mediums welcome (no crafts); the final stage artwork must be framed and ready to display; and artists are responsible for all delivery or shipping costs.

All submitted works must be offered for sale to the public at a labeled price set by the artists. Entries not for sale will be rejected. A 40 percent donation from the sale of the piece will be required to help

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Historic Downtown Fort Myers, Then And Now:

The View That Was



by Gerri Reaves, PhD

These bird's-eye northeastern views from the roof of the City of Palms Garage emphasize the degree of change that can occur in a mere decade and a half.

One startling oddity is that the muted tones of the “now” photo – dominated by the Luminary Hotel – make it look older than the circa-2006 photo, which is dotted with cheerful colors.

Flashback 15 years ago and see if you can imagine what the view once was.

Most notably, the first phase of the Riverfront Basin Project hasn't even begun. That project, which would open in December 2012, is hidden behind the Luminary Hotel in the current photo.

That imposing gray-toned convention hotel is still a distant dream in 2006, as city government works to secure a downtown convention hotel.

That yellow structure (lower left) was still good ol' Harborside Convention Center.

It has been redeveloped, connected to the hotel and renamed Caloosa Sound Convention Center & Amphitheater.

Note that drab asphalt on Bay Street in the old photo. The four-year Downtown Utility Replacement and Streetscape Project was still three years away from completion and obviously hadn't started on Bay.

Now consider a couple of historic buildings that have been lost since 2006: the 1954 Exhibition Hall and the 1943 Civic Center.



Circa late-2006, the Exhibition Hall and Civic Center still stood. The Riverfront Basin Project and Luminary Hotel were years away.
photos by Gerri Reaves



Now, the Luminary Hotel dominates the rooftop view from the City of Palms Garage

The Exhibition Hall once stood on the riverfront at Hendry (black E), and the Civic Center (red C) once adjoined the Hall of Fifty States (white H) on Edwards Drive.

Those two major links to mid-20 century Fort Myers bit the dust in 2007.

A survey of the horizon east of downtown reveals changes, too.

That pink tower, opened in 1987 as the Sheraton Harbor Place Hotel on Edwards Drive, had, over the decades, been the Ramada Inn and Suites at Amtel Marina, ending its hotel days as the Ambassador Riverfront Hotel.

After a long vacancy, it was redeveloped as the sparkling white Campo Felice.

Farther east and at the right center edge of the old photo is a glimpse of one of the two towers of Oasis, one of a cluster of high-rise condominiums that went up in the first decade of this century.

In the current photo, the yellow towers of San Tropez and Riviera Condos are visible. (Beau Rivage, the first of the cluster to be completed, in 2004, is obscured behind them.)

Stroll along the downtown riverfront and contemplate the major changes of only 15 years.

Then visit the following research centers to learn more about the city's age-old effort to transform that riverfront to suit the times.

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.lee-county-black-history-society.org.

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

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

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Birds Exhibit Opens At Estates

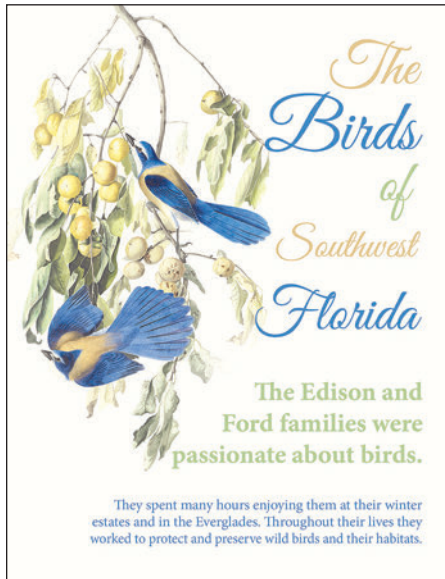
On Saturday, August 21, The Birds of Southwest Florida exhibit will open in the Caretaker's House at Edison and Ford Winter Estates. The exhibit features multiple panels containing detailed illustrations from John James Audubon, along with quotes from the Edison and Ford families. Antique spy glasses, books on birds and shell art will also be featured. The exhibit is included with admission to the site and will run until mid-January, 2022.

The exhibit is a tribute to Mina Edison (Thomas Edison's wife) and her love of birds. A dedicated conservationist long before the word entered popular vocabularies, she was an ardent supporter, advocate and unofficial spokeswoman for several organizations, including the Chautauqua Association (where she served as president of the Bird, Tree and Garden Club), the National Audubon Society, and School Garden Association of America. As an integral part of the Chautauqua Association, she was one of many who helped establish the foundation's arboretum, a botanical garden dedicated to trees, which in affect created more potential nesting and breeding grounds for Chautauqua's indigenous bird population.

As a member of the National Audubon Society, she helped bring awareness to issues that had a negative impact on birdlife and was essentially involved in a national movement that would help spur vital legislation protecting wild North American bird species, as well as the creation of America's first real system of waterbird sanctuaries along the east coast. Members' collective efforts facilitated the implementation of scientifically based conservation efforts.

Mina was also good friends with JN "Ding" Darling, the Pulitzer Prize winning cartoonist and conservationist who was President Franklin Roosevelt's director of the United States Biological Survey, which was the precursor of the U.S. Fish and Wildlife Service. On a couple of occasions during the early 1940s, Mina invited Darling to be an honored guest for lunch at her Fort Myers estate. His signature bird drawings can be seen in Mrs. Edison's official Seminole Lodge Guest Book located inside the museum.

In 1928, she co-founded and served as the first president of the Fort Myers Round Table, an influential group of



One of the John James Audubon illustrated panels displayed in The Birds of Southwest Florida exhibit at Edison and Ford Winter Estates image provided

community leaders that advocated for civic improvements, such as beautification of the city's landscape, cleaning up vacant lots, removing dilapidated buildings, refurbishing the Fort Myers railroad station and planning new parks. A few years later, she took an active role in personally advocating for bird-friendly landscaping as part of a larger campaign to establish neighborhood gardens.

Mina's fascination with birds compelled her to create a safe-haven and refuge for several different species at Seminole Lodge. She had purple martin houses installed over the Caloosahatchee near the property's seawall and pier, small feeding tables were created by staff in order to watch a variety of birds from her porch, and birdboxes were built and mounted around various parts of the property. She had a pet peacock named "Beauty" that roamed the estate and, according to support staff, would open its feathers if spoken to in a gentle manner. "Beauty" was later preserved and can now be seen as part of the Mina Edison exhibit located in the museum at the estates.

Mina deeded the Edison winter estate to the City of Fort Myers in February of 1947 for one dollar, with the purpose of serving as a tribute to her late husband and a botanical garden for future generations of visitors. She died shortly thereafter on August 24, 1947, at the age of 82. She was fondly remembered by those who knew her best for her kindness, generosity and community activism.✧

(LARC), will be the guest speaker.

Cost to attend the luncheon is \$24. Established in 1954, LARC is a training center for success for individuals with intellectual and developmental disabilities.

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

Continental Women To Meet

The Continental Women's Club will hold a luncheon meeting at The Hideaway Country Club on Thursday, September 2 at 11:30 a.m. Angela Katz, director of development and communications for the Lee Association Remarkable Citizens

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Fort Myers Art:

Day Of The Dead Returns By Popular Demand



by Tom Hall

By popular demand, Dia de los Muertos, or Day of the Dead, is returning to the Alliance for the Arts in October. Contrary to what the title might suggest, Day of

the Dead is a celebration of both life and death – a time to remember and commemorate the lives of family and friends who have passed from this world into the next realm. The holiday springs from the observation that death is a natural and inevitable part of the human experience – the end point on a continuum that begins with birth, progresses through childhood, and culminates with the process of becoming a contributing member of the community.

On Dia de los Muertos, the dead take their place among the living as part of the community, awakened from their eternal sleep to share celebrations with their loved ones. And believing that the dead would be insulted by



Festivalgoers dressed in costume to celebrate Dia de los Muertos

photo courtesy www.artswfl.com

mourning or sadness, Dia de los Muertos celebrates the lives of the deceased (children on Day 1 and adults on Day 2) with food, drink, parties and activities the dead enjoyed in life.

During Dia de los Muertos, families decorate altars, or ofrendas, with candles, photographs, toys, food and bright colors to honor their loved ones and lead their visiting spirits home. The most familiar symbols of Dia de los Muertos are calacas and calaveras

(skeletons and skulls), which appear everywhere during the holiday – in candied sweets, as parade masks and as dolls. But rather than somber or macabre, calacas and calaveras are almost always portrayed in a positive, uplifting manner, frequently dressed in fancy clothes and entertaining situations.

In fact, calaverita de azucar, or sugar skulls, are a prominent symbol in the Dia de los Muertos tradition. These brightly decorated sugar skulls are placed on the altars of the deceased,

especially children, as a whimsical reminder of precious life. The monarch butterfly is also commonly associated with Dia de los Muertos as they are thought to bring with them the spirits of deceased loved ones during their migration to Mexico. Another common symbol includes the use of cempasuchil, a brightly colored Mexican marigold, whose smell is believed to attract spirits to visit their families during Dia de los Muertos.

This, then, is the context for the art that exhibitors bring to the Alliance for the Arts to display in its Dia de los Muertos exhibition. As the family and community play integral roles in this cultural celebration, the congregation of local art to honor the deceased maintains the power of community in the Dia de los Muertos tradition. Each artist explores their own interpretation of this rich holiday, and brings to light not only the honor associated with death in Mexican culture, but remind us of the vivacity and significance of the lives of our loved ones who have passed.

The show exhibits October 1 to 30 and opens with a 5 to 7 p.m. in-person reception in the main gallery. Awards will be given of \$250 for Best in Show, \$125 for second place and \$75 for third place. The deadline for submissions is Friday, September 17.

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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From page 1

Lab Theater

Director Annette Trossbach and Director Nykkie Rizley.

Performance dates are November 5 through November 20, with some special events.

The Complete History of America (abridged) by Adam Long, Reed Martin and Austin Tichenor (Southwest Florida premiere) – 600 years of history in 6,000 seconds... history will never be the same. This fast-paced comedy is a 90-minute roller coaster ride to remind the audience that it's not the length of your history that matters – it's what you've done with it. It is sponsored by Arlene Foreman.

Performance dates are December 3 through December 19, with some special events.

Killer Joe by Tracy Letts (Southwest Florida Premiere) – This dark comedy follows a dysfunctional Texas family that hires a hitman to kill a relative with a sizable life insurance policy.

Performance dates are January 14 through February 5, with some special events.

Avenue Q with music and lyrics by Robert Lopez and Jeff Marx; book by Jeff Whitty (Southwest Florida premiere). Winner of the 2004 Tony Awards for Best Book, Best Score and Best Musical – Featuring puppets and

human actors, this is a laugh-out-loud musical that tells the story of recent college graduate, Princeton, as he struggles to find his purpose. Though inspired by *Sesame Street*, these are R-rated puppets with warnings of adult language and situations, and mature themes. It is sponsored by The Bireley Family Foundation.

Performance dates are February 25 through March 27, with special events.

Les Liaisons Dangereuses by Christopher Hampton – Using sex as a weapon, this is a tale of seduction set among aristocrats before the French Revolution. This classic drama explores decadent sexuality, morals and manipulations played as the ultimate game with tragic results.

Performance dates are April 15 through May 7.

Individual ticket prices are \$30 for adults and \$10 for students for non-musical performances; and \$37 for adults and \$15 for students for musicals. Thursday night tickets are \$25 for adults and \$10 for students. Group discounts are available for parties of 10 or more, reserved in advance. Subscription packages are available.

The Laboratory Theater of Florida is located at 1634 Woodford Avenue in downtown Fort Myers. For more information or tickets, visit www.laboratorytheaterflorida.com or stop by the box office.*



Tory Burch purse from the Women of Influence Collection photos provided



Alex Evenings gown from the Women of Influence Collection

Love That Dress Virtual Auction Launched

Pace Center for Girls, Lee is continuing its Love That Dress! virtual auction through Monday, August 23. The auction began August 13 and is offering an expansive selection of high-end packages, collections and experiences up for bid to support Pace, Lee programs.

Each year, donors provide dozens of silent auction packages to feature at Pace, Lee's Love That Dress! shopping extravaganza. The array of exclusive auction items up for bid include rare pieces from the private collections of visionary philanthropists, political figures and renowned businesswomen.

The Women of Influence collection will debut an assemblage of memorabilia, clothing and collectibles donated by American fashion designers and nationally politically affiliated women, including Tory Burch, fashion designer; Theresa Cooney, attorney, philanthropist and daughter of the late Oregon Sen. Mark Hatfield; Leah Esper, businesswoman and philanthropist; Ann Hand, jewelry designer; Susan Pompeo, businesswoman and philanthropist; Dina Powell, financial executive, philanthropist and political advisor; and Kellie Urban, businesswoman and philanthropist.

"With dozens of packages up for bid, the Love That Dress! virtual auction offers access to fun experiences and collectible items that ultimately make a difference for girls in our community through support

of Pace, Lee programs," said Jennifer Cellitti, executive director of Pace Center for Girls, Lee. "From beauty packages and sports fan experiences to this year's special Women of Influence collection, there is something for everyone."

Some of the hottest items from the 50-piece Women of Influence collection are "Presidential M&Ms" that are given to guests of the president of the United States onboard Air Force One, a limited-edition tie pin and cufflinks set that were custom-made for the opening of the Museum of the American Revolution in Philadelphia, and a gold Karen Millen dress worn by Kellie Urban in her meeting with President Donald Trump in the Oval Office.

Other packages up for bid in the silent auction include:

A \$500 gift certificate from California Closets to refresh your closet with the latest organizational accessories.

A \$500 gift certificate to Spada, complete with a plush robe and a bottle of champagne.

Golf for two at the Cape Royal Golf Club and two months of burgers from Nevermind Awesome Bar & Eatery (one burger per week).

A two-night weekend stay at the Hilton Garden Inn Tampa complete with an oversized Vera Bradley tote and matching travel bag.

An assortment of soaps and candles from While.Away with a soap-making class for six.

Bidding for the virtual auction closes Monday, August 23. The community can pre-register for bidding and receive sneak previews at www.ltd13.givesmart.com for exclusive updates when new items are available.



Tampa stay and Vera Bradley package

The silent auction will also be on display at the Love That Dress! event held August 19 to 21 at Embassy Suites by Hilton in Estero. General admission tickets for August 20 to 21 are still available at \$30 per person.

Proceeds support Pace Center for Girls, Lee in providing strength-based,

gender-specific academic programs and counseling services that guide Pace girls in finding their voice and achieving their potential.

For more information, visit www.ltd13.givesmart.com or call 425-2366. To register for Love That Dress!, visit www.lovethatdressleecounty.com. ✨



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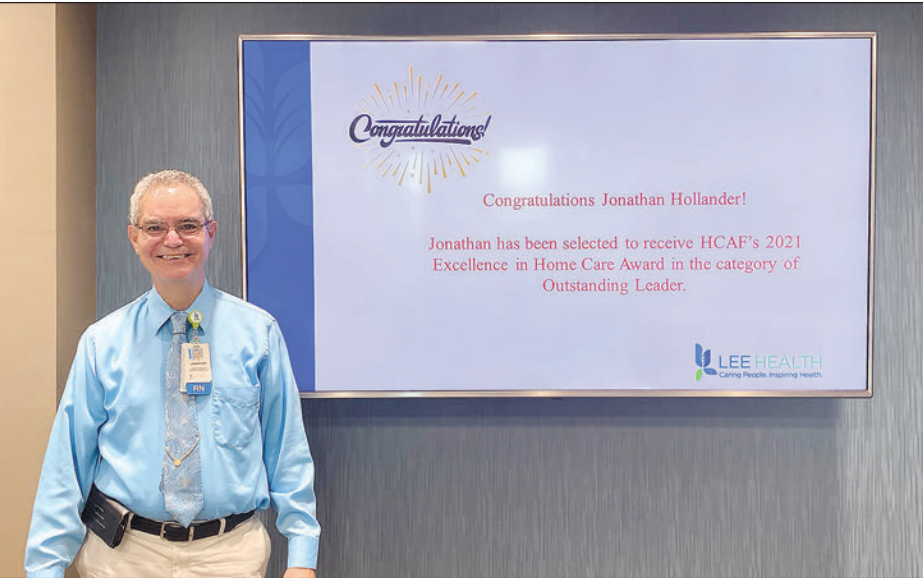
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Jonathan Hollander

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Award-Winner For Excellence In Home Care

With more than 30 years of healthcare experience, including a decade in home health leadership, Jonathan Hollander has been selected to receive the Home Care Association of Florida's (HCAF) 2021 Excellence in Home Care Award in the category of Outstanding Leader.

Hollander began his career at Lee Health as a registered nurse at Lee

Memorial Hospital and earned several promotions before being named clinical director of home health services, a role he's held for the past two years.

The honor Hollander received recognizes home care professionals for their dedication to the provision of quality home care and for their exemplary service to those they serve.

The recipient of the Terri Santangelo Outstanding Leader Award, which is named in honor of the HCAF's former president, must "exemplify all the qualities that Terri consistently displayed as a true leader in the home care industry" and must also possess personal

and professional leadership qualities, exemplary team spirit, excellent problem-solving skills, creativity, innovative spirit and dedication to patient and staff satisfaction.

"Jonathan is an inspirational leader and dedicated team member at Lee Health, and it was no surprise to learn he'd earned this prestigious honor in home care leadership," said Dr. Scott Nygaard, chief operating officer of Lee Health. "I can't commend him enough for all that he does on a daily basis for our staff and our patients."

Hollander received his award at the HCAF's annual conference and trade show in Orlando.*

BaconFest Rescheduled To August 28

The 7th annual South Cape BaconFest trolley event has been rescheduled from August 14 to Saturday, August 28. From 7 to 11 p.m., guests will take trolleys to various locations to taste bacon themed drink and appetizer samples.

Bacon lovers will judge the best drink and best appetizer and, at the end of the evening, they'll cast their votes for the worthiest contenders.

Hosted by South Cape Hospitality & Entertainment Association (SCHEA), the heavily attended event takes place in Cape Coral's Entertainment District.

The following are participating locations and samples:

BackStreets Sports Bar – Blueberry Pancake Martini and Piggy Pinwheels with Bacon Jalapeno Aioli;

Cruisers – Manhattan and Your Bacon ME Crazy Potato Salad;

Dixie Live – Pig Punch and Mini Dogs w/Bacon Aioli;

Dixie Roadhouse – Hogwash and Baked Potato Soup with Bacon;

Good Intentions Uncorked – Mimosa and Bacon-tomato;

Monkey Bar – Screwdriver and Deviled Eggs with Bacon;

Ralph's Place – Watermelon Jolly Rancher and Burnt Candied Pork Belly;

Rack'em Spirits & Times – Bacon Me Crazy and Bacon Ice Cream

Rusty's Raw Bar & Grill – Lumberjack and Bacon Wrapped Cheesecake

Sidcar Treats – Wine Slushy and Bacon Cheddar Popcorn

The Dive – Old Fashioned and BLT

Tiki Hut – Bloody Mary and Maple

Sugar Bacon

BaconFest is an age 21-plus nightlife event. Advance tickets are \$25 and can be purchased online via Eventbrite and or at the South Cape Hub, located at 909 SE 47th Terrace, Suite 105. In-person ticket purchases must be made in cash and carry no fees.

The Facebook event keeps attendees updated on all the details, including photos of the samples being served.

For more information, call 900-4028.*

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

Service 9, and 11 a.m. Children's RE, Adult Education Forum 10 a.m., www.allfaiths-uc.org, 2756 McGregor Boulevard, 226-0900.

ALL SAINTS BYZANTINE RITE CATHOLIC

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

ANNUNCIATION GREEK ORTHODOX

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

BETH YESHUA MESSIANIC SYNAGOGUE

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

BIBLESHARE

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

CHABAD LUBAVITCH ORTHODOX

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

CHAPEL OF CYPRESS COVE

Sunday 10 a.m., www.revtedalhouse@aol.com 10200 Cypress Cove Circle, 850-3943.

CHAVURAT SHALOM

For summer (June, July, August) 7:30 p.m. Friday Shabbat services every week. Other programs on vacation. ChavuratShalom@gmail.com.

CHURCH OF THE CROSS

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COVENANT PRESBYTERIAN

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CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

Sunday 8 and 10:45 a.m. Jan 1 – Easter; 9

a.m. after Easter – Dec 31. www.crownoflifelutheran.com. 5820 Daniels Pkwy, 482-2315.

REDEEMER CHURCH

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

CYPRESS LAKE PRESBYTERIAN

Sunday 8, 9, 10 and 11 a.m. www.clpc.us, 8260 Cypress Lake Drive, 481-3233.

CYPRESS LAKE UNITED METHODIST

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

FAITH UNITED METHODIST

Sunday 9 and 11 a.m., 15690 McGregor Boulevard, 482-2030.

FIRST CHURCH OF CHRIST, SCIENTIST

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

FIRST CHURCH OF THE NAZARENE

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

FORT MYERS CHRISTIAN CHURCH

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

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

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

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

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

PEACE COMMUNITY

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

PEACE LUTHERAN

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

REDEEMER LUTHERAN

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

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

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

SAINT NICHOLAS MONASTERY

Sunday 9:30 a.m., www.saintnicholasmonastery.org, 111 Evergreen Road, 997-2847.

ST. VINCENT DE PAUL CATHOLIC

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

TEMPLE BETH EL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)

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

WESTMINSTER PRESBYTERIAN CHURCH

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WORD OF LIFE

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ZION LUTHERAN

Sunday 8, 9:30 and 10:45 a.m., www.zionfm.org, 7401 Winkler Road, 481-4040.

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



Native swamp flatsedge grows in a wide range of habitats, in this case, amid ornamental grass in a residential lawn
photos by Gerri Reaves

Plant Smart

Swamp Flatsedge

by Gerri Reaves

Native swamp flatsedge (*Cyperus ligularis*) is found in a wide range of habitats, from brackish marshes, mangrove swamps and riverbanks to pine rocklands, disturbed areas and even lawns.

Considered weedy, this perennial is one of the most common sedges in the state. It also grows in the West Indies, Mexico, Central America and South America.

At a height of about three feet with a leafy base, it's difficult to overlook.

The strap-like leaves are coarse and serrated with an angle at the mid-rib that creates a V-shape.

Inflorescences at the top of the slender stems are surrounded by slender bracts, or leaf-like structures.

The bracts spray out fountain-like around the crowded inflorescences of 20 to 80 chestnut brown cylindrical spikes.

Sedges, like grasses, lack sepals and petals, and their stamens (male) and pistils (female) reside in spikelets, which make up the seedheads.

Each of this species' scaly spikelets



Swamp flatsedge volunteers just about anywhere

contains one or more florets.

Fruiting occurs throughout the year.

Sources: Guide to Florida Grasses by Walter Kinsley Taylor, <http://floranorthamerica.org>, www.floridagrasses.org, <https://plants.ifas.ufl.edu> and www.regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.*

Tips For Drying Flowers

by Melinda Myers

Enjoy and share the beauty of your flower garden all year long. Pick and dry a few flowers to use in flower arrangements, craft projects or as gifts for friends and family.

Pick the flowers when they are at peak bloom and blossoms are dry. Cut flowers for drying mid-day when they contain less moisture to reduce the dry time.

Use a bypass pruner or garden scissors to cut the stems above a set of healthy leaves. Remove the foliage and gather them into small bundles. Secure the stems with rubber bands that contract as the stems shrink and continue holding them tight. Use a spring-loaded clothespin to hang the bundles from a hanger, clothesline or nail. Allow the flowers to dry in a warm, dark, dust-free location.

Flat-faced flowers like daisies tend to close a bit when dried upside down. Try laying them face down on a flat surface. Simply cut off the stem and place the flowers face down on newspaper in a warm, dry location. Once dried, you can glue them in place or use florist wire to create stems for arranging.

And don't forget to pick a few seedpods from perennials and ornamental grasses. These have dried, for the most part, on the plants and make great additions to your dried flower arrangements and projects.

Consider taking a trip to your local florist or craft store for more ideas and materials for drying delicate flowers. Silica sand works well for delicate blossoms like iris, as well as roses and mums. Simply fill the bottom inch of a container with silica sand. Remove all but an inch of the flower stem. Place the flower, stem side up or on its side, on the surface of the silica sand. Gently pour silica sand over the flowers until completely covered. Follow label directions. Most flowers dried this way maintain their beauty when dried in silica sand. Just use a small paint brush



Lavender dries relatively quickly and retains the best color when dried in a low humidity, dark location

photo courtesy Melinda Myers, LLC

to gently remove any remaining sand.

Test flowers for dryness before putting them in an arrangement or storing for future use. Carefully rub a piece of the flower between your fingers. If it feels dry, it is ready to use. If it still feels moist, continue letting them dry.

Store extra dried flowers in a location with low humidity and away from direct sunlight. Consider loosely wrapping with newspaper or kraft paper to prevent crushing and place in a box until needed.

Whichever drying method you choose, the result is the same – year-round enjoyment of your garden's beauty.

Melinda Myers is the author of more than 20 gardening books, including *Small Space Gardening*. She hosts *The Great Courses How to Grow Anything DVD series* and the nationally-syndicated *Melinda's Garden Moment TV and radio program*. Myers is a columnist and contributing editor for *Birds & Blooms magazine*. Her website is www.MelindaMyers.com.*

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Big Fish, Little Bait



by Capt.
Matt Mitchell

Tropical storms, along with torrential daily rains, have made our water browner by the day. This is our typical summer pattern. This tannin runoff from mangroves

makes for some of the best redfish fishing of the year. Snook have begun to make that move back toward mangrove creek mouths and docks in the sound. Flats fishing for trout in the southern sound and river mouth is also another productive option. When fishing for any of the above species, one thing has remained consistent, you will catch mangrove snapper.

Redfish fishing in areas around the mouth of the river from St. James City to Merwin Key during the higher tides has lit up with all of this fresh water. Tail-hooked pinfish and cut baits have both been catching these reds. While starting at Picnic Island and fishing the shorelines and islands west toward York Island, I've been picking out the mangrove points with moving current. If you don't catch a red within five to 10 minutes after making accurate casts, keep moving. Once you find these redfish, it can be nonstop. Average size of these fish is from 24 to 30 inches.

I have switched up snook fishing from

the passes and beaches to the middle sound and creek mouths, and it proved to be the right move. Chumming live shiners quickly had these snook fired up. Though most of these fish are on the smaller side, pitching a bait to a surface-feeding snook makes this some fast-paced, fun action. This week, clients had a few "real ones" including a 36- and 38-inch. These bigger fish are feeding on the same smaller baits that are so plentiful and everywhere. Using the smaller gear, 2500 reels spooled with 10-pound braid, makes it possible to cast these smaller baits. This light gear makes for some crazy snook battles along with a little heartbreak when they make it back to the structure and say goodbye.

Mangrove snapper remained one of my main targets on most trips this week. These fish are just prolific throughout the entire sound. When fishing these snapper, I have been cleaning out the dead threadfins in the live well and pitching them by the handful around docks and mangroves. With a five per-person limit, we switched it up to snook and redfish after catching enough snapper meat for a meal.

Having lots of bait has made my life easy. The more bait in the tank, the more options I have for the day's fishing. Being able to live chum at every stop quickly fires up any fish in the area. Once you have the fish fired up, it's been just a matter of casting a hooked bait into the frenzy. For the past few weeks, I've been catching all my bait in the southern sound including the Tarpon Bay flat, St. James hump and Sister Keys. Once loaded up with this mix of shiners, threadfins and



Dr. Larry with a big snook he caught while fishing with Capt. Matt Mitchell this week
photo provided

pinfish, options are endless.

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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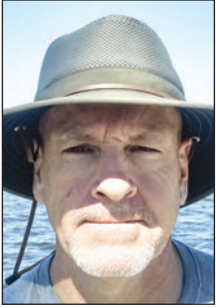


Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Snowy Egret

by Bob Petcher



The snowy egret (*Egretta thula*) is basically known as a small white heron. These graceful birds have beautiful plumage to go with long, thin legs colored black and yellow feet.

Their filmy, snow white plumes once sold for astronomical prices in the fashion industry. In fact, the word “egret” comes from “aigrette,” which refers to the head plumes of the egret used to adorn a headdress in the late 19th and early 20th centuries. Thankfully, a conservation movement and reforms put an end to plume-hunting and the killing of these birds, and thus what could have been the species’ demise.

Much like herons and other egrets, snowy egrets wade in shallow water to catch prey. They spear fish and other small aquatic animals with their sharply pointed beaks. They are also known for extending their wings over open water to create shade, which aids in visibility and sometimes attracts fish seeking shelter from the sun.

At CROW, an adult snowy egret was admitted after being found entrapped in fishing tackle on Sanibel. During initial examination, only fishing line was seen



CROW medical staff examining a hook lodged in patient #21-4287 photo by Haillie Mesics

protruding from the mouth. Radiographs confirmed that a hook was present in its gastrointestinal tract, and the patient was immediately rushed into surgery to remove the hook.

“This particular patient was taken to surgery the same day based on its clinical presentation. In particular, when the line was gently manipulated, there was significant concern that the hook was lodged in tissue,” said Dr. Robin Bast, CROW staff veterinarian. “Given this and the large size of the hook, we elected to take the bird to same day surgery. Depending on the bird and the size of the

hook, they can sometimes pass on their own or pass with other kinds of treatments that do not involve surgery.

“Unfortunately, for this snowy egret, the hook fully penetrated the proventriculus – glandular stomach – meaning that had we not gone to surgery, this patient would have passed away as the hook would have allowed stomach contents to spill into the coelom causing sepsis, or bacteria in the blood stream.

“Unfortunately, given the size of the hook in this bird, an endoscope procedure was not an option and required a surgical incision into the coelom and

proventriculus.”

Even though the hook did some damage, the surgery was reported to be successful and the patient showed improvement daily.

“In this particular case, the snowy egret was started on really strong antibiotics in its veins to counteract sepsis, or bacteria, in the blood stream,” said Dr. Bast. “This patient was standing after surgery and, after liquid feedings for a few days to prevent dilation of the stomach, it started to eat on its own.”

After nine days at the clinic, the snowy egret was released at Blind Pass on August 14. Anglers must heed conservation to protect wildlife from injuries or death due to the negative impacts of monofilament line, hooks and other fishing gear.

“While this snowy egret was lucky to have concerned citizens notice the fishing line out of his mouth, not every bird is so lucky. It is essential as an angler to always pay careful attention to your line and hooks to prevent pollution and entrapment of wildlife,” said Dr. Bast. “Please see www.mindyourline.org for more information on how you can help prevent line injuries in our wildlife.”

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.*

Bay Scallop Season Opens

Recreational bay scallop season for Gulf County (including all of St. Joseph Bay) opened on August 16 and will remain open through September 24. This region includes all state waters from the Mexico Beach Canal in Bay County to the westernmost point of St. Vincent Island in Franklin County.

Scalloping, possession of scallops, anchoring or tampering with restoration activities is prohibited in the Bay Scallop Restoration Area marked with Florida Fish and Wildlife Conservation Commission (FWC) buoys south of Black’s Island.

The daily bag limits are two gallons of whole bay scallops in the shell or one pint of shucked bay scallop meat per person; maximum of 10 gallons of whole bay scallops in the shell or half a gallon (four pints) shucked bay scallop meat per vessel. Throughout the season and region-wide, vessel limits do not allow an individual to exceed their personal bag limit.

Scallops may be collected by hand or with a landing or dip net. There is no commercial harvest of bay scallops allowed in Florida.

Direct and continuous transit of legally harvested bay scallops is allowed through closed areas. Boaters may not stop their vessels in waters that are closed to harvest and must proceed to the dock or ramp to land scallops in a closed area.

For more information, visit www.myfwc.com/marine or download the Fish Rules App at www.fishrulesapp.com.*



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Collaboratory Creates JROTC Support Fund

The General James L. Dozier JROTC Support Fund has been established at Collaboratory.

The purpose of the fund is to support various Lee County JROTC training programs and their activities to enhance the future leadership of the United States Armed Forces. This will include supporting programs not funded by other sources to those who intend to pursue a career as a commissioned officer in the United States Armed Forces.

Maj. Gen. James L. Dozier is a retired U.S. Army officer who served 35 years in the military with significant staff and command assignments with the U.S. Army and NATO in the United States, Europe and Asia. He was commissioned as an Army officer in 1956 following graduation from West Point. He holds a master's degree from Arizona State in Aerospace Engineering and is a graduate of the Command and General Staff College and the Army War College.

During his service in Vietnam, Maj. Gen. Dozier was awarded both the Silver Star and Bronze Star for heroism and the Purple Heart for combat wounds. In 1981, he was kidnapped by Red Brigades terrorists in Italy and held for 42 days before being rescued by an Italian National Police SWAT team.



From left, Gary Bryant, Maj. Gen. James Dozier, Sarah Owen and Ron Penn photo provided

Maj. Gen. Dozier's conduct during this harrowing period was recognized by President Ronald Reagan with several visits to the White House.

On retirement from active Army military service in 1985, he returned to Florida and demonstrated successful leadership and management experience in the agribusiness sector for 20 more years before retiring again in 2004. Since 1985, Maj. Gen. Dozier has been actively involved in community groups and veterans' organizations, including the Lee County Electric Cooperative,

the Southwest Florida Community Foundation, the Florida Commission on Veterans Affairs, the Southwest Council Boy Scouts of America, the Fort Myers Heart Walk, Rotary Club, the Lee Coast Chapter Military Officers Association of America, Good Wheels and the local Congressman's Service Academy Nominating Committee. In 2015, he was inducted by Gov. Rick Scott into the Florida Veterans Hall of Fame.

"I've been working with Junior ROTC for years and it's a really good program, particularly Lee County's program which is one of the largest in the United States," said Maj. Gen. Dozier. "Unfortunately, funding is limited and their allotted funds don't cover everything they need. So, I thought it would be a good idea to form a support group, much like an athletic support group, to fund things that otherwise they couldn't do."

Today, Lee County's JROTC program has grown to 15 public schools and

one charter school in Lee County with approximately 5,000 students that are enrolled in the program. A major component of the JROTC leadership and citizenship program is female cadets, which make up 40 percent of the cadet population.

JROTC uses a military framework to teach leadership, responsibility and citizenship. The graduation rate for JROTC students is 93.98 percent and the high school dropout rate is less than one percent. Many of the program graduates end up going into college ROTC, which produces commissioned officers.

"With this fund we not only want to foster the day-to-day activities, but we also want to support students who are going to college ROTC programs to pursue a career in the military," said Lt. Col. Gary Bryant, U.S. Army (retired) who serves as chairman of the board. "This fund is near and dear to my heart because I went to college on an ROTC scholarship, and my two sons both graduated from college in the ROTC. We want to help those families who have students who are pursuing a career in the military."

According to Lt. Col. Bryant, they have also awarded three \$1,000 scholarships so far this year.

"With the public's help we are hoping to grow this fund so we can provide a lot more funding to support local ROTC programs," he said.

Besides Maj. Gen. Dozier, who will serve as founder of the fund, and Lt. Col. Bryant, additional board members include Lt. Col. Teresa Galgano; U.S. Army (retired) as secretary; Commander Douglas B. Quelch; U.S. Navy (retired) as treasurer; Col. Steve Epkins, U.S. Army (retired); Principal Carl Burnside; Professor Christine Wright-Isak, PHD; and Pamela M. Noland, Esq.

To learn more or make a contribution to the fund, call 308-1019 or visit collaboratory.org/donate.*

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IMAG To Hold 25th Anniversary Celebration

The IMAG History & Science Center will host its 25th anniversary benefit titled An Evening of Celebration and Inspiration on Saturday, September 25 from 6:30 to 10 p.m.

The evening will feature a gala cocktail reception, hands-on activities, live science and animal shows and other entertainments, presentations and displays and auctions.

"It's an exciting time for us hosting our 25th anniversary," said Matt Johnson, executive director. "We, at the IMAG, would like to thank our members, guests, families and community for their support of the museum and its mission. Making science and history accessible, relevant, and engaging is at the forefront of our efforts, and we could not make it possible without you."

The benefit is black tie optional and

tickets are available.

IMAG History & Science Center is located at 2000 Cranford Avenue in Fort Myers. For more information, tickets and reservations, visit www.theimag.org.*

Gulf Coast Writers To Meet

Have you ever considered joining a critique group? The next meeting of the the Gulf Coast Writers Association (GCWA) could be what you're looking for.

GCWA will meet at the Fairfield Inn on Saturday, August 21 from 10 a.m. to noon. A panel of speakers will explain how to get involved and how to benefit from connection with other writers.

First time visitors are always free. If you can't make it in person, register online at www.gulfwriters.org for a link to Zoom.

Fairfield Inn is located at 7090 Cypress Terrace in Fort Myers. For more information, call 770-906-7885.*

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From left, Cecilia St. Arnold, executive director of The Southwest Florida Chapter of Blessings in a Backpack, with Air Pros USA employees Nicholas Coraci and John Kerekes

photo provided

Business Donates Backpacks For Students

As Fort Myers students prepare to return to school, it's important that they focus on their studies, not where their meals will be coming from. To help food insecure children in the local community, Air Pros USA donated 120 backpacks to the Southwest Florida Chapter of Blessings in a Backpack, a non-profit organization dedicated to getting children the nourishment they need. The backpacks will be stuffed with kid-friendly, ready-to-eat items and handed out to students on an upcoming Friday so they have food over the weekend.

Air Pros USA is a local heating, ventilation, and air conditioning service company that is proud to serve the community.

"No child should ever go hungry, and we feel it is our responsibility to help nonprofits like Blessings in a Backpack,

that do so much in their fight to end child hunger right here in Fort Myers," said Anthony Perera, founder of Air Pros USA. As a leader in the movement to end childhood hunger, Blessings in a Backpack strives to ensure children do not go hungry on the weekends by empowering individuals and communities to act.

"We are thankful for Air Pros USA's donation and dedication to being actively involved with the community because we share the same passion for our children's future," said Cecilia St. Arnold, executive director of Blessings in a Backpack SWFL. "With the donation of these backpacks, Air Pros USA is helping our organization prepare kids in need with the tools to succeed in school."

There are over 60,000 food insecure children in Southwest Florida. The Southwest Florida Chapter of Blessings in a Backpack provides food to over 5,000 children in Lee and Collier counties every week. For additional ways to volunteer, donate, and be involved with the Southwest Florida Chapter of Blessings in a Backpack, visit <https://swfl.blessingsinabackpack.org>.✱

Valerie's House Halts Group Meetings

The growing number of COVID-19 deaths among young people has led Valerie's House to suspend group meetings until the numbers recede, founder and CEO Angela Melvin recently announced. Although there has not been a COVID-19 outbreak within the organization, Melvin says the virus is still hitting close to home with new families entering the program because of a COVID-19 death.

"We have had a growing number of heartbreaking calls and emails this week from families where a parent has died from COVID, leaving children behind," Melvin said. "In almost all cases, the words are the same, 'He was so healthy and young, we never expected this.' They have all been unvaccinated.

"When the first round of COVID occurred a year ago, we had only a handful of children enter our program because their parent died from COVID. The number of families now grieving

the loss of a parent because of the virus is gut-wrenching for the entire Valerie's House family."

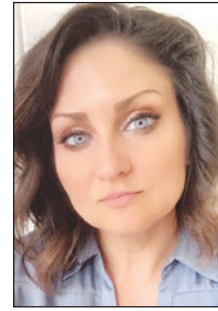
The nonprofit organization that helps children grieve the loss of a loved one, is also seeing a growing number of their own teen and young adult volunteers contract the virus. "We tragically lost one of our own volunteers this weekend who was a young man, healthy, and a beloved group buddy in our Val's Pals mentoring program. He was unvaccinated," she said.

Valerie's House will continue with individual counseling and family care in person. In the meantime, Melvin said support groups may become virtual until the COVID-19 numbers come down.

Valerie's House provides a safe, comfortable place for children and their families to heal together following the death of someone they love. Valerie's House offers support groups and other activities at a home on 1762 Fowler Street in Fort Myers and a home in Naples at 819 Myrtle Terrace. Valerie's House also holds group meetings at First United Methodist Church in Punta Gorda. Valerie's House is a United Way partner agency and is fully supported by community donations. For more information, visit www.valereshouse.org.✱

Marketing Firm Adds Account Manager

CONRIC PR & Marketing has added Kat Velez to its team as marketing account manager. Velez has a demonstrated history of effective public relations, marketing and project management within the healthcare industry, as well as experience in print and television news and photography.



Kat Velez

"Kat has a record of success coordinating marketing, media and public relations efforts that are delivered on time and exceed expectations," said CONRIC PR & Marketing president and chief marketing officer Connie Ramos-Williams. "Our clients will benefit from her knowledge, experience and commitment to achieving results."

As marketing account manager, Velez will develop strategies that maintain the integrity of CONRIC clients' unique brand identities. Her role includes project development and management, planning and implementation, creative thinking and

problem solving for CONRIC and its clients in all areas of communication, marketing, public relations, advertising and website development. In addition, Velez will contribute to writing and editing, photography, graphic design, web and social media services.

"CONRIC is well-known for its personal approach to helping local businesses succeed and, for the many ways, they give back to our community," said Velez. "I am grateful to be part of this amazing team and to help our clients achieve continued success and growth."

Prior to joining CONRIC, Velez served as the marketing communications manager for LeeSar/CSF, overseeing multiple projects within 23 different departments and various levels of the organization, from interns to senior leadership. Velez has also served as an assignment editor at FOX 4 WFTX-TV, and as media relations specialist for Lee Health. Her writing and photography have been featured in *The News-Press*, *Naples Daily News*, *Spotlight News Magazine*, *Healthcare Purchasing News*, *Gulfshore Life* and other media outlets.

Velez earned a bachelor of arts degree in television from Columbia College Chicago, and a master of business management degree focused on organizational leadership from Hodges University. She has been a member of the Southwest Florida chapter of the Florida Public Relations Association since 2011.✱

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Book Review

Float Plan



by Di Saggau

During a visit to MacIntosh Books a while back, owner Rebecca Binkowski gave me an advance copy of *Float Plan* by local author Trish Doller. The book has been a bestseller in our

area and having finally read the book, I now understand why. This is Doller's adult fiction debut, and hopefully it won't be her last.

Float Plan is about a young woman, Anna, who is heartbroken by the loss of her fiancé Ben, and she doesn't quite know what to do with her life. Remembering that they were supposed to sail away on a trip together, Anna impulsively goes to sea in their sailboat, attempting to complete the voyage alone.

Anna finally realizes she needs help. During her travels, she meets up with a likeable Irishman named Keane. They become friends, she trusts him and hires him on to assist with her voyage. Like Anna, Keane is also struggling with his future. Eventually, they both let go of the past and find a second chance at love. They go on many adventures together as they hop from one island to another. I enjoyed the colorful characters they



image provided

meet along the way, and they have many memorable events. Swimming with pigs was something Anna's fiancé had wanted to do, so she and Keane grab a five-pound bag of potatoes and set off to swim and feed the pigs. It was fun to read about this adventure, but it is something that will never be on my bucket list.

Float Plan takes the reader on many different journeys. It's a sparkling travelogue with sharp dialogue and authentic characters. We get to know

Anna's best friend, Carla, and her almost mother-in-law Rachel, who is not happy that Anna took her son's boat, even though he left it to her. Anna is grieving, and Doller gives a sensitive accounting of this grief. She also has great compassion for her characters, and there are so many

interesting ones. At one stage, Anna fears she might be able to live without Ben and that terrifies her. The book is funny and romantic, about starting over and finding yourself. Doller writes with humor, love and skill. Put *Float Plan* on your list to read.*

School Smart



by Shelley M. Gregg, NCSP

Dear Shelley,
Now that we are back to school in person, I would like to get my kids into some routines for school. They are in first and second grades. Do

you have any suggestions?

Ashley C, Fort Myers Beach

Ashley,

You are wise to implement routines for your children. Since they are young and haven't been in school for a while, it will be important to implement consistent daily routines which provide security for children. When they know what to expect, anxiety and stress are reduced.

There are many areas where routines are important to develop but here are some that relate to school success: healthy eating, exercise, sleep, television/computer/screen time usage and homework.

Healthy Eating – Provide well-balanced meals and limit caffeine and junk foods.

Always make time for your child to have a good breakfast so he or she will be alert and able to pay attention and learn.

Exercise – Involve your child in physical activity for 30 minutes every day (i.e. walking, bicycling, playing sports, etc.).

Sleep – Maintain consistent bedtime and morning routines, including weekends.

Young children need approximately eight to 10 hours of sleep per night.

Television and Computer/Internet Usage – Limit the amount of time your child watches television and uses the computer each day.

Monitor the types of programs that your child watches and the websites he or she visits.

Turn off scary or violent television (for example, programs with vicious animals, monsters, natural disasters, stories involving death of a parent, etc.) Young children have a difficult time telling what is fantasy and what is real.

Homework – Set up a specific time and location in the house where you children will complete their homework daily. Even if they don't have homework, this could be their reading time. Make sure this location has the tools necessary to complete their work so they don't waste time hunting for such things as paper, pencils and scissors every day.

Allot a specific amount of time for them to do their work or reading. Schools typically suggest how much time by grade level they think is appropriate

for homework. You will want to be close by to the homework area in case they need some help and for encouragement, but don't do their homework for them.

With these simple routines implemented regularly, your children will be prepared to learn and ready to enjoy school every day.

Shelley Gregg 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.*

Professional Development Seminar Nears

The Southwest Florida Chapter of the Florida Public Relations Association (FPRA) will host its monthly luncheon and the first professional development seminar of the new chapter year at Dave and Buster's on Tuesday, September 14 from noon to 1:30 p.m.

FPRA President Devon Chestnut, APR, CPRC and a panel of chapter members who attended the 82nd FPRA state conference in August will be featured. Panelists will include conference scholarship recipients and members of the chapter leadership team who will share conference highlights and key takeaways from top industry leaders nationwide.

In addition to her role as FPRA president, Chestnut is the communications manager for Cox Communications. The featured panelists include: Alexandra Argueta of Pushing the Envelope; Kelly Apfel of Midwest Food Bank; Jennifer Benton, APR, CPRC of TeleSpecialists; Ashley Loubier of M&M Multimedia; and Juliana Metzner of Vectra Digital.

The 2021-22 board and leadership team will be sworn in.

Cost to register for this event is \$30 for members, \$40 for future members and \$25 for students. Register at www.fpraswfl.org/event-registration/fpra-events/september-program-recapping-82nd-fpra-state-conference.

Sponsors of the Southwest Florida chapter of FPRA include: CONRIC PR & Marketing; LCEC; M&M Multimedia; and Southwest Florida Business Today.

Dave and Buster's is located within Bell Tower Shops at 13499 South Cleveland Avenue, Suite 400, in Fort Myers. For more information, visit www.fpraswfl.org.*

EPIC FIRES OF FORT MYERS

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

THOMAS P. HALL
ROBIN C. TUTHILL, EDITORAvailable at
www.Amazon.com
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"More than a meticulously researched chronicle of the disasters that shaped Fort Myers, this book details the historical moment of each blaze, creating a rich portrait of a community forged and tempered by fire. A must-read for anyone interested in area history, with riches for newcomers and experts alike." - Amy Bennett Williams

Ribbon-Cutting With Donation To Eye Institute

Donors, trustees and supporters of SWFL Children's Charities, Inc. recently celebrated the opening of the new SWFL Children's Charities Eye Institute with a ribbon-cutting ceremony. The charity group presented a check of more than \$1.2 million, which represented the second pledge payment to help build the new SWFL Children's Charities Eye Institute of Golisano Children's Hospital.

The facility, located at 11390 Summerlin Square Drive in Fort Myers, creates the largest pediatric ophthalmology space between Tampa and Miami. The newly renovated space is designed to help improve pediatric visual disorders.

"Lee Health and the Golisano Children's Hospital are grateful to SWFL Children's Charities for their second pledge payment of over \$1 million towards our pediatric ophthalmology program. With this donation, SWFL Children's Charities has now provided over \$21 million towards the outstanding facility and programs of Golisano Children's Hospital, including the new hospital, pediatric behavioral and mental health, and pediatric ophthalmology. As the leading donor to supporting children's health, we are extremely grateful to all the attendees



Top row, from left, Armando Llechu, Alyssa Bostwick, Larry Antonucci, Tim Younquist, Jerry Norris, Fred Hawkins, Rachel Bell, Josh Dorcey, Emad Salman, Jessica Kovarik, Chris Simoneau. Front row, from left, Robert DeSantis, Anna Tolles, Susie DeSantis, Sandy Stilwell Youngquist, Brooke Denson, Edward Bell, Elaine Hawkins, Susan McGrogan and Heidi Taulman
photo by Vandela Major

and supporters of the SWFL Food and Wine Festival," said Dr. Larry Antonucci, president and CEO of Lee Health. "By working together for the benefit of our youth and their families, these programs are saving lives here in Southwest Florida."

The Southwest Florida Wine & Food Fest, a signature event of SWFL Children's Charities, features chef vintner dinners, a grand tasting and live auction. Since its inception 13 years ago, the event has donated more than \$25 million to benefit local nonprofit

organizations. SWFL Children's Charities carries out its mission of saving children's lives by supporting organizations committed to pediatric healthcare services and education.

To learn more about the Wine & Food Fest, visit www.swflwinefest.org.

Bank Promotion

Sanibel Captiva Community Bank has promoted Rudi Hamer to vice president, commercial lending officer and commercial relationship manager at its operations center, located on College Parkway.



Rudi Hamer

Hamer joined the bank in 2017, when she relocated to Southwest Florida from Pennsylvania. She is responsible for originating commercial

loans and developing new commercial relationships.

Hamer has more than 25 years of commercial and residential lending experience within the banking industry. She previously worked as a licensed commercial and residential insurance agent. A member of the Blessings in a Backpack, Southwest Florida Chapter board of directors, Hamer has helped raised significant funds for the organization.

"Rudi is an invaluable member of the bank and has become an integral part of our commercial lending team," said Kyle DeCicco, Sanibel Captiva Community Bank executive vice president and senior loan officer. "Rudi brings a high level of professionalism, skill and experience that further strengthens the bank's commercial lending department." ✨

Advisor Honored

Corey Vertich, certified financial planner (CFP) and founding principal with Uhler and Vertich Financial Planners, was selected for the second consecutive year by *Forbes* magazine for its annual list of Best-In-State Wealth Advisors, which recognizes advisors



Corey Vertich

from national, regional and independent firms.

A graduate of Barry University School of Business in Miami, Vertich began his financial planning career in 1989 and became a CFP professional in 1994. He is a board member for the United Way of Lee, Hendry, Glades and Okeechobee, and is incoming co-chair of the 2021-22 campaign. He has served as president of the local chapters of the Institute of Certified Financial Planners and Financial Planning Association of Southwest Florida. He was also charter president of the Kiwanis Club of Iona McGregor. Vertich is an Eagle Scout and a life member of the National Eagle Scout Association. ✨

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Will Power

Are We Bound By A Covenant To Redistribute Wealth?



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

Recently, I've studied government political structures and the balance between individual freedom and collective responsibility. As messy as American politics is, we take for granted the design of our system, and the dangers when it strays from its foundation. Ours is a "word covenantal" system, one that exists because the collective agrees to be bound by laws passed in a legislative system, as opposed to laws handed down from a ruler or governing elite.

Covenants between individuals, clans and nations were a familiar feature of the ancient Near East. Archeological discoveries brought to light covenants between neighboring powers in Mesopotamia

dating from the third millennium BCE. These could be parity treaties between nations of equal size, or a suzerainty treaty, a covenant between a strong power and a weaker one.

Most political structures develop either organically, through a long process of history, or the result of a conquest. In both cases, a hierarchical society emerges, with a ruler, an elite, or both. These are politics of power, or politics of the elite. They made and enforced laws subject to their will. As Thucydides' said, "The strong do what they wish and the weak suffer what they must."

According to Rabbi Jonathan Sacks in his book *Covenant & Conversation – Deuteronomy*, the Hebrew Bible introduced a new covenant, a politics of the word. Oxford philosopher John L. Austin gave it the name "performance utterance." As opposed to normal language that describes or expresses an action or a thought, a performance utterance creates. When I say, "I promise to," I do not merely describe a promise, I make one.

This political structure binds its citizens to a collective responsibility, rooted in the principled equality of dignity of all citizens. Sacks notes that the American Constitutional phrase, "We the People," was inspired by the writings of Hobbes, Locke and Rousseau, who were in turn influenced by the word covenant found in Deuteronomy.

Several things had to happen for today's western political structure to occur. First was the invention of printing by Johannes Gutenberg in 1439. Books became less expensive and more accessible. Literacy spread. Then in 1517 came the Reformation with its emphasis on "sola Scriptura," the authority of "Scripture alone." Then came the

translation of the Bible into the vernacular.

Sacks points out that the Hebrew Bible is a subversive work. It does not preach submission. It speaks of prophets unafraid to challenge kings, of Saul losing his throne for disobeying the word of God. Ruling authorities had good reason for preventing the Bible from being available in language ordinary people could read and understand. As such, translating the Bible into the vernacular was forbidden until late in the 16th century. In the 1530s English scholar William Tyndale violated this law and paid for it with his life, as he was burned at the stake.

The cat was out of the bag, however. By 1560 English Bibles, including the Geneva translation, continued to be printed and sold in massive numbers, influencing Shakespeare, Cromwell, Milton and John Donne, as well as Calvinists and the Puritans, the early English settlers of America. The Tyndale and Geneva Bibles led to a group known as the Christian Hebraists, who according to Harvard political philosopher Eric Nelson, in his book, *The Hebrew Republic, Jewish Sources and the Transformation of European Political Thought*, influenced American politics in three ways.

First, Nelson argued, the Christian Hebraists were republican rather than royalist. They took the view that the appointment of biblical kings was a tolerated sin rather than a fulfillment of divine law. Second, they placed at the heart of their politics the idea that one of the tasks of government is to redistribute wealth from the rich to the poor, an idea alien to Roman law. Third, they used the Hebrew Bible – especially its separation of powers between the king and the high priest – to argue for the principle of religious toleration.

Applying these concepts to today's discussion on raising taxes for three trillion-dollar budgets – in our covenantal society, how big of a problem is wealth concentration in the hands of a proportionately few?

I close with Sacks' warnings about what can go wrong with a biblical-based word covenant political structure. First, he says, it can lead to overconfidence, "God is on our side." Second, it can lead to moral self-righteousness. Third, it can easily slip into nationalism: the worship not of God but of the nation, the people, or the land. Fourth, politicians and their supporters can forget the fundamental truth of covenantal politics, as expressed by Abraham Lincoln:

"We are a nation formed by a covenant, by dedication to a set of principles and by an exchange of promises to uphold and advance certain commitments among ourselves and throughout the world. Those principles and commitments are the core of American identity, the soul of the body politic. They make the American nation unique, and uniquely valuable, among and to other nations. But the other side of the conception contains a warning very like the warnings spoken by prophets to Israel: if we fail in our promises to each other, and lose the principles of the covenant, then we lose everything, for they are we."

©2021 Craig R. Hersch. Learn more at www.floridaestateplanning.com.✧

Lee Health Sets Visitation Restrictions

In an effort to protect the safety of patients and team members from the recent surge of COVID-19 cases in the community, Lee Health has reinstated its visitation restrictions.

Effective August 12, visitation at Lee Health's adult acute care hospital campuses will be limited to one person at a time per patient, except in cases of compassionate care. Patients do not need to specify or limit who visits; the new guideline is that they can only have one visitor at a time in their room.

At Golisano Children's Hospital, patients will be allowed two designated visitors (over age 12) noted upon admission who can be with the patient, in their room, at all times.

Recently, due to the current COVID-19 surge, Lee Health implemented other visitation restrictions, which are still in place. They include:

Visitation in the emergency departments is restricted. Visitors are only granted access in the emergency departments at the adult acute care hospitals for compassionate care or if they are needed to gather information related to providing care (and thus allowed in the emergency department at the discretion of staff). At the Golisano emergency department,

visitation is limited to two people.

At Lee Convenient Care, visitors are only granted access to the clinics if they are needed to gather information related to providing care, or in the event of a special circumstance, which would be at the discretion of the clinic staff.

For adult ambulatory surgical patients, one visitor is allowed to accompany the patient for any appointment registration process. This one visitor may stay with the patient during pre-op and is allowed to wait in the facility waiting area during the procedure. For pediatric patients, one parent or guardian may stay with their child, plus one guest over age 12.

Contact the skilled nursing units at Gulf Coast Medical Center, Lee Memorial Hospital and HealthPark Care and Rehabilitation Hospital for visitation policies at the facilities.

All visitors must be over age 12 and should practice social distancing. Visitors will be required to complete a screening process and sanitize their hands with alcohol-based gel before visitation. All visitors are required to provide their own mask and wear it at all times. Visitors who violate this policy may be asked to leave the facility. Ventilated masks are not allowed as they let expelled breath into the air. Visitors are required to wear masks in patient rooms, and should put their mask back on if someone else enters the room while they are eating and/or drinking. Visitors are not allowed to eat in the cafeteria.

During the COVID-19 pandemic, Lee Health continues to collaborate with and follow the guidance of local, state and government officials. Visitation plans are developed in consideration of patient, staff and public safety but also to meet the emotional and care needs of patients.

General hospital visitation hours are 8 a.m. to 8 p.m.

For more information and a complete list of visitation restrictions, visit www.leehealth.org.✧

Volunteers Sought To Lead Health Workshops

The Area Agency on Aging for Southwest Florida (AAASWFL) is seeking volunteers to lead health and wellness workshops in Charlotte, Collier, DeSoto, Glades, Hendry, Lee, and Sarasota counties. Volunteers have the opportunity to lead fitness and self-management workshops that are focused on the unique needs of older adults.

AAASWFL's workshops are designed to assist older adults with preventative measures to avoid falls, manage chronic conditions and handle caregiver stress. AAASWFL provides free training for all programs with a commitment to lead the workshops on the agency's behalf.

Workshops are facilitated in-person or virtually, and are typically held on

weekday mornings and afternoons, so volunteers with flexible schedules are appreciated. In addition to free training, volunteers also receive mileage reimbursement for agency-related travel.

Volunteers should be at least 18 years of age, have a valid drivers' license and must be able to pass a background screening. While not mandatory, experience with teaching, instruction, public speaking, health care, nutrition, or community outreach is helpful.

Potential volunteers may contact Sarah Gualco, AAASWFL health and wellness coordinator, through the Elder Helpline at (866) 413-5337 or by emailing sarah.gualco@aaaswfl.org for more information. Volunteer applications can also be found on the AAASWFL website at www.aaaswfl.org.✧

From page 1

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For more information, visit www.artinlee.org/event/furryfriends.✧

Superior Interiors

Four Patterns To Pay Attention To This Year



by Trinette Nelson

Neutral themes have always been in style. They offer comfort and offer flexibility. In general, it's ideal to have a neutral foundation so you have more room to play around with

decor and accents and switch things up over time. Incorporating trending patterns becomes effortless when you have a clean slate.

If you're in the process of rethinking a current design scheme in your home, why not ditch your current theme and try adding a stylish pattern? Here are a few trending ones to keep in mind while adding new accents to your living space:

Chintz – Who doesn't love vintage style and decor? Chintz is a take on floral decor, but with a classic twist. It's an iconic pattern you've likely seen on the sofas in the thrift store, but it can make a lovely statement and bold move to place it in your own home today. Perhaps a reupholstered chair or sofa of your own in this print can make an appearance in the family room or guest room. You can also incorporate the pattern in a more subtle way using throw pillows in the living room. You may even consider taking a chance with a bold headboard in a chintz print to create the throwback bedroom of your dreams.

Banana palm – Summer is here

and with it may come the desire to add banana palm print throughout your home. This pattern adds a hint of glam to any living space, making it a great choice for the master bedroom or closet, depending on where you get ready in the morning.

Modern floral – Floral is a trending pattern that is never going to go out of style. Floral is popular across the board, but it is becoming more apparent that people are interested in implementing this pattern on the walls of their homes. Clients are gravitating toward fresh, modern interpretations of floral patterns. Floral also makes a great option for a bedroom but can make a serious statement in a bathroom, offering a refreshing take on washroom decor.

Geometric – Another timeless pattern that is ever popular: geometric shapes. Whether you're hanging wallpaper to create an accent wall in the home office or you're lining your entryway with geometric decor, there are so many simple, subtle ways to incorporate this trending pattern in your home and bring the vibrancy to life.

Adding bold patterns to any room in your home can be intimidating, especially if you have been playing it safe with solid neutral tones and colors for years. If you're ready to express yourself and incorporate one of these trending patterns, but you're simply not sure how to get started, consult a design professional. The designer will evaluate the living space you want to revamp, provide advice on pattern choices and discuss your personal preferences so you can find the best trending pattern to fit your style wants and needs, turning your room into a stylish, trendy masterpiece.

Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at trinette@coindeciden.com.✧

Job Fair To Be Held In Dunbar Community

Goodwill Industries of Southwest Florida (SWFL) and Urban Strategies, Inc. will conduct a job fair at the Dr. Carrie Robinson Event Center on Thursday, September 30 from 10 a.m. to 2 p.m.

Employers scheduled to attend include: CareerSource; City of Fort Myers; Goodwill SWFL; Providence Family Life Center; Waste Pro; Fort Myers Technical College; Lee County School District; Shalimare & Panache; Publix; Walmart; Hyatt Regency; The Inns of Sanibel; LeeHealth; RAMS; Cape Coral Technical College; Outrigger Beach Resort; Sanibel-Captiva Beach Resorts; City of Sanibel Recreation Department; Sunstream Hotels & Resorts; Lee County Government; Fort Myers Police Department; A Better Healthcare; Liberty Aluminum; Charley's Boat House; Luminary Hotel; Minc Masonry; MBA Transportation;

Primerica; Bealls Outlet; Therapy Dog's Rock; AMI Kids; and LSF.

"We would like to see anyone seeking employment in Lee County to make a connection and get hired," said Tim Goodman, Goodwill SWFL employer relations specialist. "We also want to promote the event in the Dunbar community, providing opportunity for people to get connected with quality employers."

The event is sponsored by the Lee County Homeless Coalition. Participants are asked to dress professionally and bring resumes.

Those needing help with resume writing or interviewing skills, can contact a Goodwill SWFL Community Resource Center (CRC) prior to the event for assistance. Goodwill's CRCs offer employment services and free computer skills training.

The Dr. Carrie Robinson Event Center is located at 2990 Edison Avenue in Fort Myers. For more information or a list of locations for help, visit www.goodwillswfl.org/crclocations, or call 693-9508 ext. 210 to make an appointment.✧

Disabilities Group Adds Board Member

Michael J. Gavala III has joined the Lee Association of Remarkable Citizens (LARC) board of directors.

Chef Gavala has more than 40 years of restaurant and catering experience. After attending the Culinary Institute of America in Hyde Park, New York, he started his first catering business and gourmet market in New Jersey. He moved to Fort Myers in 1994 and became the owner/operator of Sasse il Pizzaiuolo. Gavala joined FineMark National Bank & Trust and was their corporate food and beverage director for more than 10 years.

Partnering with his wife, Chef Karen Gavala, he created G3 Catering, the most sought-after caterer in the area. In 2017, Gavala, with two partners, built Misty Morning Barn at Clutch Farms on a 35-acre parcel off Corkscrew Road in Fort Myers. The rustic barn venue is open from October through May for weddings and special events.



Michael J. Gavala III

Starting in September 2021, G3 Catering will take the reins of the Burroughs Home and Gardens. In addition to focusing on weddings and events, G3 is planning many musical nights on the river and social gatherings.

Gavala has been a long-time supporter of many local charities, including LARC, Community Cooperative, The United Way, Special Equestrians and Golisano Children's Hospital. He and Karen have two children, including son Michael, an adult with high-functioning autism.

"The Gavalas have been generous supporters of LARC through their business, G3 Catering, and have been instrumental in several successful fundraising events," said Angela Katz, LARC's executive director. "As a member of our board, Michael can offer the unique perspective of a parent of a young adult with an intellectual and developmental disability and as a business owner. He will also be active in guiding our new culinary training program. We are thankful to have him join our team."

"I am honored to join the LARC board of directors. It is truly something I believe in," said Gavala. "LARC has a long history of empowering individuals with intellectual and developmental disabilities to reach their full potential. I am committed to that legacy and to help LARC grow to provide more opportunities for people with disabilities in the future."✧

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Frankly Speaking



by Howard Prager

The Field of Dreams game last week was an instant classic. The right teams with the first place White Sox and never-say-die Yankees in a historic setting, great camera work, Hollywood stars and a Hollywood ending.

From Kevin Costner coming out through the corn followed by Sox and Yankees players in old style uniforms to the hand-operated scoreboard, perfect weather and great baseball action, it was a hit. Fox Sports said this was the most viewed regular season game on their network since a 2005 end-of-season Red Sox-Yankees matchup. When the Yankees tied the game and pulled ahead in the top half of the 9th, it seemed like that was it. Then the Sox come back with a two-run walk-off homer by their team and emotional leader, Tim Anderson. Cut. Now splice it to the original Field of Dreams movie and you have a double feature worth viewing over again. And MLB has already “booked” next year’s Field of Dreams game featuring the Cubs and Reds. Let’s hope they rise to the challenge of keeping it as much fun and entertaining as this year’s game.

Let’s turn to Associated Press news for the full story on the record-tying eighth no-hitter this season by an aspiring electrician.

Tyler Gilbert, the Diamondbacks rookie left-hander, delivered a shocker for the history books Saturday night. Gilbert became the fourth pitcher – and first in 68 years – to throw a no-hitter in his initial big league start, leading Arizona over the San Diego Padres 7-0. Gilbert was the 15th different Diamondbacks starting pitcher this season, which extends a club record. The previous high was 12, which has happened four times.

Gilbert didn’t play baseball in 2020 after the minor league season was wiped out by the pandemic. He spent the summer learning how to be an electrician from his dad, making some extra money while occasionally crawling around attics and in between walls. “I’d rather be doing this than pulling wires,” Gilbert said with a grin. “No offense, dad.” It was a stunning performance for the Diamondbacks, who have the worst record in the big leagues this season. It’s the third no-hitter in franchise history and first since Edwin Jackson on June 25, 2010.

Gilbert (1-1) struck out five and walked two. The sixth-round pick out of Southern California in 2015 had spent his entire career in the minor leagues until being called up a few weeks ago. He was making his fourth appearance and first start. “It was weird, I wasn’t nervous at all,” Gilbert said. “I felt like I should have been. I don’t know why. I just kept going out there and doing my thing. I was really nervous before the game, leading up to the game. But after the three-pitch eighth inning, I was like, ‘This is possibly going to happen’.”

The last to accomplish the feat in his first start was Bobo Holloman of the St.

Louis Browns on May 6, 1953. Bumpus Jones also did it in his major league debut with the Cincinnati Reds on October 15, 1892, and Theodore Breitenstein threw one in his first start for the Browns on October 4, 1891. The eight no-hitters matched the mark set in 1884, the first year overhand pitching was allowed. After the seventh no-hitter was the combined one by the Cubs back in June, we’ve gone nearly two months without one. Will we break the record with nine no hitters in the remaining six weeks?

The good news stories of the week will continue to come from lesser known stories from the Tokyo Olympics from Sportco. The Philippines have been part of the Olympics since 1924. Prior to this Olympics, it had won three silvers and seven bronze medals. However, it is after 96 years that the Philippines claimed its first-ever gold with the help of weight-lifter Hidilyn Diaz winning the 55-kg women’s event. The Filipino weight-lifter showed great character and, even before she let the weights down, the 30-year-old was seen breaking to tears as the intensity of her achievement was immense. In the 2016 Rio Olympics, she ended the 20-year medal-less run of Philippines, so now she has again come through for her country. For the first time ever at an Olympics, Filipinos got to hear

their anthem played after an event was completed.

Diaz’ journey was not simple to any extent of the imagination. She found it difficult to keep her training going throughout the pandemic period. Speaking to reporters, the 30-year-old Diaz said she was stuck in Malaysia for five months last year due to a COVID-caused travel ban, which forced her to build a gym and train with water bottles, a true definition of commitment. Her excellence does not confine to the weights. She is also a serving officer for the Philippines Air Force and was awarded the Military Merit Medal and Presidential Citation unit badge.

The same can be said for Bermudian triathlete Flora Duffy, who, like Diaz, won the first-ever gold medal at the Olympics for her country, the smallest country to win a gold medal. Duffy won the triathlon in a time of 1:55.36, backing up two world championships by winning a gold medal for Bermuda, which, like the Philippines, got to hear the country’s anthem play following an event at the Olympics for the first time.

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.✴

Contracts Set For Causeway Islands Project

The Lee Board of County Commissioners voted Tuesday to award contracts for engineering services for enhancements to both Sanibel Causeway Islands A and B and construction services for the shoreline stabilization of Island B.

The contracts are part of a larger project on the Causeway islands. Plans approved by the board in December call for the shoring up of erosion-prone areas of Islands A and B, which are part of the Sanibel Causeway. Beach sand also will be added along parts of these islands. In addition, enhancements will be made to upland portions of both islands, including the creation of structured parking, new restrooms on Island A, additional picnic pavilions, pathways and landscaping, and the addition of other park amenities.

In preparation for the project, Lee County crews in July removed Australian pines, which is an invasive exotic species. They will be replaced with native trees.

Johnson, Mirmiran & Thompson, Inc. was awarded the contract for the construction engineering and inspection (CEI) services for the shoreline stabilization and upland improvements of Islands A and B. Spectrum Contracting, Inc. was awarded the contract to provide construction services for the stabilization of the shoreline of Sanibel Causeway Island B.

Lee County Parks & Recreation will host an open house from 6 to 8 p.m. Thursday, August 26, at the Wa-Ke Hatchee Recreation Center, 16760 Bass Road, Fort Myers. The public is invited to view preliminary project plans and renderings as well as discuss the park improvements with a consultant and county staff.

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

CARING MEDICAL FLORIDA & THE HAUSER NECK CENTER

3 UNIQUE SPECIALISTS IN REGENERATIVE & CHIROPRACTIC MEDICINE TREATING:

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- CHRONIC NEUROLOGICAL SYMPTOMS
- JOINT AND SPINE PAIN
- OSTEOARTHRITIS
- POST-SURGICAL JOINT PAIN
- SPORTS INJURIES

9738 Commerce Center Ct., Fort Myers, FL 33908 | (239) 308-4725 | CaringMedical.com

SPORTS QUIZ

1. Nicknamed “Lady Magic,” what Basketball Hall of Famer played for the WNBA’s Phoenix Mercury in 1997 at the age of 39?
2. What is the nickname of Xavier University’s athletic teams?
3. The Rowdies Cup is the trophy awarded in the annual college soccer derby between which two Florida teams?
4. Point guard Sam Cassell won three NBA championships as a member of which two teams?
5. Lawyer and superfan Laurence Leavy became famous for attending major sports events and conspicuously donning the bright orange apparel of what team?
6. What did Italian-born bodybuilder Angelo Siciliano legally change his name to in 1922?
7. Who was head coach of the USC Trojans baseball team that won 11 College World Series titles from 1948-78?

ANSWERS

1. Nancy Lieberman. 2. The Musketeers. 3. The South Florida Bulls and Tampa Spartans. 4. The Houston Rockets (1994-95) and Boston Celtics (2008). 5. The Miami Marlins. 6. Charles Atlas. 7. Rod DeDeaux.

Doctor and Dietician

How To Get Rid Of Shin Splints



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

Are you a runner, athlete, pickleball or tennis player who requires stamina and the ability to run up and down the road, field or court quickly, yet, you have an on-again, off-again problem with pain in the shin area? Your initial research online got pretty much the same tips about resting, taking anti-inflammatories, ice, compression sleeves, exercises and stretching from the websites you visited. You also likely discovered that a lot of runners/athletes have the same problem.

Finally, you visit a healthcare provider with your complaints, and he/she reports that you have “shin splints” (periostitis), an inflammation of the soft tissue that surrounds the tibia (the main shin bone), or you have medial tibial stress syndrome. For the most part, they all mean shin splints.

Now you have a diagnosis and perhaps a prescription for a strong anti-inflammatory medication. Typically patients are advised to rest more often, continue with icing if that was helping, and come back in a few weeks if the problem did not resolve. A few weeks later, the pain continues when you attempt to go running again.

Sometimes shoe inserts may be explored to distribute the impact of walking or running to different parts of your foot, ankle and shin. Sometimes the problem is related to either ill-fitting or old athletic shoes. Shoes that have worn down will often lead to not only shin pain but knee pain, and eventual hip pain. Thus, we always recommend that you rotate your shoes every three to six months if you are a very active athlete who wears your workout shoes regularly.

Interestingly enough, shin splits are a problem for new military inductees as

they go through basic training. Long runs and carrying heavy backpacks is a setup for shin splints. Army doctors teamed up with Indiana State University researchers and published a paper in the *Journal of Athletic Training* regarding what factors put physically active people at risk for the development of medial tibial stress syndrome (also known as chronic shin splints). Those factors are the following: increased body mass index (BMI), navicular bone drop (arch of the middle foot drops out of place), ankle instability, quadriceps angle (angle between quad muscles and patellar or knee tendon), and/or hip instability. Other studies show that the main risk factors relate to the way the body moves, including a higher pelvic tilt in the frontal plane, peak internal rotation of the hip, navicular drop and foot pronation.

What should you do about your shin splints? If replacing your athletic shoes did not do the trick, then most likely you either need to change your biomechanics or treat the injured/unstable area(s) described above. Marion suffered from shin splints during high school track, and also into her adulthood running days. She tried all the recommended options including taping the arches, heel cups in the athletic shoes, topical creams and rest. None of these options repaired the injured areas. She did not want to use cortisone, as typically it only provides short-term relief. She, and many other patients, have turned to regenerative medicine treatments called prolotherapy to treat the injuries to the muscle attachments onto the medial tibia, including the soleus, posterior tibialis and others. In a study in the *British Journal of Sports Medicine* titled “The effectiveness of prolotherapy in the management of recalcitrant medial tibial stress syndrome: A pilot study,” researchers examined seven patients who received dextrose prolotherapy to the painful areas of the tibia. All subjects reported a marked improvement in their symptoms after 18 weeks post-injections.

So, if your shins are chronically aching, assess your gait, get new athletic shoes fit by a professional, try massage and ice and, if those things do not resolve the issue, then consider strengthening the weakened area(s) with prolotherapy.

*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.**

Free Autism Screening

Golisano Children’s Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free monthly autism spectrum disorder screening for toddlers 18 months to age 5 at the Pediatric Specialist Office on Friday, August 27 from 9 a.m. to 2 p.m.

Medical consultants for the project stress that an early diagnosis can make a vast difference for toddlers and their families. They say early intensive behavioral intervention can make an

immense difference not just in the development of the child, but in their families as well.

The ASD screening is conducted by the Golisano Children’s Hospital of Southwest Florida. The screenings are administered by an advanced practice registered nurse, who has extensive training and experience in typical child development and developmental disorders. A physician referral is not required. To schedule a screening, call 343-6838.

The Pediatric Specialist Office is located at 15901 Bass Road, Suite 102, in Fort Myers. For more information, visit www.rmhcswfl.org.*

dearRPharmacist

Medications Can Cause Memory Problems



by Suzy Cohen, RPh

Dear Readers: Several dozen people have died while on vacation at different Caribbean islands including the Dominican Republic.

While not totally conclusive for everyone, post-mortem examination suggests organophosphate (insecticide or pesticide) poisoning may have been implicated. The toxic and fatal effects occur due to an imbalance in the cholinergic pathways of the human body. When I say “cholinergic,” I am referring to acetylcholine production and utilization.

To be clear, the neurotransmitter acetylcholine is a beneficial, memory-enhancing and life-giving compound in the body. It is a natural compound that your nerve cells use to communicate with one another.

You can’t think or live without it. But like all good things, poisoning the body with substances that spike acetylcholine levels can be fatal.

Let’s talk about acetylcholine some more, because it is the neurotransmitter that many good medications target in the opposite way. By that, I mean some drugs lower levels of acetylcholine as part of their side effect profile. They may do something helpful like ease depression, but in doing so, they have the side effect of reducing acetylcholine a little bit.

Reducing acetylcholine function causes memory problems due to the anticholinergic side effect.

It is that side effect that may cause you to get diagnosed with a memory disorder you don’t really have. For

people with new onset memory issues, the first thing I have them do is look in their medicine cabinet.

What are you taking that could be causing this?

If a drug raises acetylcholine, it is termed a “cholinergic” drug. Medications that slightly increase levels are good for the brain and memory system.

Drugs that seek to do this usually work by blocking an enzyme that would otherwise degrade the acetylcholine, so it hangs around longer. Pills that seek to do this are useful, and include donepezil, rivastigmine and galantamine all used for Alzheimer’s, Parkinson’s or dementia.

How does the brain respond when you take an anticholinergic drug? You know these medications as drugs that lower acetylcholine as part of their side effect profile.

In fact, they are blockbusters, big name drugs like diphenhydramine and chlorpheniramine for allergies, scopolamine patches for dizziness, oxybutynin or tolteridine for bladder problems, many older antidepressants, ipratropium inhalers for breathing, dicyclomine for irritable bowel syndrome and others.

Just as you would imagine, anticholinergic drugs can harm memory pathways. There was a JAMA study published in 2015, entitled Cumulative Use of Strong Anticholinergics and Incident Dementia. They evaluated data from hundreds of participants over 10 years and, essentially, they found that long term use of anticholinergic drugs is bad for the brain.

If you wish you had more brain power, take a look at the medications you’re currently taking and see if you’re taking an anticholinergic drug. If you’re worried about brain function, I have a free ebook on the topic available at my website, www.suzycohen.com, as well as a longer version of this informative article.

*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.**

Virtual Town Hall On COVID-19

In an effort to increase awareness of COVID-19 and the highly-contagious Delta variant, Lee Health is hosting a virtual town hall meeting for community members to ask any questions they may have on the current state of COVID-19 in Southwest Florida.

COVID-19 Update: What You Need to Know will be held on Lee Health’s Facebook page on Tuesday, August 24 at 2 p.m. You can watch it live at www.facebook.com/leehealth or on Lee Health’s website at www.leehealth.org.

The Facebook Live event will be interactive and will give community members an opportunity to ask questions through Facebook and have them answered by medical experts at

Lee Health.

Those watching will be able to ask questions by commenting on Facebook Live or sending direct messages through the Messenger option.

The panel for the virtual town hall will include:

Larry Antonucci, MD, MBA, president and CEO, Lee Health

Stephanie Stovall, MD, pediatric infectious diseases specialist, interim chief of quality and patient safety

Moderator: Lindsey Morton, creative services manager, Lee Health

Lee Health is currently offering the COVID-19 vaccine to anyone 12 years old and older at its Community Vaccination Clinic at Gulf Coast Medical Center. You can walk in or schedule an appointment by visiting www.leehealth.org. A parent or authorized guardian must accompany a minor.*

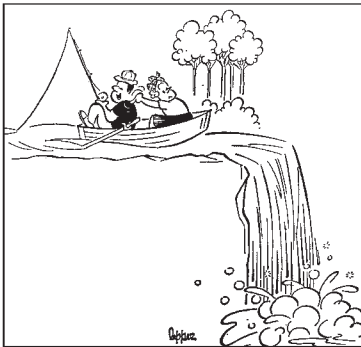


Emergency	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
HealthPark Medical Center	1-800-936-5321
Ft. Myers Chamber of Commerce	332-3624
Foundation for Quality Childcare	425-2685
Fort Myers Beach Chamber of Commerce	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



"A what? Who you kidding, dear?"
Rivers don't have _____."

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!

Stew
SHAH

Concede
IDELY

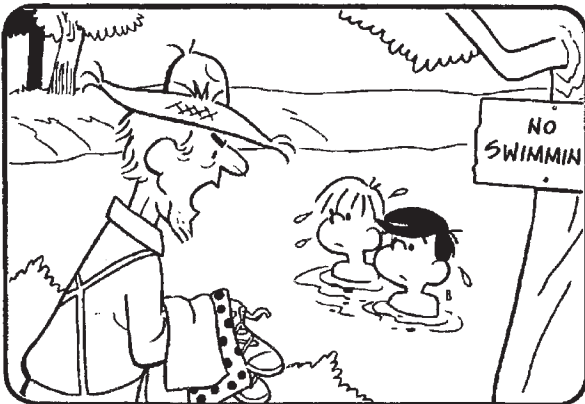
Berate
CLODS

Remove
TEELED

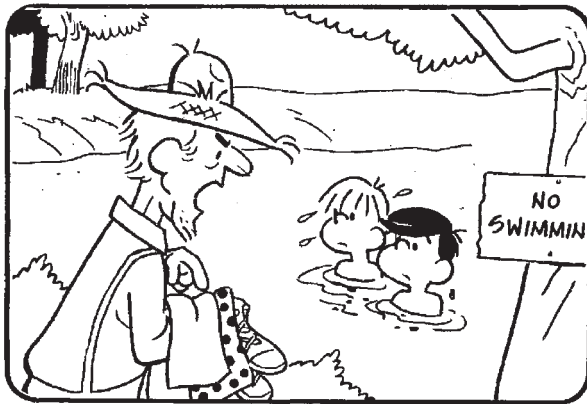
TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Suspenders are different. 2. Shoe lace is missing. 3. Sign is different. 4. Drop of water is missing. 5. Hand is showing. 6. Leaves are added.

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

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

E-Z DOES IT

- ACROSS
- 1 Not dozing

6 Rock band boosters

10 Make of the XK-E, in brief

13 Leading nun

19 Adage

20 Irrational suspicion

22 Dark-haired man

23 Cracker consumed to become a fraternity member?

25 Against: Prefix

26 Dry stretch

27 Sessions with mediums

29 Vidalia, e.g.

30 Cochlea site

33 Comment when pointing out your aunt's child?

35 Ducky insurance company?

40 Bloody — (cocktails)

44 Wee child

45 Spanish pronoun

46 German poet who founded a ketchup company?

50 — Minor (Little Bear)

53 Keyless, in music

54 Marilyn of old movies

55 Was a snitch

59 Kindly

61 Shoplifts or embezzles

63 Three-horse wagon

64 Lead-in to byte

66 Cap required to be worn to gain entry?

68 Author Nin

72 Be liable to

74 Big antelope

75 Teal relatives

76 Impudent

81 — bad example

83 Furtive

84 Having some replacement parts?

86 Hybrid citrus

91 Perilous stuff to skate on

93 Lethargy

95 Nomadic sort

96 Iraqi, say

97 Walk just beyond a northern Austrian city's border?

99 Pick, with "for"

102 Stir-fry tidbit

104 Dumbbells

105 Many-time golf champ Nick

106 Small squirt of a zero-calorie drink?

111 With 37-Down, fin-footed mammal

113 "Tiny Dancer"

114 Road show groups

118 Uncrowded

124 Sadness

126 Classic figure-skating painting?

129 Sculpted torso, maybe

130 White rat's condition

131 Chavez of labor

132 "Plus" qualities

133 Vote "for"

134 The whole nine yards

135 Additional

DOWN

1 In amongst

2 Lose power

3 Allies' foe

4 Eagle cousin

5 Persian Gulf ruler

6 Fitting

7 — tai

8 Whizzes

9 Of right mind

10 Wrist or hip

11 Letter after G, spelled out

12 Eye steadily

13 It airs "The Conners"

14 Witch's "vehicle"

15 Bugs is one

16 Lure

17 Watery, as a membrane

18 Unit of lyrics

21 Gp. backing guns

24 Had a bite

28 Heavily built

31 "Better Call Saul" airer

32 Chicago mayor — Emanuel

34 Some low clouds

35 Melville captain

36 Grand party

37 See 111-Across

38 Oscar winner Hathaway

39 Event for artisans selling wares

41 They follow pis

42 Gossip spreader

43 Fathered, as a foal

47 Nastase near a tennis net

48 Chomsky of linguistics

49 1983 Woody Allen role

51 Beef dish in a sour cream sauce

52 Make right

56 Spirit

57 Wrings (out)

58 Astonish

60 Gator cousin

62 IRS form info

65 Spin — (emulate Spider-Man)

67 Raw beef fat

68 Assist in evil

69 Have a bite

70 High peaks, in Italian

71 Menzel who voiced Elsa in "Frozen"

73 Fixes text

77 He drew Li'l Abner

78 Rioter's haul

79 How a loss may be marked

80 Nada

82 Root for poi

85 "Far out!"

87 Grand party

88 Old film actor Jannings

89 Give for a bit

90 Tiny pasta

92 Roger of film review

94 Dull routines

98 Mao — -tung

99 City in west Texas

100 Aviators

101 Aquarium favorites

103 Windpipe

107 Rich dessert

108 Animal nose

109 Actor Peter O'—

110 Fitness program with Latin music

112 Hearth waste

115 — gow (casino game)

116 City of central Sicily

117 Actress Loretta

119 Tempo

120 TV's Trebek

121 Corrode

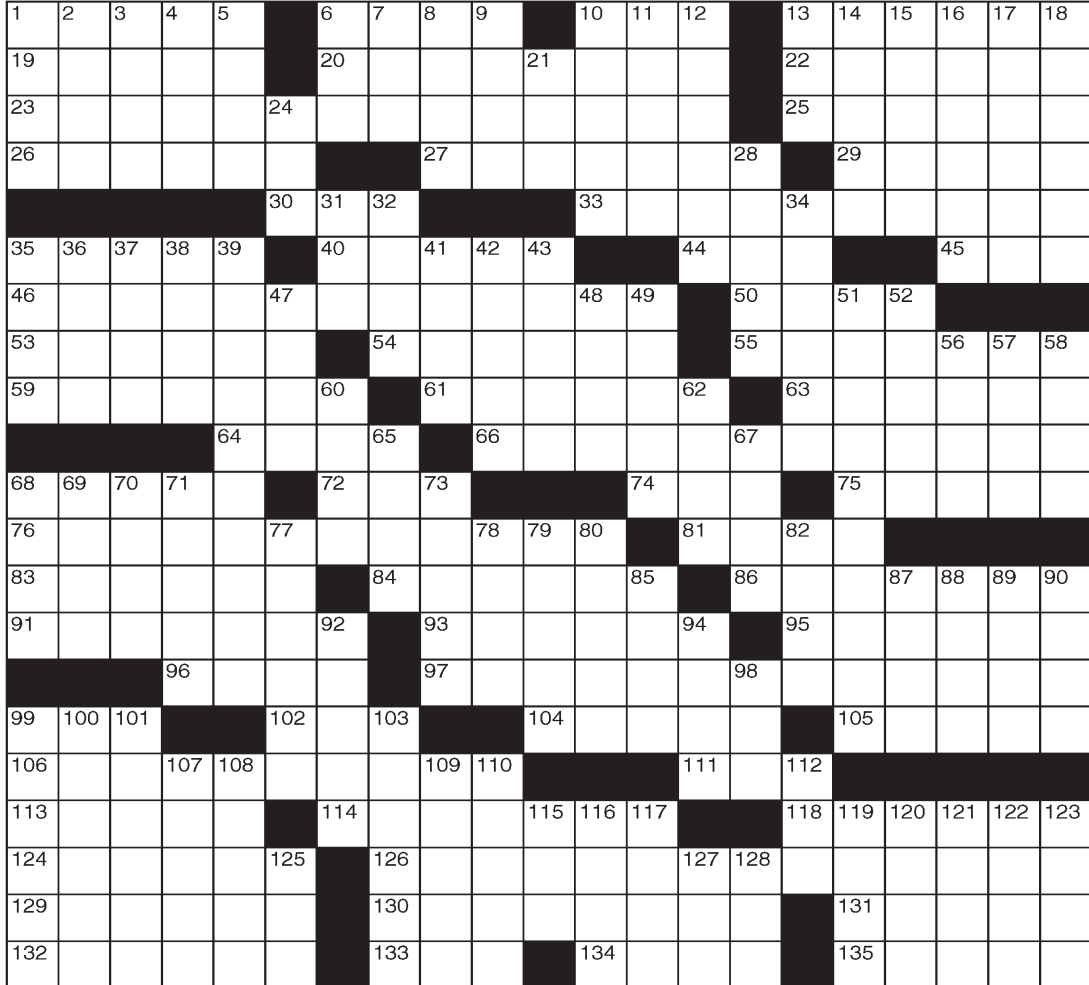
122 Sky twinkler

123 Biblical prophet

125 Craven of horror films

127 Prefix like "equi-"

128 Celebrity gossip site



King Crossword

- ACROSS
- 1 Scepter

4 Israeli airline

8 Staffer

12 Brit. record label

13 The Big Easy acronym

14 Not worth debating

15 Picnic crasher

16 Bird with yellow plumage

18 Popular take-out entree

20 Use a shovel

21 Golden Fleece ship

24 Atkinson of "Mr. Bean"

28 Wood pigeon

32 Long tale

33 Mil. morale booster

34 Gladden

36 Decay

37 Lost traction

39 Pink wading bird

41 King of Judea

43 Faux pas

44 Belly

46 Tribal emblem

50 Coastal diving bird

55 Chopper

56 — mater

57 Bassoon's kin

58 Director

11 Ordinal suffix

17 Fragrant tree

19 Abrupt turn

22 Michelle

23 Wie's game

25 Tip off

26 Awestruck

27 Peacekeeping org.

28 Hurry

29 Capri, for one

30 Pinot —

31 And others (Lat.)

35 Sent forth

38 Doctrines

40 Wall St. debut

42 Pair

45 Jog

47 "Toodlie-oo!"

48 Way out

49 Viral web phenomenon

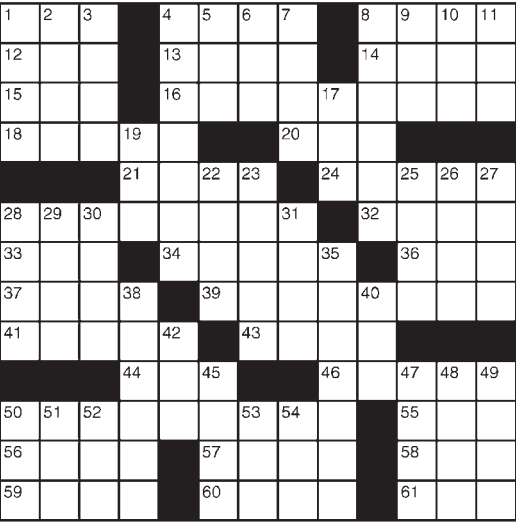
50 Low isle

51 Flamenco cheer

52 LBJ's successor

53 Copper head?

54 "Smoking or —?"



MAGIC MAZE — SHOP

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: CUTS HAIR AS A TRADE

- Beauty
- Dress
- Printing
- Tobacco
- Butcher
- Machine
- Repair
- Union
- Coffee
- Pastry
- Tackle
- Window
- Curiosity
- Pawn
- Talk



Butter Broiled Spiny Lobster Tails

photo courtesy Fresh From Florida



Butter Broiled Spiny Lobster Tails

- 4 (6-9-ounce) spiny lobster tails, split open in the shell
- 2 tablespoons unsalted butter, softened at room temperature
- Favorite spice blend
- Sea salt and fresh ground pepper, to taste

Preheat oven broiler on medium high. Place all 4 of the lobsters on a cookie sheet and make sure they are opened up down the middle. Evenly spread the softened butter over each of the lobster tails’ meat. Lightly season each lobster tail with salt and pepper. Place lobsters in the oven on the middle rack under the broiler. Let lobster cook under the broiler for about 7 minutes or until just barely cooked throughout. Remove lobsters from oven and let cool slightly. Serve lobster tails warm with fresh lemon.✱

My Stars ★★★★★
FOR WEEK OF AUGUST 16, 2021

- Aries** (March 21 to April 19) A troubling situation takes a positive turn and moves toward a resolution that should please you and your supporters. Meanwhile, make time to deal with new domestic issues.
- Taurus** (April 20 to May 20) It’s a good time to reassess your goals and consider shifting directions. Remember to keep an open mind and be prepared to make changes as new opportunities arise.
- Gemini** (May 21 to June 20) Rely on your strong Mercury aspect to help you close that communication gap before it becomes too wide to cross. A sibling or other family member has news.
- Cancer** (June 21 to July 22) You’re about to get off that emotional roller coaster and start experiencing more stability than you’ve been used to. This is a good time to let someone new into your life.
- Leo** (July 23 to August 22) Good news: A trusted friend comes through for you. But you still need to shed that last scrap of self-doubt and once more

- become the cool, confident Cat we all know and love.
- Virgo** (August 23 to September 22) Things should be getting back to a less hectic pace. Enjoy the more peaceful atmosphere. You earned it. But don’t forget about those still-unresolved issues.
- Libra** (September 23 to October 22) A more positive family relationship develops as misunderstandings are explained away. A job situation appears promising, but check it out before you act on it.
- Scorpio** (October 23 to November 21) Congratulations. That on-the-job situation is working out as you’d hoped. Now’s a good time to relax and to enjoy the company of family and close friends.
- Sagittarius** (November 22 to December 21) You might feel as if you’re caught in an emotional tug-of-war. But don’t be rushed into a decision on either side. Wait for more facts before you act.
- Capricorn** (December 22 to January 19) The Goat’s usually high level of self-confidence is brimming over these days. This should help you deal with a situation that you’ve avoided for far too long. Go for it.
- Aquarius** (January 20 to February

PETS OF THE WEEK



Scrappy ID# A871413 photos provided
Lee County Domestic Animal Services

Scrappy And Plum

Hello, my name is Scrappy. I’m a brown 4-year-old male pit bull mix. LCDAS’ volunteers think I am absolutely fedora-bull and I must agree. I’m also one of the most love-a-bull pups around. I’m quite the well-rounded guy who likes to play and snuggle. Toss a ball and I will quickly be your best friend. My adoption fee is \$20.

Hi, my name is Plum. I’m a patch tabby 2-year-old female domestic shorthair. I’m a very unassuming cat,



Plum ID# A878726

but I love getting attention from the staff and volunteers, and I’m always up for a scratch or two. And just look at how purrrrr-ty I am. I also get along well with my feline friends at LCDAS so you can take home a friend while you are here. 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.✱

- 18) Relationships become more intense. But be careful not to be pushed into decisions you’re not comfortable with. Remember: You’re the one in charge of your life.
- Pisces** (February 19 to March 20) You need to show more confidence in your ability to reach your goals. Make that long-delayed decision, and avoid floundering around in a sea of self-doubt.
- Born This Week:** Although you appear to be strongly opinionated, you can also be open to other ideas – so long as they are presented with logic and clarity.

MOMENTS IN TIME

- On August 24, 1875, Capt. Matthew Webb of Great Britain becomes the first person to successfully swim the English Channel without assistance. Webb reached shore in 21 hours and 45 minutes. In 1883, Webb attempted to swim the Niagara River and drowned in 10 minutes.
- On August 23, 1902, pioneering cookbook author Fannie Farmer, who changed the way Americans prepare food, opens Miss Farmer’s School of Cookery in Boston. Farmer later

- educated medical professionals about the importance of proper nutrition for the sick.
- On August 27, 1938, George E. T. Eyston breaks his own automobile land speed record with a 345.49 mph run at the Bonneville Salt Flats. His Thunderbolt had two 2,000-horsepower Rolls Royce motors geared together.
- On August 29, 1942, the Red Cross reveals that Japan refused free passage of ships carrying food, medicine and other necessities for American POWs held by Japan. Japan allowed just 10% of what POWs elsewhere received.
- On August 25, 1950, in anticipation of a strike by railroad workers, President Harry Truman issues an executive order putting America’s railroads under the control of the U.S. Army, saying it was necessary for the protection of American citizens as well as “essential to the national defense and security of the Nation.” He used the same justification for seizing control of steel plants.
- On August 26, 1974, Charles Lindbergh, the first man to accomplish a solo nonstop flight across the Atlantic

continued on page 22



FRIDAY
Partly Cloudy
High: 90 Low: 80



SATURDAY
Sunny
High: 91 Low: 82



SUNDAY
Sunny
High: 89 Low: 79



MONDAY
Mostly Cloudy
High: 88 Low: 80



TUESDAY
Partly Cloudy
High: 87 Low: 77



WEDNESDAY
Few Showers
High: 86 Low: 78



THURSDAY
Few Showers
High: 85 Low: 75

Redfish Pass Tides

Day	High	Low	High	Low
Fri	2:42 am	4:24 am	11:39 am	7:22 pm
Sat	2:54 am	5:36 am	12:36 pm	8:01 pm
Sun	3:07 am	6:34 am	1:26 pm	8:33 pm
Mon	3:18 am	7:26 am	2:12 pm	9:00 pm
Tue	3:30 am	8:15 am	2:55 pm	9:25 pm
Wed	3:45 am	9:04 am	3:39 pm	9:48 pm
Thu	4:03 am	9:54 am	4:27 pm	10:11 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	1:47 am	4:26 am	10:44 am	7:24 pm
Sat	1:59 am	5:38 am	11:41 am	8:03 pm
Sun	2:12 am	6:36 am	12:31 pm	8:35 pm
Mon	2:23 am	7:28 am	1:17 pm	9:02 pm
Tue	2:35 am	8:17 am	2:00 pm	9:27 pm
Wed	2:50 am	9:06 am	2:44 pm	9:50 pm
Thu	3:08 am	9:56 am	3:32 pm	10:13 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	11:35 am	7:12 pm	None	None
Sat	2:38 am	6:42 am	12:54 pm	8:08 pm
Sun	2:54 am	7:49 am	1:50 pm	8:54 pm
Mon	3:21 am	8:44 am	2:42 pm	9:33 pm
Tue	3:49 am	9:31 am	3:34 pm	10:06 pm
Wed	4:16 am	10:12 am	4:20 pm	10:35 pm
Thu	4:42 am	10:49 am	5:01 pm	11:00 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	4:52 am	7:40 am	1:49 pm	10:38 pm
Sat	5:04 am	8:52 am	2:46 pm	11:17 pm
Sun	5:17 am	9:50 am	3:36 pm	11:49 pm
Mon	5:28 am	10:42 am	4:22 pm	None
Tue	5:40 am	12:16 am	5:05 pm	11:31 am
Wed	5:55 am	12:41 am	5:49 pm	12:20 pm
Thu	6:13 am	1:04 am	6:37 pm	1:10 pm

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check on your system?

Money Tip For Students

Working while going to college can pay off in several ways, according to Kentucky Higher Education Assistance Authority (KHEAA). However, if you do plan to work while in school, be aware of the possible drawbacks.

While benefits include building your résumé, learning to work well on a team, learning the importance of time management by having to juggle classes, study time, work and other parts of your life, building a network of contacts and references that can help you in your future job search, there can be drawbacks. Working and going to school, especially if you have both a full-time job and full schedule of classes, can cut into your study time. It can also reduce your downtime, which you need to keep yourself healthy. Before adding on more work hours or additional classes, make sure you will still have time to take care of yourself.✪

From page 20

Moments In Time

Ocean, dies in Hawaii at age 72. To reduce weight during his famous 1927 flight, everything not essential was left out: radio, gas gauge, night-flying lights, navigation

equipment and parachute.

- On August 28, 1988, an airshow at Ramstein Air Base in Germany turns tragic when three military fighter jets collide in mid-air and fall into the crowd. Seventy of some 100,000 spectators died and hundreds more were injured.

NOW HERE'S A TIP

- Stuck zippers can be loosened with graphite powder, or simply by tracing a pencil lead over the zipper.
- “The best way to get a bloodstain out of clothing is by dousing the stain with hydrogen peroxide and washing as usual. For clay stains, you absolutely must have a Fels-Naptha bar. It looks like a bar of soap, and you wet the material and rub in the soap. It’s magical. This, coming from a softball mom whose daughter loves to slide.” – AA in Florida
- Clear bins make it easy to group like items in your pantry. You can remove the bin, get what you need and replace it, rather than digging through cans and boxes on a shelf and having to straighten it back up when you’re done.
- A better use for soda: Use it to scrub your pots and pans. If you have grime and slime, try letting the acids in soda pop work it out for you. Pour enough soda to cover the bottom of the pots or pans and let soak for 5 to 10 minutes. Then scrub away.
- “If you have a retractable cord on your

vacuum, try this trick. Clip a clothespin at the optimum length, and the cord will not retract past that point. So, no more snapping right out of the outlet, which used to happen to me.” – PL in Tennessee

- Use rubbing alcohol to clean window frames. It evaporates quickly with no residue left behind.

STRANGE BUT TRUE

- In a practice called sexual death feigning, female dragonflies play dead to avoid sex. Why? A scientist at the University of Zurich observed that, when faced with aggressive males, female moorland hawk dragonflies will freeze in mid-air, fall to the ground and lie motionless in an attempt to avoid injury and sometimes even death that can result from being coerced into mating. Four other species, including the spider and praying mantis, are known to do this as well.
- When Victor Hugo was facing a tight publication schedule for *The Hunchback of Notre Dame*, he asked his valet to confiscate his clothes so he wouldn’t be able to leave the house.
- For several decades, Vincennes University in Indiana offered a degree in Bowling Management that allowed students to gain entry-level jobs in the bowling industry by offering classes on sales, pinsetter mechanics and pro shop operations.

- President John F. Kennedy was buried without his brain. The original reason given was that it had been “lost” during his autopsy, but in 2018, newly released U.S. government documents revealed that his brother, Robert Kennedy, ordered the brain secretly destroyed to ensure that it would never be displayed in a museum.
- Eating Kentucky Fried Chicken on December 25 is such a popular tradition in Japan that the chain asks customers to place their orders at least two months in advance. The custom started in 1974 when it was introduced to Japan for visitors who were looking for a dinner that resembled a traditional holiday meal.
- Aside from being the first commercially successful 3D game, Battlezone also was used by the U.S. Army to train tank gunners.

THOUGHT FOR THE DAY

“Take a walk outside – it will serve you far more than pacing around in your mind.” – Rasheed Ogunlaru

TRIVIA TEST

1. **Literature:** Which book series featured a character named Samwise Gamgee?
2. **Television:** What was the name of Fred’s boss on the animated TV show *The Flintstones*?
3. **General Knowledge:** How many

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1/4 ✪ TFN

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1/26 ✪ TFN

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4/20 ✪ TFN

HELPER
Are you elderly, disabled or just don't have free time?
I can help!
Just give me a call...
973-919-2116

12/11 ✪ TFN

PUBLIC SERVICE

AL-ATEEN HELP LINE
Are you concerned with a friend or family member's drinking?
Call the 24-hour help line of South Florida Al-Anon at 941-564-5098 or visit www.southfloridaal-anon.org.

4/24 ✪ TFN

HELP WANTED

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

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

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

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.sanlib.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 crhp194@gmail.com to submit resume or request additional information.

7/30 ✪ 8/20

HELP WANTED

HELP WANTED
Full-time property management position available. Please send resume to Sherry@SanCapManagement.com.

8/20 ✪ 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.sanlib.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

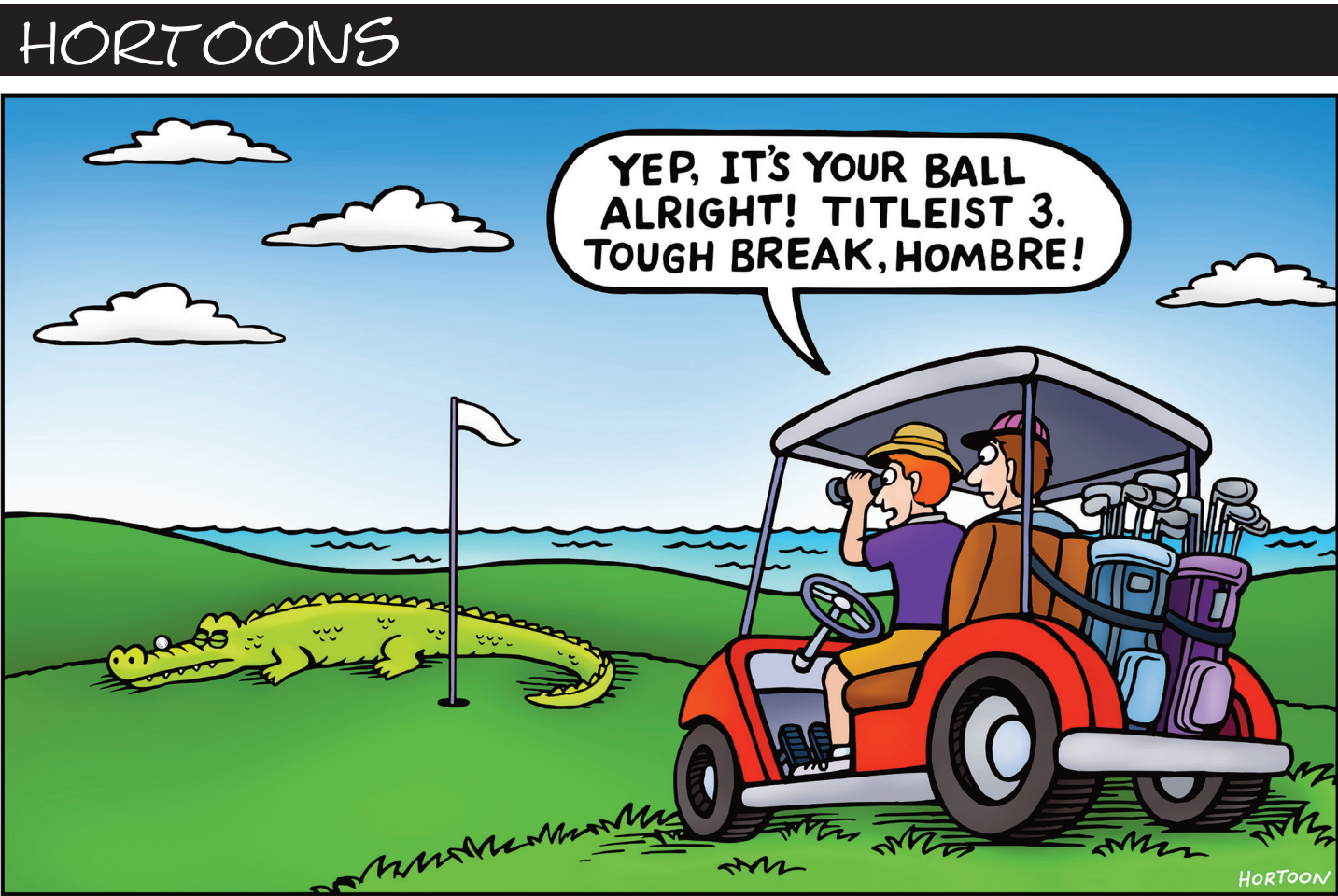
- cards are in a modern tarot deck?
- 4. **Geography:** What is Canada's largest island?
 - 5. **Movies:** Which 1990s movie features a character nicknamed "The Dude"?
 - 6. **Food & Drink:** In which country did tequila originate?
 - 7. **Advertising:** Which website is advertised in commercials that feature the character Captain Obvious?
 - 8. **Science:** What kind of tree produces acorns?
 - 9. **History:** When did the United States' first commercial radio station go on the air?
 - 10. **U.S. States:** What is the state capital of Missouri?

TRIVIA ANSWERS

1. The Lord of the Rings 2. George State 3. 78 4. Baffin Island 5. The Big Lebowski 6. Mexico 7. Hotels.com 8. Oak trees 9. 1920, when KDKA went on the air in Pittsburgh. 10. Jefferson City

SCRAMBLERS ANSWER

1. Hash 2. Yield;
3. Scold; 4. Delete
Today's Word
HILLS



PUZZLE ANSWERS

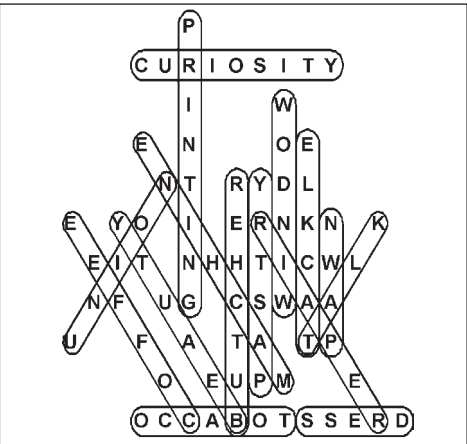
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Seaspray Subdivision	Sanibel	2020	4,790	\$6,995,000	\$6,695,875	447
Barefoot Beach	Bonita Springs	2000	7,041	\$6,895,000	\$6,630,000	13
Carolands	Bonita Springs	2017	4,485	\$4,800,000	\$4,150,000	20
Fort Myers	Fort Myers	2005	5,224	\$2,500,000	\$2,600,000	2
Esplanade Lake Club	Fort Myers	2022	3,554	\$2,450,000	\$2,450,000	0
Stuart Subdivision	Fort Myers	1988	5,740	\$1,950,000	\$1,950,000	219
Acreage	Fort Myers Beach	1953	2,576	\$1,695,000	\$1,700,000	121
Vista Wildblue	Fort Myers	2020	2,801	\$1,400,000	\$1,425,000	4
Palmetto Point	Fort Myers	1984	2,813	\$1,295,000	\$1,381,000	1
Valencia Terrace	Fort Myers	1925	4,798	\$1,350,000	\$1,330,000	5



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