



## Girl Scouts Donate Surplus Cookie Inventory

Local Girl Scouts found themselves in a quandary when they were forced to close cookie booths due to concerns about the coronavirus. But while some in the community were calling it a “cookie crisis,” Girl Scouts saw an opportunity to turn lemons into Lemon-Ups, Thin Mints and Tagalongs.

Troops from Girl Scouts of Gulfcoast Florida will be donating their remaining cookie inventory to food pantries, healthcare workers, first responders and other hometown heroes who are being particularly impacted during the national health emergency. The council will be picking up the tab, effectively buying back leftover cookies from their troops.

“Proceeds from the Girl Scout cookie program provide essential funding for Girl Scout troops to support their community service projects, troop trips and other activities,” said Sasha Lioce, product program manager for Girl Scouts of Gulfcoast Florida. “The loss of revenue was putting stress on the girls and volunteers, so we decided to alleviate that stress while encouraging them to help others.”

“The girls are learning a meaningful lesson about the importance of giving back



**Local Girl Scout cookies are being donated to good causes** photo provided

during times of crisis,” added council CEO Mary Anne Servian. “By donating their cookies, they are saying ‘thank you’ to those who are working exceptionally hard right now, and setting a positive example for the rest of the community.”

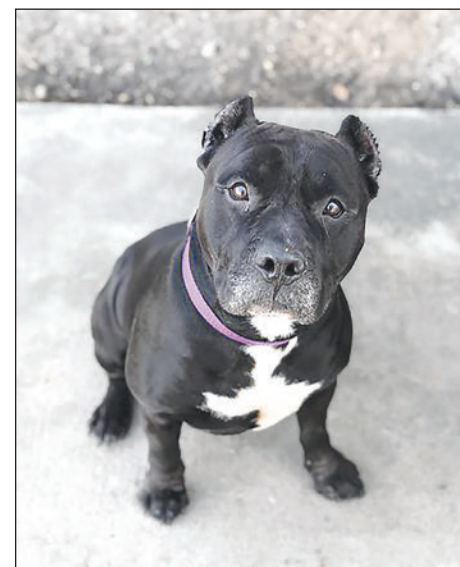
The council also relies on cookie program revenue, which funds program scholarships, camp property maintenance, volunteer training and other vital expenses. Donations to offset the program losses are being accepted at [www.gsgcf.org](http://www.gsgcf.org) through the “donate” tab.\*

## Pet Adoptions And Donations Help During Crisis

During these times of uncertainty with the COVID-19 crisis, Gulf Coast Humane Society (GCHS) is working full time to ensure that shelter animals do not miss any quality care.

Being a 501(c)3 nonprofit organization, GCHS will be relying on donations more than ever over the course of the next few months. Everything from adoption rates, increased intakes and trying to stay afloat amidst all the postponed fundraising events and decrease in donations are just a few of the challenges which lay ahead for the shelter.

“These will be some challenging times for GCHS, but we are confident and appreciative of how the community responds towards the shelter animals,” said GCHS Executive Director Jennifer Galloway. “There are several areas we are really focusing on through this crisis and that includes increasing our fostering rate, donations and adoptions. We have always maintained a steadfast regiment of cleaning in the shelter and is something I am very proud of. Our normal cleaner we use throughout the



**Ace** photo provided

facility does kill the coronavirus. But the GCHS staff has been instructed to be continually cleaning all day, every day.”

Adoption will be a very important tool moving on. With many people staying home to telecommute for their work, adopting a shelter animal is a great option and a time to help your new furry friend acclimate to their new home.

According to the World Health Organization, there is no evidence that

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## High School Photography Contest Winners

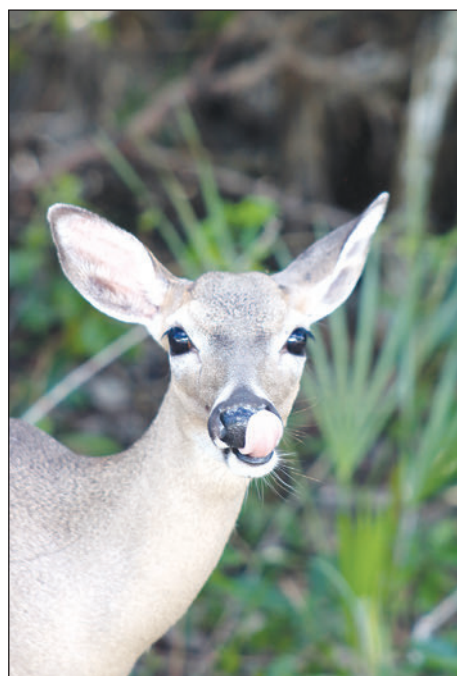
The “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) announced winners and finalists in the 7th annual “Ding” Darling-Theodore Cross High School Photography Contest at a ceremony at the refuge on March 14.

Sponsored by the Theodore Cross Family Charitable Foundation, the competition invited high school students from Lee, Collier, Charlotte, Glades and Hendry counties to compete for prizes that included a Canon digital SLR camera package, chartered class trips to the refuge, Tarpon Bay Explorers excursions, and copies of *Waterbirds: Portraits and Anecdotes from Birding Adventures* by contest namesake, the late Theodore Cross.

Wildlife photographer Steve Allen, acting refuge manager Kevin Godsea and Sanibel resident Jeff Beale judged the contest. They reviewed 121 images taken by students from 14 different schools.

First place went to an image titled *Lip Smacking Good* by Virginia Bayne, a junior from Fort Myers High.

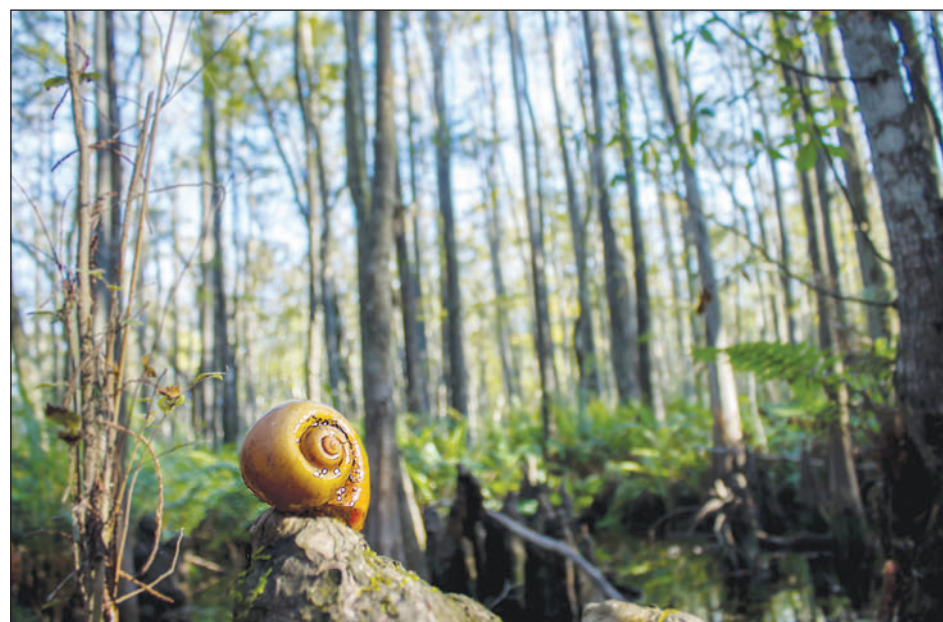
“I really liked the subject matter,” said Godsea. “This photo had great light, and



**Virginia Bayne's Lip Smacking Good took first place** photos provided

it is centered and in focus, but still leaves a lot to the imagination. There's a sense of mystery as to what else is going on in the photo. Great shot.”

In second place, Mouna Benmerabet, a junior from Cypress Lake High, portrayed *The Shining Snail Shell*.



**The Shining Snail Shell by Mouna Benmerabet won second place**

“This is a very interesting photograph,” said Allen. “The framing and contrast of the swirl on the shell to the upright trees is very visually appealing. Because the background is out of focus, your eyes go up to the tops of the trees and swirl back down to the shell. I also really love this photograph because it shows the habitat the snail lives in very well.”

Third place winner *Changing*

*Perspectives* was submitted by senior Christina Walch of Cape Coral High.

“This is a very creative photo and makes you think and ask how this happened,” said Beale, a former art and photography teacher. “I also really enjoyed the warm orange colors and cool blue tones.”

Honorable mention winners were also

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Historic Downtown Fort Myers, Then And Now:

# Once Oh-So Grand



by Gerri Reaves, PhD

One thing about legendary developer Peter Tonnelier, he was known for sheer scope of influence. As historian Karl H. Grismer wrote of his serendipitous arrival in Fort Myers in 1912 to escape stormy weather in the Gulf of Mexico, he paid “outlandish” prices for downtown property and “established a new basis for real estate values in the downtown section.”

Within 10 years, he was the second biggest landowner in Lee County, and his investments in the area helped to trigger the boom of the 19-teens.

In the Fort Myers’s relatively small business district of the early 20th century, he owned at least four downtown hotels, all within a couple of blocks of each other, giving the illusion that he was almost in competition with himself.

His hotels, which included the Graystone, Leon, Kenmore, Michigan (destroyed by fire in 1914) and the Grand Central, which is pictured here, were not necessarily notable for architectural style or luxury.

They didn’t aspire to the elegance of the Royal Palm Hotel or even the modernity of the Bradford or Franklin Arms, just to name a few.

This photo of the Grand Central Hotel at Main and Jackson, which was probably taken soon after it opened in 1922, illustrates this point: a solid, no-frills, three-story brick structure with a balcony near the corner at Jackson.

Note the hotel office sign at street level and the storefronts of several other businesses. The building rounded the block onto Jackson, where yet more street-level offices faced Jackson.

The hotel was on the two upper floors.

In the process of building the hotel, Tonnelier also constructed a new city block by giving the city land to extend what had historically been called Oak Street from Hendry through to Jackson. Oak was renamed Main. (Other developers during the 1920s boom employed this “create-a-street” strategy, which is how Dean Street and Broadway came to be.)



Peter Tonnelier built the Grand Central Hotel at Main and Jackson in 1922. He also donated the land to extend Main from Hendry through to Jackson.

photo courtesy SWFL Historical Society



The city acquired the property from the Tonnelier Estate in the 1960s and subsequently built a parking garage photo by Gerri Reaves

The Grand Central hotel brought a flurry of street-level business activity when it opened. A tea room called the Cocoanut Shell operated in the hotel in its early days, advertising as “the coziest place in the city” and recommending “tropical ginger ale.” It served lunch and dinner and specialized in a variety of refreshing drinks, including fresh orange juice on draught.

It later became Corrigan’s Seminole Restaurant. The Up-To-Date Bakery also did business on the ground floor. Plenty of real estate offices were in residence over the years.

In its later years, the hotel was anything but “grand,” and the word was dropped from the name, leaving it simply “Central Hotel.”

The hotel lasted into the early 1960s but is recalled by locals, if at all, as rundown or even shady. It wasn’t the only Tonnelier hotel to suffer such a fate: the Graystone Hotel on Hendry Street closed in 1973 when the city ordered it to renovate or close.

In 1965, the Central was demolished and several old mango trees and a pecan tree were moved too. However, two huge live oaks were preserved, along with some cabbage palms.

The following year, the city bought the property from the Tonnelier Estate to help fulfill parking needs. The Main Street Parking Garage was subsequently constructed.

Walk down to Main and Jackson and imagine when Tonnelier constructed a new hotel and block as the Boom got underway.

Then learn more about the downtown hotel scene of long ago at the following research centers.




The Southwest Florida Historical Society is an all-volunteer, nonprofit organization open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m. 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. Hours for the nonprofit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only. For more information, call 332-8778 or visit [www.leecountyblackhistorysociety.org](http://www.leecountyblackhistorysociety.org).

Visit the IMAG History & Science Center at 2000 Cranford Avenue or at [www.theimag.org](http://www.theimag.org).

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

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## Parks And Beach Closures

County-owned beaches and the county-owned Fort Myers Beach Pier have closed until further notice, in an effort to slow the spread of COVID-19. This includes beach parking lots, restrooms and county-owned beach access points.

The county sites include:

Beach Parks  
Bonita Beach Park  
Bowditch Point Park  
Bowman's Beach Park  
Causeway Islands  
Crescent Beach Family Park  
Little Hickory Island Beach Park  
Lynn Hall Memorial Beach Park  
Matanzas Pass Preserve  
San Carlos/Bunche Beach Preserve  
Turner Beach Park  
Beach Accesses  
Alison Hagerup Beach Park  
Andy Rosse Lane paddlecraft launch  
Boca Grande Beach Accesses  
Bonita Beach Accesses  
Dog Beach Park  
Estero Island Beach Access  
Matanzas Bridge Fishing Pier  
County Manager Roger Desjarlais

announced the closure using Centers for Disease Control guidance and at a time when many college-age students are on spring break or are in the area while taking online classes.

"While young people may not be as vulnerable to the symptoms of COVID-19 as older adults, they can be asymptomatic and spread the virus to others, including older adults and their own family members," he said.

The county will coordinate enforcement with the appropriate enforcement agencies.

For more information, visit [www.leegov.com/covid-19](http://www.leegov.com/covid-19) or for the locations of county-owned beaches, visit [www.leegov.com/parks/beaches](http://www.leegov.com/parks/beaches).

## Changes In Bus Fares And Utilities

The following updates related to Lee County's response to the COVID-19 situation involve suspending fares for LeeTran riders and stopping service disconnection of Lee County Utilities customers.

Bus fares – Lee County Transit (LeeTran) will suspend fares effective Saturday, March 21. LeeTran riders will not pay until further notice. This step is being taken to reduce interactions between drivers and the public.

The majority of LeeTran's fleet is equipped for rear-entry, which will be used during this time.

Once aboard, riders are encouraged to use guidelines from the Centers for Disease Control on social distancing.

All fixed-route service will continue on regular schedules; Passport services remain available as usual.

It was previously announced that LeeTran trolley and tram services on Fort Myers Beach has been suspended until further notice.

Utilities – In order to promote the guidelines presented by Centers for

Disease Control and DOH, the Lee County Utilities (LCU) will be suspending water shut offs until further notice. Information about online billing and utility questions is available at [www.leegov.com/utilities](http://www.leegov.com/utilities).

LCU is one of about a dozen utilities within Lee County. Customers should check their water bill if they are unsure who their water provider is.

Visit [www.leegov.com/covid-19/](http://www.leegov.com/covid-19/) for additional county updates and information. The county encourages everyone to read the resources offered by the federal Centers for Disease Control ([www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)) and Florida Department of Health ([www.floridahealth.gov](http://www.floridahealth.gov)) and asks residents to avoid speculating based on what may be said on social media.✱

## Great American Cleanup Update

Due to the current conditions in the outbreak of the COVID-19 virus, the upcoming Great American Cleanup, a project coordinated by Keep Lee County Beautiful (KLCB) scheduled for April 25, will be changed. While last year's event attracted over 1,200 volunteers, this year the focus will be on small events throughout the month of April. This would mean the group sizes must be less than 10 volunteers that already know and frequently interact with each other. Your cleanup activities can include your own neighborhood or your favorite park, beach or waterway. KLCB officials will be happy to assist with coordinating events.

Note that all sites currently listed on KLCB's registration page have now been closed. If you registered for one of these cleanup locations, you are encouraged to plan your own small cleanup with family members and friends. You can make a difference.

After you complete your cleanup activities, send some pictures and data from your event to [mike@klcb.org](mailto:mike@klcb.org) to share on social media sites. You will be informed about the positive impact you made on our environment.

Thanks go out for your support and dedication to protecting the environment during these difficult times.✱

## Library Operations

While Lee County Library locations remain closed, materials may be returned at any library location using the exterior book returns.

Other adjustments and reminders regarding library services include:

Due dates for all physical items have been extended and requested materials will be held at library locations until they reopen. There will be no fines charged for days the libraries are closed.

Library card expiration dates have been extended to ensure access to online services available at [www.leelibrary.net](http://www.leelibrary.net).

Telephone reference staff is available to provide assistance from 9 a.m. to 5 p.m. Monday through Friday by calling 533-4636.

The library system's downloadable books, streaming video and other online content are available 24/7 at [www.leelibrary.net](http://www.leelibrary.net).✱

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# Estates Closes Its Property During Pandemic

Edison and Ford Winter Estates has closed its gates to the public due to the concern over COVID-19. All areas of the site, including the Garden Shoppe and Museum Store will be closed for an undetermined length of time.

“These are truly challenging times,” said Mike Flanders, president and CEO, on March 24. “From all of us at the Edison and Ford Winter Estates, we would like to extend our best wishes for good health to you and your loved ones. Because our top priority is the health and well-being of our staff and visitors, our site will be closing today.”

The site opened to the public in 1947, when Mina Edison deeded the property to the City of Fort Myers. Since that time, the site has been a major contributor to the local economy. Her goal was to leave a legacy of Thomas Edison and for people to continue to learn and be inspired by all that he accomplished.

Today, the mission of the organization is to educate the public and inspire an inventive spirit by interpreting and preserving the innovations, legacies, artifacts, gardens, homes laboratory and other structures of Thomas Edison and Henry Ford, emphasizing Florida history, science, horticulture and the arts. Because of the invaluable support from members and the community, the site is able to fulfill this mission.

“My faith and belief in the sincerity of

the people of Fort Myers prompted me to make this sacred spot a gift to you and posterity as a Sanctuary and Botanical Park in the memory of my honored and revered husband Thomas Edison, who so thoroughly believed in the future of Fort Myers,” said Mina Edison.

To continue to educate and inspire the public, the site is launching a social media video series called Edison Ford Goes Virtual, which will be available for all to follow on the @EdisonFordFL Facebook page and on the www.edisonford.org website.

All of the staff at the organization wish everyone the best health as the community passes through these troubled waters.✱

## IMAG Online Programming

The IMAG History & Science Center has temporarily closed in response to the coronavirus. IMAG@HOME is open and free online to students, parents and kids of all ages.

IMAG@HOME is online educational programming, instruction and entertainment. As leaders in STEM (science, technology, engineering, mathematics) and local history education, the IMAG is bringing the history and science center into the homes of many with a daily schedule of programs that entertain and nurture intellectual curiosity and desire to learn. Think of IMAG@HOME as your “daily dose of history and science” in a new, fun digital way.

IMAG@HOME programs include STEM @ Home and Don't Try This at Home

segments, Meet the Keeper live animal encounters, Curator's Corner history and cultural presentations, and Science on a Sphere shows portraying the science of the Earth and our solar system like planetary data for atmospheric storms, climate changes and ocean temperatures. In addition, IMAG@HOME programming also includes other live interactive shows, experiments and demonstrations; do-at-home activities; live streams and pre-recorded shows; and other fun things to do with kids at home.

Participate and join in on the IMAG@HOME fun, learning and activities on Facebook at IMAGHistoryScienceCenter and visit the IMAG to get daily programming schedules as well as additional information at www.theimag.org.✱

## Lee Clerks Office Service Changes

Based on guidance from public health authorities and the escalating health risk to customers and employees, the Lee County Clerk of Courts have made the following changes to services:

Customer Service Counters – Lee County Clerk of Courts is limiting public access to all Clerk of Courts customer service counters. The situation will continue to be monitored and public access will be re-evaluated at office locations on Friday, April 3.

Passport Services – Passport services have been suspended until future notice. Call 1-877-487-2778 for other passport serving locations.

Marriage Licenses – Licenses are being provided if your wedding is in the next 60 days. You must start the application online at www.leeclerk.org and call 533-5007 for an appointment to pick up the license.

Wedding Ceremonies – Wedding ceremonies have been suspended until future notice.

Official Records - Recording Documents – If you know the amount of your transaction, you may drop off or mail your documents with payment, and a self-addressed stamped envelope to the addresses below.

If you do not know the amount of your transaction, you may:

Drop off your documents to the address below in a sealed envelope with your name, address and phone number on the outside of the envelope. You will be called with an amount (including postage

if not including a self-addressed stamped envelope).

Call 533-5007 for an estimate and then mail or drop off your documents with a self-addressed stamped envelope for processing.

e-Record your document using one of the third party vendors listed on our website.

You may pay by credit card over the phone or mail a check.

Drop Off Location – Administration Building, 2115 Second Street, Fort Myers  
Mailing Address – Recording Office, PO Box 2278, Fort Myers 33902

Court Related - Filing Documents and Making Payments – Payment due dates have been extended 60 days. You can pay at www.leeclerk.org or leave your payment in the secure drop box, or pay by mail.

Customers can e-file (www.leeclerk.org), mail or drop off documents. If you mail or drop-off your documents, include your payment, case number, contact information and explanation.

Drop Off Location – Justice Center, 2075 Dr. MLK Boulevard, Fort Myers  
Mailing Address – Clerk of Court's Office, PO Box 2507, Fort Myers

Self Help Center – closed; legal aid appointments have been suspended until further notice.

For recording documents, marriage license and passport questions, call 533-5007. For court-related questions, call 533-5000. Email any questions to leeclerk\_info@leeclerk.org.✱

## Historical Village Twilight Talk Canceled

The Sanibel Historical Village's final Twilight Talk of the season has been canceled. It was to take place on April 7 at The Community House. The speakers were to be Jim Pickens, Ty Symroski and Ray Rhodes. This talk will likely be rescheduled to take place next season.

The Sanibel Historical Village is closed due to the coronavirus and urges people to take appropriate cautions.

If you have bought a ticket, you can hold onto it for next year's event, or you can request a refund. Another option is to make the \$10 ticket price a tax-deductible contribution to the museum.

The fastest way to reach someone

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Royal Palm Square, 1400 Colonial Blvd. #27, Fort Myers





The 2020 scholarship winners

photo provided

## Red Sox Foundation Scholarships

For the fifth consecutive year, the Boston Red Sox honored 13 local public high school seniors, presenting them each a \$5,000 college scholarship by the Red Sox Foundation in a pre-game ceremony prior to game versus the Minnesota Twins on March 8.

The pre-game ceremony included students names being announced over the PA system, walking onto the field,

being presented customized MLB baseballs engraved with their names and shaking hands and taking a photo with Boston Red Sox Florida Business Operations team members Brennan Whitley, Jay Fandel and Allison Bucci; Scholarship Sponsor David Doran of DLD Builders, LLC; Lee County Schools Chief Academic Officer Dr. Jeffrey Spiro; Red Sox mascot Wally the Green Monster; and Red Sox Manager Ron Roenicke.

The students collectively plan to attend colleges in Florida, Georgia, Colorado, Illinois and New York, and study a broad variety of majors from

engineering, microbiology, business and journalism to visual arts, international relations, psychology, hospitality and management.

Scholarship funds are raised from proceeds from the annual Swings for the Sox golf tournament held each fall to benefit the Red Sox Scholarship and other efforts. This past fall's efforts raised \$88,335. In the past eight years, the Red Sox Foundation has raised more than \$411,335 for local nonprofits and scholarships.

"Each year, this is so rewarding for me and I do this because if I can make a difference in one kid's life and change

it somehow, someday, I've succeeded," said Doran, who was the title sponsor of the Swings for the Sox for the fifth consecutive year. "I was born at a Boston city hospital into the adoption ward and I had nothing, and I was fortunate that my parents adopted me, so to give back and help local kids who want to go to college is an incredible experience for me."

"We are so excited to once again award promising local students who will be this community's future leaders scholarships to continue their said Whitley. "Education remains an area of

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# Lahaina Realty | Live the Gulf Coast Dream

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Fort Myers Art:

# Take A Virtual Tour Of All Florida Juried Exhibition



by Tom Hall

The Alliance for the Arts has created a Facebook-based virtual tour of its annual All Florida Juried Exhibition. Although you cannot see the show in the Alliance gallery,

you can view the 60 pieces juried into the show by juror Amanda Poss at [www.facebook.com/artinlee.org/photos](http://www.facebook.com/artinlee.org/photos). Chosen from more than 500 submissions received from artists working in a wide variety of media from all over the state, the juried entries come together for an exciting exhibition representing today's contemporary Florida artists.

All works of art are for sale, so if you see an piece that you'd like to acquire, contact Ehren Gerhard, gallery director, at [exhibitions@artinlee.org](mailto:exhibitions@artinlee.org).

## Wasmer Gallery Showcasing Student Exhibition Electronically

Based on the recommendations of the Centers for Disease Control and Prevention (CDC) and the Board of Governors, all remaining gallery



Art gatherings are not recommended at this time, but virtual tours are a great way to view artwork online  
photo courtesy [www.artswfl.com](http://www.artswfl.com)

openings and exhibitions, theater performances, concerts and recitals in the Bower School of Music & the Arts' 2019-20 season have been canceled. However, there is some great news coming out of the Wasmer Art Gallery. They have prepared an electronic publication showcasing the work in the 22nd annual Student Juried Exhibition, which is available on the gallery's website. They will also be announcing the winners of the various awards for this exhibition, and much of the work will be available for purchase. All of the information about this virtual exhibition can be found at

[www.fgcu.edu/artgalleries](http://www.fgcu.edu/artgalleries). For more information, contact Joanna Hoch, events coordinator, at [jhoch@fgcu.edu](mailto:jhoch@fgcu.edu) or 745-4268.

## The Fate Of The 2020 Fort Myers Film Festival In Question

During the pendency of the COVID-19 outbreak, all outdoor art fairs and festivals, including Fort Myers Art Walk, have been canceled.

No film festivals were scheduled in Southwest Florida for the week of

March 22 to 31. However, because the Sidney & Berne Davis Art Center has announced it will be closed until May 11, the status of the Fort Myers Film Festival – scheduled for May 6 to 10 – is in question. Visit [www.artswfl.com](http://www.artswfl.com) for future updates.

## Fringe Fort Myers Postponed Due To COVID-19

The inaugural Fringe Fort Myers Festival scheduled for April 22 to 26 has been postponed due to COVID-19. The festival would have included 48 genre-defying performances on four different stages, two at the Alliance for the Arts and two at Broadway Palm Dinner Theatre. While the festival will be rescheduled once the coronavirus pandemic subsides, it remains to be seen if all the performers will be available on the new dates.

Fringe Fort Myers is the newest Fringe theater festival in the United States and maintains long-standing Fringe traditions of being 100 percent uncensored, 100 percent unjuried and 100 percent inclusive. Even better, 100 percent of ticket sales go directly to the artists.

*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.\**

From page 1

## Pet Adoptions

companion animals have been infected or could spread coronavirus.

To view adoptable pets, visit [www.gulfcoasthumanesociety.org](http://www.gulfcoasthumanesociety.org).

"We had a wonderful and busy day of adoptions (on March 19) with 14 adoptions going out, as well as 12 fosters," said Galloway. "It is very important to find these animals their forever homes, because in the case we have to shut down to the public, their chances of adoption go down dramatically."

During anxious times, nonprofits are one of the hardest hit areas in the business sector. Galloway is anticipating a drop in both monetary and donated items, but hopes people still will have the shelter animals in the forefront of their minds.

"We survive off of donations, albeit monetary or donated items, and we are happy to accept any type of donation," Galloway said. "Donating items such pet food will also be very important because it will be one of our directives during this time, to help pet owners who are struggling to keep their pets due to financial constraints with food so they are not forced to owner-surrender their pet to a shelter. It is one of the hardest things to do if you are a pet owner, so we want to help as much as we can so it does not have to happen."

"Every donation will be helping either our shelter animals or someone else in need."

To donate, visit <https://donatenow.networkforgood.org/gulfcoasthumanesociety?code=General%20Funds%202020> or drop off donations, or deliver



Joey

photo provided

Amazon orders to: 2010 Arcadia Street, Fort Myers, FL 33916.

GCHS events have all been postponed, including: The Fast and the Furriest (April 5), Rockin' 4 Paws (April 25) and the monthly brewery nights, Goldenfest (March 29) and all Senior to Senior visitations.

"We also want people to take advantage of our low-cost veterinarian clinic to refill any heartworm prevention treatments, update any vaccinations for your pet and medical care," Galloway said.

The GCHS Clinic is located at 2685 Swamp Cabbage Court in Fort Myers. To schedule an appointment, call 332-2719 or email [clinic@gulfcoasthumanesociety.org](mailto:clinic@gulfcoasthumanesociety.org).\*

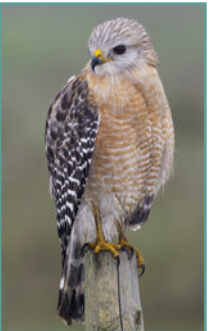
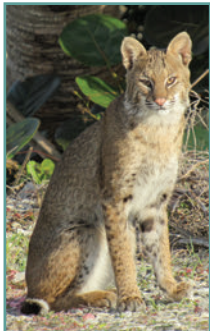
## Help SCCF Bring Back the Barn Owls

Poisoned rats can kill the eagles, hawks, bobcats and owls that eat them.

Tell your pest control professional to **NOT** use these rat poisons:

• brodifacoum • bromailone • difenacoum • difethialone

Or consider not using any rat poisons at all. Instead, seal all entry points to your home.



SCCF 472-2329 • [www.SCCF.org](http://www.SCCF.org)



## Sanibel Music Festival Suspends 2020 Season

Sanibel Music Festival suspends the 2020 season, citing public health concerns and inability of upcoming performers to travel from overseas. "Sanibel Music Festival deeply regrets that, for the first time in 34 years, we have had to suspend the remaining concerts of the 2020 season," said Jana Stone, festival president. "As a volunteer-based nonprofit organization, Sanibel Music Festival relies on the generosity and support of its loyal advocates. In this critical time for many people and cultural organizations, we hope you will choose to donate your unused tickets for the March 21, 24 and 28 concerts."

"Fortunately, two concerts, Emerson String Quartet and Opera Theater of Connecticut Singing Andrew Lloyd Webber, have been rescheduled for next season," said Stone. "Tickets for these concerts will be honored in 2021. Emerson String Quartet will open our 2021 season on March 2 and Opera Theater of Connecticut will perform March 16."

To contact Sanibel Music Festival about a 100 percent tax deductible donation, email [info@sanibelmusicfestival.org](mailto:info@sanibelmusicfestival.org) or call 344-7025 by April 30. To arrange to transfer your tickets to any concert or a mix of concerts next season, email



Emerson String Quartet, rescheduled for 2021 Sanibel Music Festival season, from left, Paul Watkins, Eugene Drucker, Philip Setzer and Larry Dutton photo provided

2020TicketsInfo@sanibelmusicfestival.org by April 30. To request a refund, email [info@sanibelmusicfestival.org](mailto:info@sanibelmusicfestival.org) by April 15.

"We thank the Sanibel Congregational United Church of Christ for allowing us to use their wonderful venue," said Stone. "We are most grateful to our volunteers, generous donors and sponsors, ticket buyers, host families and partners. Without all of you, Sanibel's oldest classical music

festival would not exist."

Sanibel Music Festival is a volunteer organization presenting a concert series of chamber music, piano recital and vocal ensemble of the highest caliber every year in March in a venue that offers excellent acoustics for an intimate listening experience. Visit [www.sanibelmusicfestival.org](http://www.sanibelmusicfestival.org) for the latest news on the 2021 season and more information about the festival venue.\*

## Animal Rescue Clinic Closure

Due to the uncertainty of how the COVID-19 will progress and out of Animal Rescue Coalition's (ARC) desire to care for the community that has supported us for more than 20 years, the Tower Lane clinic is temporarily closed.

While spay/neuter is a vital part of animal welfare work, it is thought to be an elective procedure when compared to what the global healthcare community is facing right now. ARC's Board of Directors, along with ARC's management team, believe that suspending clinic operations and "sheltering in place" is the right thing to do for everyone.

All appointments at ARC's clinic between March 25 and April 15 are canceled. There is a strong likelihood that further cancellations will be announced. Administrative, fundraising and program staff will be available remotely.

Updates will be posted on [www.animalrefugecenter.com](http://www.animalrefugecenter.com) and social media pages. If your pet has not been spayed or neutered, ensure that they are kept away from other animals who have not been altered. With nearly all spay/neuter procedures being canceled across the country, and with many rescues shutting down operations, our expectation is that there will be a tremendous increase in the number of homeless animals. Your ability to prevent unwanted litters by enforcing strict "physical distancing" of your unaltered pet will help to reduce the number of homeless cats and dogs at risk for euthanasia.\*



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# Wildlife Drive, Trails Open At ‘Ding’ Darling

Wildlife Drive and all hiking trails will remain open at the JN “Ding” Darling National Wildlife Refuge on Sanibel from 7:30 a.m. to 7 p.m. There will be no entrance fees. Restroom facilities at the Visitor & Education Center and on Wildlife Drive will also remain open.

The “Ding” Darling Visitor & Education Center, as well as Tarpon Bay Recreation Area and Tarpon Bay Explorers recreation concession, are closed until further notice.

DDWS office (staff is accessible by phone at 472-1100 ext. 232 or online at [www.dingdarlingsociety.org/articles/board-and-staff](http://www.dingdarlingsociety.org/articles/board-and-staff)).

The following are daily closures in tours and programs at the refuge through April 19:

- March 27 – Jack Davis lectures
  - April 1 – *Bird of Prey* film showing
  - April 3 – Jeri Magg lectures
- The health and well-being of visitors, staff and volunteers is priority one during these days of challenges presented by the COVID-19 (coronavirus) outbreak. Stay safe and take necessary

precautions. In that spirit, the refuge has closed most facilities and canceled all events.

For more information, email [toni\\_westland@fws.gov](mailto:toni_westland@fws.gov). To contact “Ding” Darling Wildlife Society, email [director@dingdarlingsociety.org](mailto:director@dingdarlingsociety.org).

Stay tuned to [www.dingdarlingsociety.org/articles/covid-19](http://www.dingdarlingsociety.org/articles/covid-19) for more news of cancellations and closings.✽

## Dean Park Anniversary Tour Rescheduled

Dean Park Historic District has rescheduled its 100th Anniversary House Tour for Saturday, December 5. The tour of 10 historic homes had been set for March 28, but was postponed due to the concerns about the coronavirus pandemic.

“We are delighted that all 10 of our homeowners are able to commit to this new date. Plus, we really wanted to make sure our celebration is held in 2020 – our anniversary year,” said Sheila Pastor, co-chair of the event.

Dean Park, one of the oldest subdivisions in Fort Myers, officially came into being on May 1, 1920, when

John Morgan Dean filed the “Dean’s Subdivision” map with the Lee County Clerk of the Court. The map shows 91 lots, with streets named Rhode Island after Dean’s home state and Providence after his home town.

The historic homes on the tour will include the second house built in Dean Park, a 1917 bungalow built at 2728 Providence Street, the grand two-story Craftsman home built in 1919 at 2706 First Street and eight other historic homes. The event will also include Model A Fords parked in front of each home on the tour, a live Dixieland band and several refreshment stops.

Details on the house tour and all Dean Park homes can be found on the historic district’s website at [www.deanpark.org](http://www.deanpark.org).✽

## Fort Myers Beach Art Group Closes Gallery

The Fort Myers Beach Art Association (FMBAA) Executive Board has voted to close the gallery to the public until further notice due to the current public health advisories.

For more information, send emails to

the art association publicity chair Pam Flaherty at [fmbaapublicity@gmail.com](mailto:fmbaapublicity@gmail.com) or visit [www.fortmyersbeachart.com](http://www.fortmyersbeachart.com).✽

## CROW Visitor Center Closed

Due to ongoing concerns over COVID-19 and preventing its spread, the CROW Visitor Education Center closure has been extended until further notice, including the cancellation of all on site education programs. If possible, seasonal programs including Speaker Series events and Lunch & Learns will be rescheduled at a later date. Check the clinic’s social media and website for future updates.

Additionally, CROW’s annual fundraiser, Southern Comfort on Sanibel, has been postponed. Anyone who has already purchased a ticket or sponsorship for the event will receive direct communication from CROW’s development director regarding the event.

The wildlife hospital will remain open during normal operating hours to accept and treat wildlife patients. If you find injured, sick or orphaned wildlife, call 472-3644 ext. 222.✽

## 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](http://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](http://www.annunciation.fl.goarch.org), 8210 Cypress Lake Drive, 481-2099.

**BAT YAM-TEMPLE OF THE ISLANDS** Friday Shabbat at 7 p.m. [www.batyam.org](http://www.batyam.org), 2050 Periwinkle Way, 579-0296.

### 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](http://www.simplysimpleworship.com), 7050 Winkler Road, Suite 121, 437-8835.

### BREAD OF LIFE MINISTRIES

Sunday 10:30 a.m. 16581 McGregor Boulevard, 267-3166.

### CHABAD LUBAVITCH ORTHODOX

Friday 6:30 p.m., [www.chabadswf.org](http://www.chabadswf.org), 5620 Winkler Road, 433-7708.

### CHAPEL OF CYPRESS COVE

Sunday 10 a.m., [www.revtedalhouse@aol.com](mailto:www.revtedalhouse@aol.com) 10200 Cypress Cove Circle, 850-3943.

### CHURCH OF THE CROSS

Sunday 9:15 and 10:45 a.m. 13500 Freshman Lane, 768-2188.

### CONGREGATIONAL

Sunday 10:30 a.m., [www.taecc.com](http://www.taecc.com), 1619 Llewellyn Drive, 334-4978.

### COVENANT PRESBYTERIAN

Sunday 10 a.m. 2439 McGregor Boulevard, 334-8937.

### CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

Sunday 8 and 10:45 a.m. Jan 1 - Easter; 9 a.m. after Easter - Dec 31.

[www.crownoflifelutheran.com](http://www.crownoflifelutheran.com). 5820 Daniels Pkwy, 482-2315.

### CYPRESS LAKE BAPTIST

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](http://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 8:45 and 10:30 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](http://www.christiansciencefortmyers.net), [www.christianscience.com](http://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.

### FIRST UNITED METHODIST CHURCH

Sunday 9:30 a.m. and 5:30 p.m. [www.fumcftmyers.org](http://www.fumcftmyers.org), 2466 First Street, 332-1152.

### FORT MYERS CHRISTIAN

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

### FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

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

### FIRST PRESBYTERIAN CHURCH OF FORT MYERS

11 a.m. Sunday, [www.fpcfortmyers.org](http://www.fpcfortmyers.org), 2438 Second Street, 239-334-2261

### IONA-HOPE EPISCOPAL CONGREGATION

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

### JESUS THE WORKER CATHOLIC

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

### KINGDOM LIFE

Sunday 10:30 a.m., 2154 McGregor Boulevard, 218-8343.

### LAMB OF GOD

Sunday 7:45 and 10 a.m., [www.lambofgodchurch.net](http://www.lambofgodchurch.net), 19691 Cypress View Drive, 267-3525.

### NEW BEGINNINGS CENTER

Friday 6:30 and 7 p.m. [nbcministry@embarqmail.com](mailto:nbcministry@embarqmail.com), [facebook.com/nbcministry](https://facebook.com/nbcministry), 8505 Jenny Cae Lane, 656-0416.

### NEW COVENANT EYES

Monthly 9 a.m., [www.newcovenanteyes.com](http://www.newcovenanteyes.com), 1900 Park Meadows Drive, 220-8519.

### NEW HOPE BAPTIST

Sunday 11 a.m.; Wednesday 7 p.m. 16120 San Carlos Boulevard, Unit 10, 985-8503.

### NEW HOPE PRESBYTERIAN

Sunday 8, 9:30 and 11 a.m., [www.newhopefortmyers.org](http://www.newhopefortmyers.org), 10051 Plantation Road, 274-1230.

### PEACE COMMUNITY

Sunday 10:30 a.m. [www.peacecommunitychurch.com](http://www.peacecommunitychurch.com), 17671 Pine Ridge Road, 267-7400.

### PEACE LUTHERAN

Sunday 8 and 10 a.m., [www.peaceftmyers.com](http://www.peaceftmyers.com), [peace@peaceftmyers.com](mailto:peace@peaceftmyers.com). 15840 McGregor Boulevard, 437-2599.

### REDEEMER LUTHERAN

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

### RIVER OF LIFE ASSEMBLY OF GOD

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

### SAMUDRABADRA BUDDHIST CENTER

Meditation classes. [www.MeditationInFortMyers.org](http://www.MeditationInFortMyers.org), 567-9739.

### SAINT COLUMBKILLE CATHOLIC

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

### ST. FRANCIS XAVIER CATHOLIC

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

### SAINT JOHN THE APOSTLE METROPOLITAN

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

### SAINT MICHAEL LUTHERAN

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

### SAINT NICHOLAS MONASTERY

Sunday 9:30 a.m., [www.saintnicholasmonastery.org](http://www.saintnicholasmonastery.org), 111 Evergreen Road, 997-2847.

### ST. VINCENT DE PAUL CATHOLIC

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

### SOUTHWEST BAPTIST

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

### TEMPLE BETHEL 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](http://www.templebethel.com), 16225 Winkler Road, 433-0018.

### TEMPLE JUDEA (CONSERVATIVE)

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

### THE FAITH CENTER

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

### THE NEW CHURCH

Sunday 11 a.m., [www.newchurchflorida.com](http://www.newchurchflorida.com), 10811 Sunset Plaza Circle #401, 481-5535.

### UNITARIAN UNIVERSALIST

Sunday 10:30 a.m., [www.uucfm.org](http://www.uucfm.org), 13411 Shire Lane, 561-2700.

### UNITY OF FORT MYERS

Sunday 10 a.m., [www.unityoffortmyers.org](http://www.unityoffortmyers.org), 11120 Ranchette Road, 278-1511.

### WESTMINSTER PRESBYTERIAN CHURCH

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

### WORD OF LIFE

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

### ZION LUTHERAN

Sunday 8, 9:30 and 10:45 a.m., [www.zionfm.org](http://www.zionfm.org), 7401 Winkler Road, 481-4040.✽



## Protect Against Medicare Fraud

Guidance to the state's more than 5.5 million elders on how to protect yourself against Medicare fraud as the state responds to COVID-19 has been issued by The Florida Department of Elder Affairs' SHINE Program.

"Medicare provides some easy-to-use and preventive measures you or your loved ones may wish to use to help avoid identity theft and other potential scams as our state responds to COVID-19," said FDOEA Secretary Richard Prudom. "We encourage all seniors to heed this guidance, including protecting your Medicare number and not giving out your Medicare card to anyone except your doctor or those you know should have it. These suggestions are beneficial for any possible fraud. I also encourage seniors to visit the Centers for Medicare and Medicaid Services dedicated COVID-19 webpage at <https://www.medicare.gov/medicare-coronavirus>."

Keep this list in mind to help prevent Medicare fraud:

Do protect your Medicare number and treat your Medicare card like it's a credit card.

Do review your Medicare claims for errors and problems, including things like fake charges, double billing or other fraudulent activity, waste or abuse.

Do visit [www.medicare.gov/fraud](http://www.medicare.gov/fraud) to learn more about how you can protect yourself from Medicare fraud.

Don't give your Medicare card or Medicare number to anyone except your doctor or people you know should have it.

Every day, Medicare is responsible for developing and enforcing the essential health and safety requirements that health care providers must meet. When you go to a healthcare provider, you expect a certain standard of care, and we work to make sure you get it. That includes taking the following additional steps in response to coronavirus:

Establishing new codes to allow providers to correctly bill for services related to diagnosis and treatment of the illness.

Instructing the national network of state survey agencies and accrediting organizations to focus all their efforts on infection prevention and other cases of abuse and neglect in nursing homes and hospitals.

Instructing nursing homes and hospitals to review their infection control

procedures, which they're required to maintain at all times.

Issuing important guidance answering questions that nursing homes may have with respect to addressing cases of COVID-19

If you think you may have spotted fraud, you should report it right away. No matter how minimal the information you share is, it could be the missing piece to stopping the next fraud scheme. If you are a victim of fraud, know that you won't be penalized or lose your coverage for reporting it. Even if you are not a victim, it's important to report any fraud scams you encounter to Medicare. Report suspected fraud by calling 1-800-96-ELDER or visit [www.floridashine.org](http://www.floridashine.org) and click on the Contact Us tab at the top of the page.✱

## FSW Campuses Close To Students

All Florida SouthWestern State College (FSW) campuses/centers are currently closed to students through Friday, May 1.

Spring 2020 classes will continue online delivery through the end of the spring term.

Summer and Fall 2020 course delivery methods will be assessed at a later date.

Summer and Fall 2020 course registration will begin as scheduled.

Students will not be able to register for classes on campus. All registration must be completed online.

Student services departments will continue to provide student support remotely.

Students are asked to monitor their Bucs email, Canvas and the FSW webpage for further updates.✱

From page 4

## Twilight Talk

at the village is via email at [info@sanibelmuseum.org](mailto:info@sanibelmuseum.org). You can also call 472-4648 and someone will get back to you as soon as possible. In case of an emergency or urgent message, call Executive Director Emilie Alfino's personal cell phone at 357-1644.

For more information and updates about the village or its Twilight Talks, or to make a donation, visit [www.sanibelmuseum.org](http://www.sanibelmuseum.org) or call 472-4648.✱

## Conservancy Raises \$1.6M For The Environment

The 16th annual Magic Under the Mangroves gala raised \$1.6 million for environmental advocacy and protection for the Conservancy of Southwest Florida with a record attendance of 510 supporters. Held March 5 at the Conservancy Nature Center, the theme It's on! Time to Make the Magic Happen celebrated nature at night, featuring an evening of cocktails, hors d'oeuvres, music and a seated dinner by award-winning, certified green caterer Windows Catering, along with a spirited live auction.

Before dinner was served, the live fund-a-need cash call ended after raising \$995,000. After dinner, attendees were asked if anyone would be willing to get the total to \$1 million, and several paddles were raised, bringing the fund-a-need campaign over \$1 million. In 16 years, Magic Under the Mangroves has raised more than \$13 million to fund scientific research, education programs, policy development, advocacy and



Conservancy of Southwest Florida CEO Rob Moher photo provided

wildlife rehabilitation programs that support the Conservancy's longstanding mission of protecting wildlife, water, land and future in Southwest Florida.✱

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# Self-Quarantine With The Fish



by Capt.  
Matt Mitchell

Over the past few weeks, COVID-19 has changed everyone's life on the planet in ways we could not have imagined. Fortunately, I work in a environment that gets me well away from the crowds.

My job encourages social distancing and being out in the sun, and open air has to be about the safest place anyone could be. Even with a huge drop in our business, we are lucky enough as fishing guides to be in that small percentage that can still go to work.

For this, I consider myself very fortunate. This is not the season anyone expected but we are making the most of it.

A exceptionally warm March has kicked our fishing into high gear with tarpon already being caught throughout the sound. With a extremely noticeable lack of boat traffic on the water, we often have these fish all to ourselves.

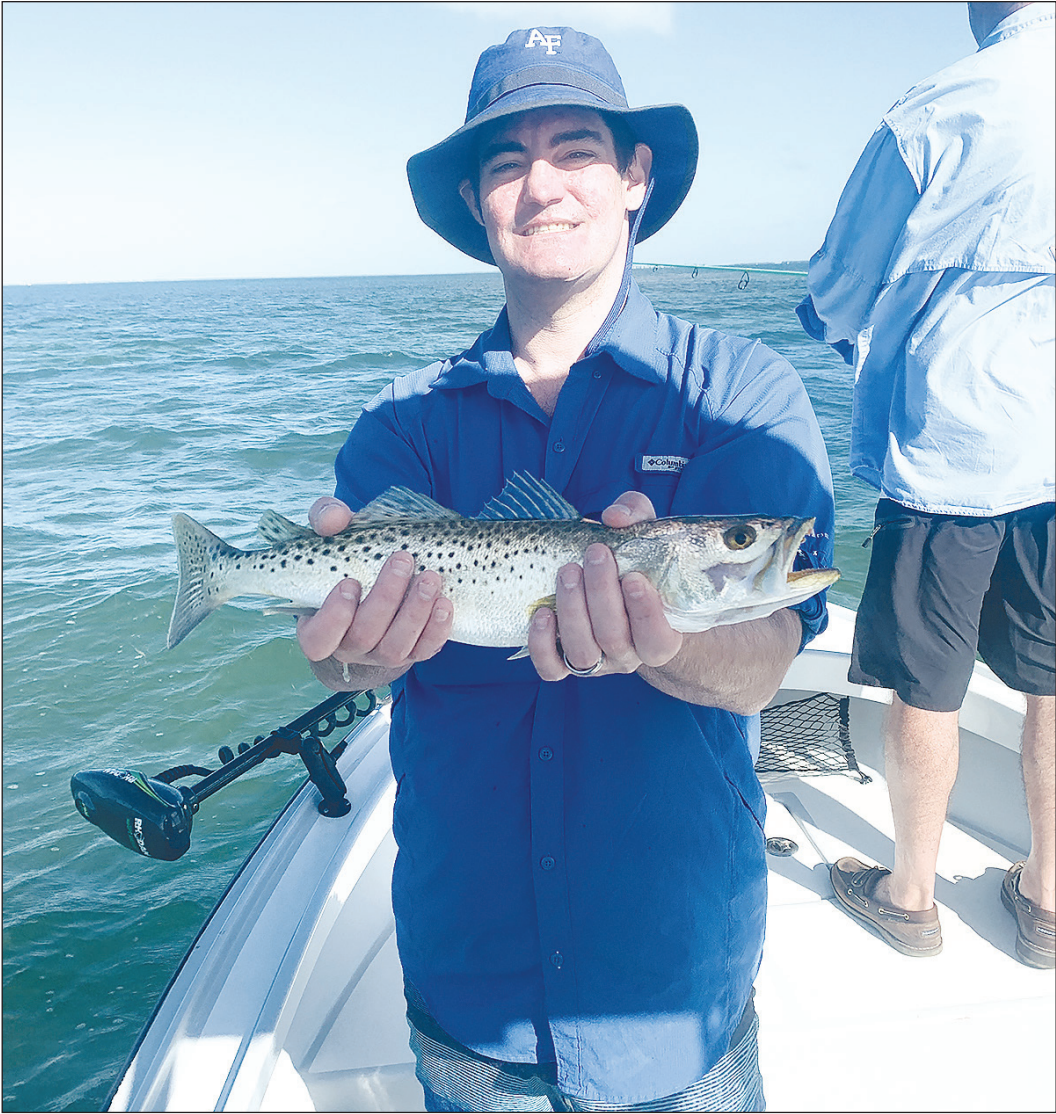
Locating these tarpon in clear water has been amazing. We watch them swim through white-bottomed sand holes in numbers we don't usual encounter until May. Using cut bait on these fish has been the most effective method for me as I just cannot get them to eat a live bait.

Most days this week, I have started off my trips by bouncing live shrimp on a jig head to catch an awesome variety of fish. In the passes, the Spanish mackerel bite has been on fire. While out on the flats, trout, ladyfish and jacks have kept the rods bent. We save some of the ladyfish for cut bait fishing for tarpon and sharks for an hour or so at the end of the trip.

Most days, we have either hooked a tarpon or caught a big shark to finish up the day with a bang. It's always good to start a trip with some great nonstop action before having to exercise some patience while giving the tarpon a go.

Some days, you just need a break from all of the bad news out there. There is not a better way to escape the madness for a few hours than with family and friends out on the water fishing. I can't think of anywhere else I'd prefer to be quarantined.

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](mailto:captmattmitchell@aol.com).✪



Grant got in on the big trout bite this week with Capt .Matt Mitchell

photo provided

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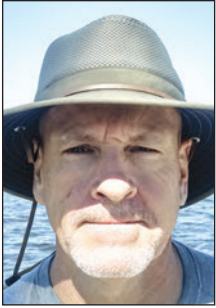
Dave Doane



## CROW Case Of The Week:

## Cedar Waxwing

by Bob Petcher



The cedar waxwing (*Bombycilla cedrorum*) is a colorful bird with a pale brown head with a black mask and white outlining on its face, pale yellow belly, gray tail with a yellow tip

and red tips added to grayish black wings.

You'll often spot cedar waxwings on fruit-bearing trees. They are one of the few North American birds that specializes in eating fruit. In fact, they have been known to survive on fruit alone for several months.

The waxwings are named due to waxy red secretions found on the tips of the secondary inner flight feathers of female birds. These tips may help attract males, but that is not founded.

At CROW, an adult cedar waxwing was admitted after flying into a window at the Minnesota Twins Spring Training stadium in Fort Myers. On intake, it was suspected that the waxwing was temporarily stunned and had suffered head trauma. It had a quiet mentation and was thin. An anti-inflammatory and supportive care was given that night.

The following day, the bird was eating on its own and perching well. The rehabilitation staff decided to give the



Dr. Robin Bast examines patient #20-732 during its 10-day stay at the clinic

photo by Brian Bohlman

bird a flight test, but the patient made no attempt to fly, even with encouragement from the staff. After the flight test, veterinarians noticed a wing hike and, although they were unable to confirm with radiographs due to the small size of the bird, they suspected an injury to the shoulder girdle may be the issue.

"The bird was holding the injured wing at a higher than normal position.

This is often indicative of an injury to the shoulder," said Dr. Robin Bast, CROW's staff veterinarian.

The patient was prescribed cage rest and pain medication. CROW medical staff decided bandaging was not needed. Over the next few days, the bird continued to eat well and gained weight.

"This patient was placed on pain medications and anti-inflammatories as

it healed," said Dr. Bast. "In small birds such as this one, as long as the wing isn't drooping, they often heal better without bandaging and with just strict cage rest.

"Cage rest is preferred for small birds with fractures as long as they can hold the wing normally. In some cases, we can use a lightweight paper tape to help provide extra stability."

After one week, the patient was again flight tested and this time, it passed. It was monitored for a few more days to ensure it continued to have strong flights before being released on March 18.

"This bird healed fast and passed its second flight test strongly, moving around the screened-in porch and turning well. It was moved to an outdoor enclosure for a few days to continue to build its strength up before being released," said Dr. Bast.

The 10 days that the patient was held at the clinic appears to be paying off for its immediate future. After all, there's a good reason why the word "rehabilitation" is in CROW's name.

"Once it was moved outside, all oral medications were discontinued," said Dr. Bast. "Giving the patient a few days outside to build back muscle strength and do its own physical therapy is an important stage before release."

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](http://www.crowclinic.org). ✨

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NMLS #411904







Golden polypody frequently makes its home on a palm tree photos by Gerri Reaves

Plant Smart  
**Familiar  
Florida Ferns**

by Gerri Reaves

More than 160 species of ferns occur in Florida, most of them native. Many are listed as endangered or threatened, and others are classified as commercially exploited.

Nevertheless, some ferns, like the three natives pictured, are common, even ubiquitous. And, they don't all fit the stereotype of the Boston or delicate maidenhair fern in the Victorian parlor.

Golden polypody's (*Phlebodium aureum*) natural habitat is swamps and hammocks. One notable characteristic is a tendency to grow in the boots, or crevices, on cabbage palm (sabal palmetto) trunks or the crotches of trees such as native live oaks (*Quercus virginiana*).

It is an epiphyte, or air plant, meaning that it uses another plant as a growing platform. It derives water and nutrients from the air and debris, and is not a parasite.

It grows in full sun or shade, with arching fronds reaching about two feet long.

The leaflets are slightly wavy and



Resurrection fern grows on furrowed trees such as live oaks

pinnatifid – not completely divided, each curving near the midrib so the leaflets are joined. The frond has a blunt terminal segment.

The creeping golden brown rhizomes, or hairy horizontal rootstock, give it the alternative names Mandaianum rabbit's-foot fern, golden foot fern and golden serpent fern. In fact, polypody means "many feet."

Another member of the polypody family, resurrection fern (*Pleopeltis michauxiana*), also grows in hammocks and swamps, thriving on the limbs of large furrowed trees such as live oak.

The common name refers to its habit of reviving when rain comes, even though it appears dead and dry. This remarkable plant can lose as much as 97 percent of its moisture and still revive.

Like golden polypody, it is an epiphyte and has creeping rhizomes that attach it to the platform plant, but it is smaller, usually with pinnatifid fronds only three eight inches long and shaped like an elongated triangle.

The round distinct sori on the undersides of the leaflets show through on the upper sides. Both resurrection and golden polypody disperse spores on the wind.

Giant leather fern (*Acrostichum danaeifolium*), a member of the maidenhair fern family, is notable for



Giant leather fern is Florida's largest fern

being Florida's largest fern, growing to a height of six to 12 feet.

Because it is highly salt tolerant and can even grow in brackish water, it's found in a broader range of habitats in contrast to many ferns. In addition to hammocks and swamps, it's common along canals, ditches and ponds.

It's even useful in erosion control because of its thick fleshy roots.

The stiff fronds have 20 to 60 pairs of coarse wavy leaflets with under-curling edges.

Reddish brown spore cases coat the undersides of fertile fronds.

The state is home to an abundance

of fern species, but learning to recognize and appreciate just a few will make Florida's landscape more familiar and fascinating.

Sources: *The Ferns of Florida* by Gil Nelson, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *National Audubon Society Field Guild to Florida* by Peter Alden et al., *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, <http://www.efloras.org>, [www.fnps.org](http://www.fnps.org), <http://plants.ifas.ufl.edu>, and [www.regionalconservation.org](http://www.regionalconservation.org).

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

From page 5

**Red Sox**

focus for the Red Sox foundation. These students were chosen based on academics, community service and overall need."

According to Whitley, 191 applications were received this year for the 13 scholarships. The 2020 Scholarship Recipients are as follows:

- Hank Yang – Cape Coral High School
- Abigail Plummer – Cypress Lake High School
- Gildardo Miguel – Dunbar High School

- Mayte Arocha – East Lee County High School
- Zoe Ritchotte – Estero High School
- Liza Francois – Fort Myers High School
- Jori Pineda – Ida Baker High School
- Ryan Logan – Island Coast High School
- Zahria Nelson – Lehigh Senior High School
- Javier Orozco – Mariner High School
- Ashley Tobon – North Fort Myers High School
- Paige Curley – Riverdale High School
- Jamie Sukovich – South Fort Myers High School.\*

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# Talk To Children About COVID-19

The School District of Lee County is committed to keeping students, their families and staff safe and informed with the latest information about the Coronavirus COVID-19. Concern over the virus may make children and families anxious. Helping children cope with anxiety requires providing accurate prevention information and facts without causing undue alarm.

The National Association of School Psychologists and National Association of School Nurses are sharing the following advice for parents.

## Remain calm and reassuring:

Children will react to and follow your verbal and nonverbal reactions.

What you say and do about COVID-19, current prevention efforts and related events can either increase or decrease your children's anxiety.

If true, emphasize to your children that they and your family are fine.

Remind them that you and the adults at their school are there to keep them safe and healthy.

Let your children talk about their feelings and help reframe their concerns into the appropriate perspective.

## Make yourself available:

Children may need extra attention from you and may want to talk about their concerns, fears and questions.

It is important that they know they have someone who will listen to them; make time for them.

Tell them you love them and give them plenty of affection.

## Avoid excessive blaming:

When tensions are high, sometimes we try to blame someone.

It is important to avoid stereotyping any one group of people as responsible for the virus.

Bullying or negative comments made toward others should be stopped and reported to the school.

Be aware of any comments that other adults are having around your family. You may have to explain what comments mean if they are different than the values that you have at home.

## Monitor television viewing and social media:

Limit television viewing or access to information on the Internet and through social media. Try to avoid watching or listening to information that might be upsetting when your children are present.

Speak to your child about how many stories about COVID-19 on the Internet may be based on rumors and inaccurate information.

Talk to your child about factual information of this disease – this can help reduce anxiety.

Constantly watching updates on the status of COVID-19 can increase anxiety – avoid this.

Be aware that developmentally inappropriate information (i.e., information designed for adults) can cause anxiety or confusion, particularly in young children.

Engage your child in games or other interesting activities instead.

Maintain a normal routine to the extent possible.

Keep to a regular schedule, as this

can be reassuring and promotes physical health.

Encourage your children to keep up with their schoolwork and extracurricular activities, but don't push them if they seem overwhelmed.

## Be honest and accurate:

In the absence of factual information, children often imagine situations far worse than reality.

Don't ignore their concerns, but rather explain that at the present moment very few people in this country are sick with COVID-19.

Children can be told this disease is thought to be spread between people who are in close contact with one another – when an infected person coughs or sneezes.

It is also thought it can be spread when you touch an infected surface or object, which is why it is so important to protect yourself.

For additional factual information, contact your school nurse, ask your doctor, or visit [www.cdc.gov/coronavirus/2019-ncov/index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html).

## Know the symptoms of COVID-19:

The CDC believes these symptoms appear in a few days after being exposed to someone with the disease or as long as 14 days after exposure:

- Fever
- Cough
- Shortness for breath

For some people the symptoms are like having a cold; for others they are quite severe or even life threatening. In either case, it is important to check with your child's healthcare provider (or yours) and follow instructions about staying home or away from public spaces to prevent the spread of the virus.

## Review and model basic hygiene and healthy lifestyle practices for protection:

Encourage your child to practice every day good hygiene – simple steps to prevent spread of illness:

Wash hands multiple times a day for at least 20 seconds (singing Twinkle, Twinkle Little Star slowly takes about 20 seconds).

Cover their mouths with a tissue when they sneeze or cough and throw away the tissue immediately, or sneeze or cough into the bend of their elbow. Do not share food or drinks.

Practice giving fist or elbow bumps instead of handshakes. Fewer germs are spread this way.

Giving children guidance on what they can do to prevent infection gives them a greater sense of control over disease spread and will help to reduce their anxiety.

Encourage your child to eat a balanced diet, get enough sleep and exercise regularly; this will help them develop a strong immune system to fight off illness.

## Discuss new rules or practices at school:

Many schools already enforce illness prevention habits, including frequent hand washing or use of alcohol-based hand cleansers.

Your school nurse or principal will send information home about any new rules or practices.

Be sure to discuss this with your child.

Contact your school nurse with any specific questions.

## Communicate with your school:

Let your school know if your child is sick and keep them home. Your school may ask if your child has a fever or not. This information will help the school to know why your child was kept home. If your child is diagnosed with COVID-19, let the school know so they can communicate with and get guidance from local health authorities.

Talk to your school nurse, school psychologist, school counselor, or school social worker if your child is having difficulties as a result of anxiety or stress related to COVID-19. They can give guidance and support to your child at school.

Make sure to follow all instructions from your school.

## Keep Explanations Age Appropriate:

Early elementary school children need brief, simple information that should balance COVID-19 facts with appropriate reassurances that their schools and homes are safe and that adults are there to help keep them healthy and to take care of them if they do get sick. Give simple examples of the steps people take every day to stop germs and stay healthy, such as washing hands. Use language such as "adults are working hard to keep you safe."

Upper elementary and early middle school children will be more vocal in asking questions about whether they truly are safe and what will happen if COVID-19 comes to their school or community. They may need assistance separating reality from rumor and fantasy. Discuss efforts of school and community leaders to prevent germs from spreading.

Upper middle school and high school students are able to discuss the issue in a more in-depth (adult-like) fashion and can be referred directly to appropriate sources of COVID-19 facts. Provide honest, accurate and factual information about the current status of COVID-19. Having such knowledge can help them feel a sense of control.

## Suggested Points to Emphasize When Talking to Children:

Adults at home and school are taking care of your health and safety. If you have concerns, please talk to an adult you trust.

Not everyone will get the coronavirus (COVID-19) disease. School and health officials are being especially careful to make sure as few people as possible get sick.

It is important that all students treat each other with respect and not jump to conclusions about who may or may not have COVID-19.

## There are things you can do to stay healthy and avoid spreading the disease:

Avoid close contact with people who are sick.

Stay home when you are sick.

Cover your cough or sneeze into your elbow or a tissue, then throw the tissue in the trash.

Avoid touching your eyes, nose and mouth.

Wash hands often with soap and water (20 seconds).

If you don't have soap, use hand sanitizer (60 to 95 percent alcohol-based).

Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.\*

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## Book Review

## Mr. Nobody



by Di Saggau

**M**r. Nobody is a psychological thriller with characters you'll actually care about as you see them headed for a memorable unexpected ending. A man with a head wound is found on

a British beach, with no identification and unable to speak. He drifts in and out of consciousness, having no memory of who he is or how he arrived on the beach. He becomes known as Mr. Nobody. Everyone wants to know who he is and what happened to him. A clue is written on his hand, but no one knows what it means. They name him Matthew.

Dr. Emma Lewis, a neuropsychiatrist, is called in to assess the patient in a small town in the English countryside. She feels this is the case that could make her name known around the world. It's the chance she's been waiting for but there's one problem. Emma left this same town 14 years ago and has taken great pains to cover all traces of her past since that time. The more time she spends with her patient, the more she realizes that he may be someone who knows something about her that she doesn't want anybody to know. Emma and her family were so traumatized by something years ago that they needed new names.

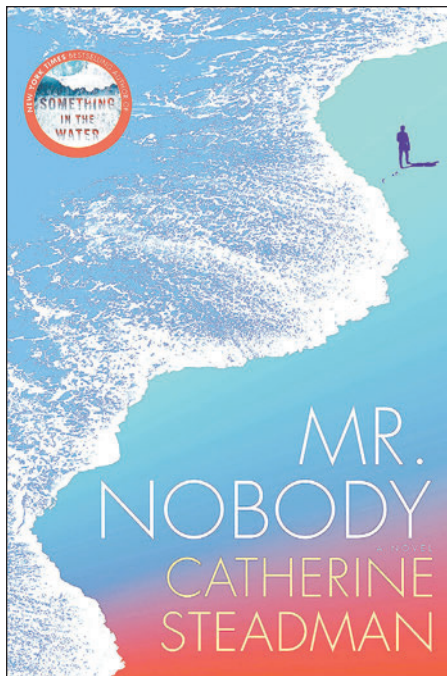


image provided

He needs to remember and she needs to forget. Emma says, "No one becomes a psychiatrist by accident. We learn what makes the brain work." She tries to prove her new theories about fugue states. They are skeptical, but Matthew's case seems authentic, and his brain scans share an odd similarity with a previous case from years ago. Emma feels someone is protecting Matthew. As Emma takes charge of her patient, his memories start to entangle their pasts together, and it leads to a brilliant ending. *Mr. Nobody* is the perfect read for a dark and stormy night.✧

## School Smart



by Shelley M. Gregg, NCSPP

**D**ear Readers, This is an extremely stressful time for all of us. We have health concerns, of course, and if you're the parent of a school-aged child, you're

now are facing an indeterminate amount of time at home with them, while working remotely and trying to provide for their educational, social and emotional growth. This is quite overwhelming, so now is a good time to implement strategies to cope with the stresses this will bring.

Children need routine and predictability in order to feel safe. This is especially important during a time of crisis. It's one thing to be out of your routine for a few days. Our current situation is quite different as we will be out of our routines for an unknown amount of time, with ending date in sight. Since kids thrive on structure and predictability, now is the time to create order in your days as soon as possible but with some flexibility. Here are some suggestions.

Set up a schedule that involves regular times for bathing, eating, schoolwork/learning activities and socializing.

Maintain the same rising and bedtime routines your kids are used to. Do not take away the structure and normalcy that will keep your child feeling safe. There is room for some flexibility, but a general structure and flow to the day that the kids can expect will help you greatly.

Depending on your child's age, they will most likely have some academics they're expected to keep up with at home. My best suggestion here is to establish certain times of the day and a certain place for study at your house. Make sure to alternate learning time with periods of play/relaxation/physical exercise. Find ways to let out steam like singing, painting, a quick run around the block, or climbing a tree, whatever works to make you (and them) smile and provide a brain break and some exercise.

Make sure to include non-screen time activities for your child. Reading with your child, doing hands-on projects, even baking and playing board games can be educational. Schools have or will be sending learning packets and materials to guide you.

Limit your child's anxiety by managing your own. While kids will have varying levels of awareness about the scope of concern over the coronavirus, they will pick up on parents' anxieties. Talk to your kids about what is going on, calmly. Fortunately, we can honestly tell our kids that most children are not becoming very sick from this virus, and that they should be OK. You can explain to them why we are practicing "social distancing" and use this as a teachable moment in prevention. There is no need to unduly scare our kids, but they should have a general idea of what's going on. And if you and another adult are going to discuss the coronavirus, be mindful of your child's age and emotional ability to process the conversation they may be privy to. Kids hear everything, except when you want them to listen.

This isn't the time to reprimand for every annoying behavior. Try to ignore what you can ignore and save your disciplining for the more serious behaviors. Remember, that ignoring irritating behavior and complementing positive behaviors is a powerful way to manage. Make sure as well that you and your children have time and space away from each other. Try to create alone, independent and quiet times for all of you.

Ask your kids to help. Kids like to feel that they have an important role. Help them understand that this is an unusual time, and that we all need to pitch in to get through it. If your kids don't have a few chores yet, this is a great time to start. Make it a daily part of their routine and let them know that they're helping the family out by doing their part. Also let your kids know that by practicing social distancing, they are doing a great service to other more vulnerable community members. Help when and wherever you can and let your child brainstorm ways to help.

You are your child's role model in this crisis. Teach them how to be strong and caring. Show them how to reach out to friends and family to give and receive support. We are in an uncharted situation, but we will succeed.

Adapted from *How to Prepare for Extended School Closings* by Liz Faria

Shelley Gregg is adjunct faculty at Florida SouthWestern State College, where she teaches 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. Not all questions submitted can be addressed through this publication.✧

## EPIC FIRES OF FORT MYERS

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



THOMAS P. HALL  
ROBIN C. TUTHILL, EDITOR

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## Valerie's House Virtual Grief Support Groups

**V**alerie's House, a non-profit organization in Southwest Florida with its sole mission to help children grieve, is launching virtual grief support groups for children and adult caregivers. Using a secure and HIPAA compliant platform, the virtual support groups will be available to all children and families in the Valerie's House program starting Monday, March 30.

Due to restrictions brought on by the COVID-19 pandemic, Valerie's House families are not able to meet in-person for their regularly scheduled grief support group sessions. Valerie's House locations in Fort Myers and Naples are currently closed to the public. However, staff members are working remotely to keep families connected to each other and to Valerie's House during these uncertain times.

"Grief can be such an isolating experience by itself," said Angela Melvin, founder and CEO of Valerie's House. "New protocols keeping families from

continued on page 17



## Deaf Awareness Programs To Aid Businesses

Sally J. Pimentel Deaf & Hard of Hearing Center (DHHC) is helping Lee County businesses enhance communication with the deaf and hard of hearing community by offering free lunch and learn programs on deaf awareness and American sign language.

A \$5,000 grant from the Southwest Florida Community Foundation launched Sign the City, a program to bring lunch for 15 to 20 people and teach employees how to sign the alphabet, common introductions and specific words related to business to help with communication with clients. In addition to lunch, an American sign language instructor and all materials are provided.

The program provides about 60 minutes of engaging instruction and serves as an opportunity for employers and their associates to explore Deaf Culture and learn how to better communicate with potential employees and customers who are deaf or hard of hearing. Lunch is provided in partnership with Glory Days Café.

"What was great about it is we now know the center exists and we have a place to fall back on if any of our clients need things we can't provide" said Enas Bendeck, an employment consultant and job coach for Goodwill Industries. In addition to basic sign language,



Sally J. Pimentel Deaf & Hard of Hearing Center Executive Director Alicia Miller and American Sign Language instructor Audrey Rodriguez lead a recent lunch and learn program photo provided

the team learned about resources for connecting hard of hearing employees with others in the community. "We are constantly looking at how to provide the best service to everyone."

Bendeck said many of the 15 attendees at the Goodwill session asked about taking additional American sign language classes, and she hopes

to connect other departments and businesses with the program.

"It was engaging, informative and fun," Bendeck said. "I think there's a need for it."

Any business interested in scheduling a lunch and learn can call 461-0334 for voice phone or 247-5821 for video phone.✱

## Road Work

The Lee Board of County Commissioners recently voted to award a contract to Community Asphalt Corp. to perform milling and resurfacing of various arterial and collector roadways in Lee County.

The \$1.8 million contract is part of a total resurfacing budget of \$10 million per year, which includes \$5 million for Lehigh Acres, \$4 million countywide resurfacing and \$1 million for Del Prado Boulevard.

Work is scheduled to begin on this project in April. Funding is available in the capital improvement program.

Some of the roads to be milled and resurfaced include: Corkscrew Road from Carter Road to Alico Road; South Point Boulevard from College Parkway to Cypress Lake Drive; Orange River Boulevard from State Road 80 to Sabal Lane; and Corporation Circle. For more information, visit [www.leegov.com/dot](http://www.leegov.com/dot).✱

## Shell Factory Suspends Business

The Shell Factory & Nature Park at 16554 North Cleveland Avenue in North Fort Myers has temporarily suspended business until further notice.

The Nature Park animals will remain on site during the closure. The Shell Factory is accepting donations for the Nature Park Environmental Education fund, a 501(c)3 that helps support the care needed for the animals. Those interested in donating can visit [www.shellfactory.com](http://www.shellfactory.com).✱

## Bank Modifies Operations

In an effort to protect the health and safety of team members and customers, Sanibel Captiva Community Bank has temporarily closed all branch lobbies, until further notice. All drive-through locations remain open during regular business hours.

Customers have access to accounts 24/7 through online and mobile banking and are encouraged to use these services to the extent possible, including account balances, bill pay, account transfers, Zelle and check depositing.

Individual location information: Main Office, 2475 Library Way, Sanibel.

McGregor Branch, 15975 McGregor Boulevard, Fort Myers.

Winkler Branch, 7040 Winkler Road, Fort Myers.

Gateway Branch, 11691 Gateway Boulevard, Fort Myers: drive-through available and open during regular business hours; limited lobby and safety deposit box appointments available; call 472-6100.

Periwinkle Branch, 1037 Periwinkle Way, Sanibel: temporarily closed until further notice; customers should visit the drive-through at the main office, 2475 Library Way, Sanibel.

Downtown Branch, 1533 Hendry Street, Unit 100, Fort Myers: walk-up customers will be accepted one at a time; limited lobby appointments

available; call 274-6205.

College Parkway Branch, 7500 College Parkway, Fort Myers (Operations Center): visit the drive-through at the Winkler Branch, 7040 Winkler Road; limited lobby appointments available; call 472-6200.

For more information, visit [www.sancapbank.com/coronavirus-covid-19-update](http://www.sancapbank.com/coronavirus-covid-19-update).✱

## United Way Helping Businesses With Excess Food

As the COVID-19 situation evolves, United Way stands ready to assist businesses with food rescue as they see a disruption in their general operations. As restaurants cut hours or production, there may be a need to responsibly re-allocate excess food.

United Way will work with area restaurants to coordinate the pick-up and distribution of perishable and non-perishable food items. United Way collaborates with a network of social services and will distribute donated food to agencies working with families in need. Restaurants may contact Alexis at 433-7551.

United Way will not be distributing food directly to individuals. For families and individuals looking for food resources, call United Way 211 by dialing 2-1-1 or 433-3900.✱

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## May You Live In Interesting Times



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

“May you live in interesting times” purports to be a Chinese blessing that is really a curse. The “blessing” is, of course, used ironically.

Life is generally better in uninteresting times, that is, periods of peace and tranquility as opposed to living in an age the coronavirus, quarantined cities, plummeting stock markets and geopolitical unrest.

Despite being attributed as a Chinese curse, there is no known equivalent Chinese expression. It’s nearest known phrase, “Better to be a dog during peacetime, than a human in times of war,” was

published in a 1627 story collection by Feng Menglong.

Nevertheless, how shall we react to our interesting times?

I believe one answers that question by first determining what one has control over and what one does not. There is much that no one has much control over. It would be nice to wave our magic wand and return to normal life as quickly as possible, obviously.

What we do control is our reaction to events. We’ve been told not to congregate in large groups, to wash our hands often and to remain vigilant.

Six months ago, when I suddenly needed triple bypass open heart surgery, it was fortunate that I had my estate plan completely in place. My health care and living will directives were up to date and easily assessable. My assets, insurance and 401(k) plans were all aligned with my estate plan.

Had I unexpectedly died I was comforted that I wasn’t the proverbial “cobbler whose children had no shoes.”

But so many individuals don’t have plans in place. Or the plans that they do have

aren’t up to date, compliant with current Florida law and federal tax law, or have assets and accounts aligned with their planning.

Recently, I took a telephone call from an individual who desperately wanted to put a plan into place. They said they didn’t have the coronavirus, but that they were scared and wanted to act. They asked whether I could put something in place before they left for their Massachusetts residence, as they had to return up north soon to help watch grandchildren whose schools and daycare closed while the parents worked.

“When are you leaving for Massachusetts?” I asked.

“Friday.” They responded.

“As in THIS Friday? Two days from now?” I gasped.

“Yes. Can you at least put a stop-gap will in place?”

Even a stopgap will take time to properly complete. I promised that we could start on the planning, but I would need to gather our usual preliminary information first. Then we could interact via video conference to put together the details, but it would likely be a few weeks before they would sign a complete and thorough estate plan.

It is quite fortunate that we have video conferencing technology. I’m not talking about Skype or Facetime. We use a platform that allows us to pull up documents on the screen so our clients can review certain provisions with us in real time.

I think that’s pretty cool.

A silver lining perhaps, in our interesting times.

As a side note, my oldest daughter lives and works in Manhattan. As I’m writing this, she and her boyfriend are fleeing their 1,200-square-foot apartment on the upper east side to temporarily reside with his parents in Montclair, a New Jersey suburb across the Hudson River. They don’t want to be trapped in an apartment if they sequester people inside like what’s happening in many European cities.

My wife and I were supposed to go visit her in a few weeks, and we also had tickets to a Broadway show. I guess that’s not happening.

Hang in there everyone. This can’t last forever.

Can it?

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## ABWA Chapter Names Woman Of The Year

The Imperial River Chapter of the American Business Women’s Association (ABWA) has named Erin White, owner of Paradise Coast Consulting, LLC, as its Woman of the Year. The initial vote resulted in a tie, triggering a run-off, with White emerging as the winner. “I am truly honored to be chosen by my peers in a fair contest,” said White.

White has been a member of ABWA since 2014, when she joined the Sanibel Captiva Charter Chapter, eventually serving as webmaster and as vice president of that chapter. She has also served as the finance officer of ABWA’s Southwest Florida Council, and is the council’s current vice president. In 2016, White joined forces with a small group of ABWA members from all over Southwest Florida to create a new chapter formation. While ABWA chapters existed in both Fort Myers and Naples, the Estero/Bonita Springs area lacked an ABWA presence.

“This woman is a visionary,” said Debra Lee Nashed, owner of Debonair Concierge Travel and a former Woman of the Year herself. “She saw a void and used her skill and knowledge to help fill it, to bring the benefits of ABWA membership to women in the southern part of Lee County. She put us on the map and streamlined our processes, bringing us into the 21st century. We are lucky to have her all the way from Wall Street.”

White is a former vice president of information security and risk management at JPMorgan Chase. Recession layoffs led to her departure from that organization and the creation of her consulting business in Fort Myers, where she helps small businesses and nonprofits to use technology to improve their web



Erin White

photo provided

presence, communications and business processes. Among her nonprofit clients is the Lakes Park Enrichment Foundation, where she serves as executive director. Her primary areas of focus are women in the workplace, outdoor recreation and environmental education.

White is a graduate of Dowling College in New York and earned her Florida Master Naturalist certification from the University of Florida Institute of Food and Agricultural Sciences (UF/IFAS). She uses her master naturalist training to promote the benefits of conservation and environmental education for Lee County’s Conservation 20/20 program. She has served as the board chair for the Florida Society of Ethical Ecotourism, as programs and communications chair for the Southwest Florida Friends of the Master Naturalist Program, and is a two-time nominee for Lee County, Florida’s Paulette Burton Citizen of the Year Award. Other certifications include social media from FGCU, certified guest service professional from the American Hotel & Lodging Association, and natural resources advocacy from UF/IFAS.✧

## Lee Government Expands Closures

Lee County Government is expanding previously announced closings until further notice and is moving more services online in an effort to slow the spread of COVID-19.

For a complete list of Lee County government closings, visit [www.leegov.com/COVID-19](http://www.leegov.com/COVID-19) or Facebook: Lee County Government.

The majority of the remaining public lobbies in county-owned buildings are closed.

Also included is Lee County Domestic Animal Services, which last week began conducting pet adoptions and fostering by appointment only in the lobby. Because of community response, a minimum number of animals remain and adoptions and fostering are suspended at this time; staff will continue to feed and clean at the shelter. Animal Control Officers will continue to respond to calls such as those for dangerous dogs. Provisions are in place to handle strays; call 533-7387.

Lee County Library System book-return sites will close at all locations on Thursday, March 26. Library patrons are asked to refrain from leaving materials next to book returns after that date. No late fees will be charged. Lee County libraries online services remain available at [www.leelibrary.net](http://www.leelibrary.net); the telephone reference call center is open 9 a.m. to 5 p.m. Monday through Friday at 533-4636.

“Taking the next 15 days or so to practice best hygiene and observe federal and state guidelines, we potentially can slow this virus down and limit the timeframe that we have to have our lobbies and facilities closed,” Lee County Manager Roger Desjarlais said.

County staff from the organization’s various departments who can work remotely are doing so.

Essential services continue, such as water-sampling for Lee County Utilities and Natural Resources as well as small-crew road work, traffic-signal monitoring

and regularly scheduled garbage collection.

Lee County residents seeking general information about COVID-19 and its related impacts on the community can call the United Way 211 Helpline by dialing 2-1-1 or 433-3900 between 8 a.m. and 6 p.m.✧

## Tax Collector Waives Fees

All Lee County Tax Collector service center locations have been closed until further notice. Lee County residents needing to complete transactions with the tax collector will be able to do so at the official website, [www.leetc.com](http://www.leetc.com), by mail and drop box.

Registration renewals, tax payments and business tax receipt renewals can be mailed to the tax collector or dropped off in drop boxes located at each service center location with no additional fees incurred. To find the correct mailing address for your payment or renewal, visit [www.leetc.com/contact-us](http://www.leetc.com/contact-us).

At the direction of Governor DeSantis and in a response to the current health emergency, all driver licenses (including commercial driver licenses) and identification cards in the state of Florida expiring between March 16 and April 15 will have a 30-day extension to renew, and the effective date of those documents has also been extended by 30 days. Any delinquent renewal fees incurred during the extension period will be waived. Floridians traveling out of state are encouraged to print the Emergency Order. It’s available at <https://bit.ly/2IZveEy>.

The Lee County Tax Collector is urging Lee County residents to visit the official website at [www.leetc.com](http://www.leetc.com). Many services can be accomplished online and do not require an in-person visit.✧



# A Viral Primer

submitted by J.  
Bruce Neill, PhD



In the very broadest of terms, there are three major categories of living things on our planet: true bacteria, ancient bacteria and everything else.

Two things are noteworthy in the previous sentence. First, viruses are not included (they are not in everything else). Secondly, I use the term “everything else” as one large category – technically, they are the eukaryotes, which include plants, animals, fungi and all single-celled organisms that are not bacteria.

In biology, the study of living things, we utilize a set of characters to define “living.” Primarily, they have the ability to utilize energy to become organized, they reproduce, and they are composed of individual units called “cells” (organisms may be composed of many cells, or they may be a single cell). Although viruses are composed of a structure that is similar to a cell, they do not have the ability to reproduce without the utilization of another organism (called a “host cell”), nor do they consume energy.

Viruses were first discovered in 1892 in the tobacco plant. And yes, viruses attack plants, animals and even bacteria. An individual virus is known as a viral particle, or a virion. It is composed of a protein-like outer shell, surrounding either DNA or RNA. Viruses invade a cell and direct the cell’s machinery to make new copies of the virus.

What is a coronavirus?

The virus responsible for COVID-19 is a coronavirus. There about 40 different types of known coronaviruses. Seven have been reported to infect and cause disease in humans. Four of these cause mild symptoms similar to the common cold, but three coronaviruses cause severe and potentially deadly infections.

The three strains known to cause infections in humans are: SARS-CoV, the Severe Acute Respiratory Syndrome coronavirus, MERS-CoV, the Middle East Respiratory Syndrome coronavirus, and now, SARS-CoV2, which is responsible for the current coronavirus

disease COVID-19.

Of course, this is still uncertain, but for now, it appears that SARS-CoV2 is less deadly than the other two coronavirus strains, but more contagious. The mortality rate for SARS was around 10 percent. The mortality rate for MERS was around 37 percent. Although uncertain, our best understanding of the mortality rate for COVID-19 is around 1 percent.

How are viruses transmitted?

Different types of viruses spread in different ways. One transmission pathway is through disease-bearing organisms known as vectors. Viruses are often transmitted from plant to plant by insects that feed on plant sap, such as aphids; viruses in animals can be carried by blood-sucking insects. Influenza viruses are spread by coughing and sneezing. Norovirus and rotavirus, common causes of viral gastroenteritis, are transmitted by the fecal-oral route, entering the body in food or water. HIV is one of several viruses transmitted through sexual contact and by exposure to infected blood.

Why do we call it a “novel” virus?

Most new viral diseases in humans are zoonotic, meaning that they originate in wild animals (mostly mammals) and then cross over to people. Among mammals, bats have a higher number of zoonotic viruses.

In the 2003 SARS outbreak, the coronavirus jumped from bats to civets – a small type of primate that was being sold as food in a market – and then from civets to people. In the 2012 MERS outbreak, the MERS coronavirus jumped from bats to camels and then from camels to people. We do not yet know the path for SARS-CoV2 coming into humans, but it seems likely that it was originally in bats. As a result of the COVID-19 epidemic, China placed a permanent ban on wild animal markets.

While you are sheltering, washing your hands frequently and keeping a safe distance from others, take time to go outside and enjoy nature. Breathe fresh air, get some exercise and let the wonders of our natural world ease your tension and anxieties. This will pass, and we will have a better future for what we have learned.

*Dr. Neill is the director of education at Sanibel Sea School. Part of the SCCF (Sanibel-Captiva Conservation Foundation) family, Sanibel Sea School’s mission is to improve the ocean’s future, one person at a time.\**

From page 14

## Valerie’s House

group gatherings have our children and families feeling even more alone and anxious. These groups will allow children to stay in touch with their friends and with the Valerie’s House team for ongoing support.”

Children and caregivers will meet on their regularly scheduled grief support night on the virtual platform, for the easiest transition. The peer support groups will be led by the trained group facilitator the children and families are already comfortable with and trust.

Valerie’s House is also providing grief support activities for children to work on with their families at home.

In addition to providing virtual grief support groups, Valerie’s House has launched a weekly e-newsletter to families and is focusing its efforts on connecting families with additional resources in the community that are available to help them during this time.

Valerie’s House is accepting appointments for new enrollments. Families in need of grief support for children can reach Program Director Amy Strom by phone at 841-9186 or by emailing amy@valereshouseswfl.org.\*

Superior Interiors

## How To Decorate Your Children’s Bathroom



by Katie Frederick

Having multiple bathrooms in your home is a blessing, especially when you have children. There’s more room for everyone to get ready, thus saving both time and stress

during those hectic weekday mornings and in between weekend activities. Dedicating an entire bathroom to your children (or grandchildren) also provides an opportunity for creativity in the design department. In fact, you may feel more inclined to step outside of your comfort zone here and let your kids express their own creative freedom during the decorating process.

Whether you’re interested in remodeling the children’s bathroom or you just moved into a new house and have the extra space for the first time, here are a few tips and tricks for giving the washroom some personality.

Choose a theme with longevity – One thing that tends to mess with the idea of taking on a home redesign project is its ability to stay relevant and trendy over the years. To ensure the space doesn’t age as

your children do, be strategic with your design and decor choices.

Stick to colors and themes that will grow with your child – If you want to go with branded items, leave those to artwork and changeable items so they can be replaced as your child’s interests inevitably change.

Include your kids in the design process – The last thing you want to do is take over your children’s bathroom without asking for their input. Whether they’re young or in their teen years, including the kids in the redecorating process can make your life easier and can also make them feel better about the new look. Ask their opinion, incorporate their favorite colors and, as they get older, let them have more control in the decisions. They might make unexpected decisions, but letting them express themselves in their surroundings may be a welcome experience.

Make storage systems a high priority – The bathroom often tends to be the place that can get a little overwhelmed and messy since it’s such a small area that sees high traffic daily. Installing efficient storage systems will not only encourage easy cleanup, but they also have a way of making the room look sleeker and more put together.

Choose a design style that can grow with your children – Incorporate storage systems so all of their hygiene products stay corralled and in a tidy manner. Keep the cleaning methods simple and to the point, so they take care of the cleaning tasks quickly and easily.

*Katie Frederick is an interior designer on Sanibel/Captiva Islands. She can be reached at katie@coindecnden.com.\**

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From left, Dr. Rick and Ellie Klein, Kevin Hines and Paul Simeone

photos provided

## Record Amount Raised During Nonprofit Gala

The Kids' Minds Matter 4th annual Secret Garden Gala raised a record \$2.8 million recently for pediatric mental and behavioral health services in Southwest Florida. Since its founding in 2016, Kids' Minds Matter has raised approximately \$10 million to support its mission to increase access to care to ensure children receive the right care at the right place and right time.

"We are overwhelmed by the generosity and support for Kids' Minds Matter from the Collier and Lee County communities as we strive to provide mental healthcare for the many children living in Southwest Florida," said Susan Goldy and Scott Spiegle, founders of Kids' Minds Matter. "We have made great progress in providing care over the last three years, but it is only the tip of the iceberg. Our success last night is the beginning of our entire region coming together to support mental healthcare for our children through Kids' Minds Matter at Golisano Children's Hospital."

NBC2 anchor Kellie Burns emceed the event. Keynote speaker, mental health advocate and bestselling author Kevin Hines shared his personal struggles with mental illness and the story of his miraculous survival following his near-fatal suicide attempt jump off the Golden Gate Bridge. Hines also told his mental health wellness story to high school students in two schools in Lee and Collier counties earlier in the day.

Following his presentation, a video highlighting caregivers, patients and mental health advocates was shown, then a Fund the Need call by benefit auctioneer Rick Gallo raised more than \$2.8 million.

"Last night was one of the most magical nights I've experienced in Southwest Florida, not just because of the incredible generosity of our donors, but also because of their dedication to the mission of helping the children of



Kathy and Larry Courtnage

our region," said Chris Simoneau, chief foundation and development officer of Lee Health. "Generations of families will benefit from the generosity of a single night."

The goal of Kids' Minds Matter is to increase access to pediatric mental and behavioral health care in our region, focusing on four critical areas: evidence-based patient care; community engagement; education; and legislative lobbying. An estimated 46,000 Southwest Florida children are impacted by mental and behavioral health disorders like anxiety, depression, eating disorders, psychosis, substance abuse, autism and attention deficit hyperactivity disorder.

Philanthropic support for Kids' Minds Matter has allowed Lee Health and Golisano Children's Hospital of Southwest Florida to: implement a tiered model of care that clinically aligns community, inpatient and outpatient care; hire additional psychiatrists, child advocates and other mental health professionals; offer Mental Health First Aid training to local pediatricians, emergency service providers and others who work directly with children; renovate an outpatient center in Fort Myers where a child's needs can be



From left, Brian and Lindsay Stock, Oliver Huth, Lynn Hurley and Tim Savage



From left, Armando Llechu, Paul and Deb Simeone, Larry Antonucci and Anne Frazier

addressed in a therapeutic setting; and launch a first-of-its-kind Pediatric Digital Cognitive Behavioral Health diagnostic and treatment protocols interlaced with Tele-Psychology support to treat anxiety, depression and trauma. Most recently, Kids' Minds Matter introduced mental health care navigators into Lee County schools who will help families find resources and care to address their child's mental healthcare needs.

"Words truly cannot express the gratitude I feel for the donors, sponsors and organizers of last night's Kids' Minds Matter Secret Garden Gala," said Armando Llechu, chief administrative officer of Golisano Children's Services. "I am so humbled by the generosity of this community and eager to work with other Lee Health leaders to put the dollars raised to work in expanding access to mental and behavioral healthcare."

Funds raised at the gala will be used to add additional care navigators in local schools, establish an Autism Testing Center in collaboration with Florida State University and Florida Gulf Coast University, expand mental health clinics throughout the region and provide counseling sessions for under and uninsured children in need of care.

"I am deeply moved by the enormous and compassionate support shown by our caring community," shared Paul Simeone, MD, VP of mental and behavioral health at Lee Health. "These gifts will go a very long way in lessening the suffering of the children and their families struggling with mental health conditions. Thank you!"

The Secret Garden Gala was presented by Dr. Rick and Ellie Klein of Bonita Springs. Leader Sponsors included Dorothy and Ron Fitzgerald, Helen and Dan Gerner, Susan Goldy and Scott Spiegle, Audi Fort Myers, Audi Naples, FineMark National Bank & Trust, Fountain 33 Foundation, Fort Myers Florist, Jill Kushner, The Kim Foundation, LeeSar and Stock Development.

Organizing committee members included Albert Abdo, Jeanne Beaulieu, Shavon Chester, Kathy Courtnage, Larry Courtnage, Gillian Draper, Dorothy Fitzgerald, Anne Frazier, Rick Gallo, Susan Goldy, John Halstead, George Hamilton, Tina Keating, Jennifer Parisi, Jason Powella, Paul Simeone, Phil Simon, Chris Simoneau, Bill Skidmore, Pat Smart, Scott Spiegle, Laura Tombs and Tiffany Whitaker.✱



# Frankly Speaking



by Howard Prager

Thanks to the news of Tom Brady leaving the Patriots for the Bucs, we have our column for today: Great athletes who played most of their careers with one team and finished with

another. I wish Brady and the Bucs success - this is the year to do it.

The great Baltimore QB Johnny Unitas was traded in 1973 when he was 39 and finished his career with San Diego. He lasted just 4 games as a starter when an unknown rookie named Dan Fouts took over. Also playing only 4 games with his new team was "Broadway Joe" Namath, who left for the LA Rams in 1976.

Yankee catcher Yogi Berra lasted just 4 games in 1965 when he joined the New York Mets but continued as an assistant and then manager. Another crosstown switch in Chicago with Cubs third basemen Ron Santo was traded to the White Sox. He played second and DH hitting just .221 with 5 HRs in 1974.

In May of 1972 Willie Mays was traded to the New York Mets from the San Francisco Giants. He played

for two years with 8 homers in 1972 and 6 in 1973, bringing his lifetime total to 660. Harmon Killebrew had 559 home runs with the Washington Senators/Minnesota Twins. He signed with Kansas City in 1975 and slugged 14 more dingers, then retired. Chicago Cub outfielder Billy Williams was traded to Oakland, leading the A's to win the 1975 American League West championship with 23 homers and 81 RBIs. In 1976, he played in 120 games and retired after hitting only .211.

In 1993 the 49ers traded Joe Montana to the Kansas City Chiefs where he played for 2 years, getting the Chiefs as far as the AFC Championship game his first year. Not so much his second year. Franco Harris was released from the Steelers in 1984 after holding out in training camp and signed with the Seattle Seahawks, needing only 363 yards to pass Jim Brown as the all-time greatest NFL rusher. He lasted 8 games and 170 yards.

And now, from North Carolina, Michael Jordan. After his two stints and 6 championships with the Chicago Bulls, Jordan went to the Washington Wizards as player/owner in 2001. Despite averaging 20 points per game for 2 years, the Wizards never made it to the playoffs and Jordan retired for good in 2003. Karl Malone left the Utah Jazz in 2003 to join a "dream team" in LA with Kobe and Shaq. He took less money hoping for his first NBA Championship, averaging 13.2

points and 8.7 rebounds per game during the season, yet it wasn't to be. They lost in the Finals to Detroit. Malone was out the last 3 games of the series and retired. Hakeem Olajuwon was traded from Houston to Toronto in 2001, but averaged just 7.1 points and 6 rebounds a game before retiring due to a back injury.

Here's a couple blasts from the past. Hank Greenberg finished his career with the Pittsburgh Pirates in 1947, where he tied for the league lead in walks with 104, finished eighth in the league in home runs and tenth in slugging. Greenberg became the first major leaguer to hit 25 or more home runs in a season in each league. Gabby Hartnett was an all-star catcher for the Cub and famous for his Homer in the Gloamin'. With darkness descending on Wrigley Field and the score tied 5-5 in the 1938 playoffs, the umpires ruled that the ninth would be the last inning or the entire game would have to be replayed the following day. Hartnett came to bat with two out in the bottom of the ninth. On an 0-2 count, Hartnett hammered the ball into the darkness landing in the bleachers. Pandemonium erupted. In 1941 Hartnett was traded to the NY Giants and hit .300 in 64 games as a backup catcher.

Here's a great way to end a career. In 2000 the Boston Bruins traded Pat Bourque to the Colorado Avalanche. He played 2 seasons, getting to hoist the Stanley Cup after winning in 2001.

Gordie Howe was ageless. He retired in 1971 with 4 Stanley Cups and 6 MVPs, then joined the Houston Aeros in 1973 of the World Hockey Association, playing on the same line as his sons. In 1979-80 he came back to the NFL with the Hartford Whalers and scored 15 goals at age 51.

Who can forget Pele, the great Brazilian soccer star who played for 17 seasons there before retiring in 1972? He signed with the New York Cosmos in 1975 and led them to the championship before retiring for good.

Let me conclude this list with the great home run king Hank Aaron, who was traded from the Milwaukee/Atlanta Braves after 21 seasons back to Milwaukee and the Brewers in 1984. He played two seasons in Milwaukee, hitting 12 home runs in 1985 and 10 in 1986 before retiring.

As you can see most players don't do great when switching teams late in their career but if they do, it's in their first year. Do you have a favorite player who finished their career with another? Or how about favorite player who's not in the Hall of Fame? Share it with us as I'll be talking about them in a future column. Stay safe my readers!

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](mailto:press@islandsunnews.com). ✨

## SPORTS QUIZ

1. This winner of five career Grand Slam titles recently announced her retirement from tennis at the age of 32. Who is she?
2. Actor/wrestler Dwayne "The Rock" Johnson played on the defensive line for what college football team?
3. What player hit two home runs in his debut with the New York Yankees on Opening Day 2018?
4. Who is the only NCAA Division I basketball player -- male or female -- to record 2,000 points, 1,000 assists and 1,000 rebounds in a career?
5. What sport of ancient Gaelic origin uses a ball called a sliotar?
6. What Division I men's basketball team has the most appearances in the NCAA Tournament Sweet 16?
7. What NBA team broke the league record (previously held by the 2016-17 Golden State Warriors) for earliest playoff clinch?

## ANSWERS

1. Maria Sharapova. 2. The University of Miami Hurricanes. 3. Giancarlo Stanton. 4. Sabrina Jones of the University of Oregon Ducks. 5. Hurling. 6. The University of Kentucky Wildcats, with 44 as of 2019. 7. The 2019-20 Milwaukee Bucks, who recently clinched a playoff berth after 56 games.



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deaRPharmacist

# Angry About Elderberry Posts



by Suzy Cohen, RPh

**D**ear Readers: There is a pandemic among us. People like you and me are looking for alternative methods to help support our immune system and help preserve our health, in light of COVID-19

(the novel coronavirus). People are going to die because some health experts are irresponsible and have misinterpreted a scientific article from 19 years ago. I'm not naming names but these people are now posting very poor "advice" over the Internet. Sadly, the misinformation is going as viral as the virus itself! You cannot and should not believe everything you read right online, even if it's from a practitioner (even some famous ones) because not everyone has the gift of accurately interpreting medical data. That's actually very hard to do. Vist the website PubMed and you'll see what I mean. Interpreting data requires a specific understanding of vitamins, enzymes, medications, genes and metabolic pathways in your body. I can read these things like a second language. So when I hear about a story going around about elderberries being bad for you, it peaked my curiosity. Who would say that, and why? I'm here to save the elderberry! It has been documented to block viral attachment of certain types of coronaviruses to ACE 2 proteins/receptors. These are in your lungs, and the deadly coronavirus latches on to these and attacks the lungs. Follow me? Elder is also well-documented to increase T helper cell counts. You need those to fight back. So to hear from terrified people, who are now afraid of elderberry tea and herbs (and supplements), because of nonsensical stories read on the Internet... well it just makes me mad! Several bloggers and doctors are actually posting stories about how elderberries can increase a cytokine storm. Again, this is not a fair statement. The misinformation you're getting was based

upon a research article that evaluated blood cells in test tubes. It was not a well-designed, placebo-controlled clinical trial. It was not even done on real live people (in vivo). Writing today's article is the only way I can disinfect the lies. Elderberries are helpful, they have been with us for centuries! But someone started a false claim that the precious herb would increase a cytokine storm and worsen your outcome. Now that's gotten posted to every social media site available! Sad. Irresponsible. You see, there are good cytokines and bad ones. Elderberry raises the good ones, COVID-19 raises the bad ones. It doesn't worsen any virus in my professional opinion. I'm pretty fired up about this! I want to show you how foolish all of this is: 1. The article was not printed in a journal that doctors commonly refer to like *The Lancet*, or *The New England Journal of Medicine*. It was posted online. But regardless of the publication, allow me to go on... 2. Only 12 people were used who donated their blood! A global pandemic with over 11,000 deaths on the planet. We're going to base our decision from data extracted from 12 test tubes?! I should stop right here but I'll keep going... 3. The article is from 19 years ago! I wouldn't necessarily rely on data from two decades ago to make a decision about my life today. 4. The researchers themselves concluded that elderberry, "reduced the duration of flu symptoms to three to four days." 5. The researchers also conclude that it "can activate the healthy immune system by increasing inflammatory cytokine production." They're saying that in a good way, because you need anti-inflammatory cytokines in higher numbers to offset the pro-inflammatory (bad) cytokines. They go on to say that elderberry, "... could also have an immunoprotective or immunostimulatory effect when administered to cancer or AIDS patients, in conjunction with chemotherapeutic or other treatments." I have a longer rant about this at my website. Also, sign up for my free health newsletter to stay in touch via email. *This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit www.SuzyCohen.com.*✧

Doctor and Dietician

# Breathe, Listen To Classical Music, Boost Longevity



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

**A** low heart rate variability (HRV) is a strong, independent predictor of future health problems and mortality. Scary, but true. Low HRV is a forecaster of both physical and emotional diseases, as well as psychological resiliency and behavioral flexibility, reflecting one's ability to adapt effectively to changing social and environmental stressors. Every person should know their HRV and what improves it and what diminishes it. Your long happy life depends on it! When a person is relaxed, the heart rate is low due to increased vagal tone. Higher vagal tone means that your body can relax faster after stress and is measured as the difference between your inhalation and exhalation heart rates.

During relaxation, breathing is slow and deep. Breathing causes some variability in the time frame between successive heartbeats, thus improves HRV. When vagal tone is high, the influence of breathing on this variability is maximized. HRV is highest when vagal PSNS (parasympathetic nervous system) activity is highest; thus, high HRV is associated with health and wellness. The higher the HRV the better and the more resilient a person will be to life's many stressors! Emotional, financial, structural (cervical instability) or physical stress (real or imagined) causes the heart rate to increase. The fast heart rate results in the time between heartbeats to be very small. This coupled with the fact that breathing is very shallow results in a low HRV. Caring Medical measures HRV as we put the patient under various stressors, as well as teach them how to measure HRV at home. Our patients with systemic illnesses and/or neck instability find monitoring HRV helpful in regaining full health. A finger probe is used and is connected to a mobile device app. What improves HRV is different for each person, but we typically find – and studies confirm – that relaxing music, cooler showers, meditation, prayer, deep breathing, moderate exercise, good sleep and mindful attitudes of gratefulness all improve HRV. *This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@caringmedical.com.*✧

ways that our two healthcare systems can strengthen healthcare in Southwest Florida and better serve our community," said Dr. Larry Antonucci, president and CEO of Lee Health. "During this time where COVID-19 has no borders, our organizations have collaborated in unprecedented ways. The Lee Health and NCH teams have fully embraced the concept of collaboration and community. We are stronger together, and Southwest Florida will benefit greatly from our systems continuing to work together." "During this challenging time for our communities, we appreciate the collaboration with our healthcare systems, including Lee Health," said NCH Chief Executive Officer Paul Hiltz. "Now is the time for all of us to pull together to make a difference for our family, friends and neighbors as we continue to care for our community. We appreciate your support. We are all stronger together." The healthcare systems also shared a need for blood donations. Community members can arrange to donate blood by calling Lee Health blood centers at 343-2333 or NCH Community Blood Center at 624-4120. Donating blood takes about 45 minutes and is a good way to help, as well as show support for the region's doctors and nurses who are on the frontline. For more information or to make an online donation to SWFL Stronger Together, visit [swfltogether.org](http://swfltogether.org). Resources through this site also include free telehealth information, hotlines, COVID-19 news and updates, as well as an Ask the Experts forum.✧

# Department Of Health Changes

**T**he Florida Department of Health in Lee County (DOH-Lee) is announcing changes to their Vital Statistics and Environmental Health offices. Vital Statistics – Effective immediately, services will be provided by appointment only, during normal hours of operation, 9 a.m. to 4 p.m. Appointments can be made by calling 332-9572. The DOH-Lee is partnered with VitalChek to provide an option for online and phone orders. Orders can be placed online by visiting [www.vitalchek.com](http://www.vitalchek.com) and by calling 1-800-255-2414. The Vital Statistics office is located at

83 Pondella Road in North Fort Myers. Environmental Health – Beginning Thursday, March 19 through Sunday, April 19, Onsite Sewage Treatment and Disposal System (OSTDS) and Tattoo submittals will be relocated to the Environmental Engineering building located at 60 Danley Drive, Unit #1 in Fort Myers. DOH-Lee is encouraging customers to call 690-2100 or use online services available at <http://lee.floridahealth.gov/programs-and-services/environmental-health/index.html>. The health and safety of our employees, customers and community remains a top priority. A simple and effective way to minimize risk of COVID-19 is to maximize social distance. We greatly appreciate your patience as we manage through these challenging times to serve you.✧





In third place was Christina Walch's *Changing Perspectives*

From page 1

## Contest Winners

awarded: Ashby Beckner, The Village School of Naples; Kylah Engh, North Fort Myers High; Hailey Gale, North Fort Myers High; Adriel Gomez, Cape Coral High; Natalie Handzlik, Cape Coral High; Lillian King, Cape Coral High; Juliet Nelson, Island Coast High; Jillian Peska, Cape Coral High; Michelle Rodriguez, Cape Coral High; Serra Roiland, Lehigh Senior High; Alex Sanchez, North Fort Myers High; and Jori Webb, Cape Coral High.

Judges and contest coordinators expressed great difficulty in narrowing down the choices. "It always amazes me, the quality of photos we get from these young adults," said Sierra Hoisington, who coordinates the contest. "We marvel at the unique perspectives and angles."

Cross, who lived part-time on Sanibel, marched with Dr. Martin Luther King, Jr.; advised the Johnson and Nixon administrations on anti-poverty programs; wrote the influential book *Black Capitalism*, among others; and created Birders United, a birding website that ranked legislators according to their record of bird protection support.

Late in life, Cross decided to indulge his love for birds and photography and traveled the world to collect stunning portraits and stories to chronicle his adventures. He photographed often

photo provided

at "Ding" Darling, and a number of the images in his book reflect his love for the refuge. Cross published *Waterbirds* in 2009 at age 85; he passed away shortly after that in February 2010.

NPR's *All Things Considered* called Cross' collection of 179 images and countless anecdotes "spectacular." *The New York Times* described it as "part visual encyclopedia, part memoir."

"Theodore Cross' family made this contest possible, and it has become a solid success story," said Birgie Miller, DDWS executive director. "We couldn't be more thrilled that the family wants its donations used in this way – to reach an age group that often falls through the cracks of conservation education. Kudos to development officer Sierra Hoisington, volunteer Terry Baldwin, and our staff for a fabulous job of running the contest."

"We are so happy to be supporting a contest in my father's name, a contest that will get our youth involved with nature by looking at it – as my father so loved doing – through a camera lens," said Amanda Cross.

Students were able to submit up to two photographs. Winning and honorable mention images are on display at the free "Ding" Darling Education & Visitor Center. To see them online and for information on the 2021 photo contest, visit [www.dingdarlingsociety.org/articles/photo-contests](http://www.dingdarlingsociety.org/articles/photo-contests).✱

## Save For College By Cutting Intangible Costs

When it comes to comparing the costs of various colleges, remember that on the broadest level, costs can be tangible or intangible. To save money, follow these tips from the Kentucky Higher Education Assistance Authority (KHEAA).

Tangible costs include tuition and fees and room and board. Intangible costs include everything else: textbooks and supplies; computers; and personal items, such as shampoo, clothes, entertainment, laundry and other expenses.

You can save money, sometimes a significant

amount, by controlling the discretionary costs of your lifestyle. That doesn't mean skimping on shampoo, soap, food and doing your laundry, but you can cut costs by finding sales or using coupons. Always be looking out for buy one, get one free deals.

You can also save quite a bit of money by cutting back on treats such as entertainment and dining out. Doing those things less often will make them even more special when you do treat yourself.

Remember, the less you spend on the intangibles, the less you'll need to take out in student loans. That means that after you graduate, you can afford more of the things you enjoy.

For more information about advantage education loans, visit [www.advantageeducationloan.com](http://www.advantageeducationloan.com).✱

## THE RIVER WEEKLY NEWS

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	<a href="https://www.audubonswfl.org/">https://www.audubonswfl.org/</a>
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 - United Daughters of the Confederacy	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
NARFE (National Active & Retired Federal Employees)	482-6713
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@riverweekly.com](mailto:press@riverweekly.com)



PUZZLES

Answers on page 24

Super Crossword

SOUL RESCUER

- ACROSS**
- 1 Sop up  
7 Liquor  
14 Spins  
20 "Amen to that!"  
21 Actress Hudgens  
22 Abate  
23 Start of a riddle  
25 Batter's miss  
26 Do wrong  
27 Pol with a six-yr. post  
28 Me, to Michel  
29 Riddle, part 2  
31 Pinchpenny  
33 Sue  
35 Steak order  
36 Riddle, part 3  
42 Food holder  
46 Goddess with a cow's head  
47 McCartney of fashion  
48 Kailua Bay locale  
50 Scam  
51 Agree (with)  
54 "Yoo- —!" ("Hey!")  
55 Paintball need  
57 Circus clown — Kelly  
59 Riddle, part 4
- 63 Big-top star  
64 DiFranco of folk rock  
65 More spiteful  
66 "We need assistance!"  
69 Used a daggerlike weapon on  
73 B followers  
74 Wife of Mark Antony  
78 Consented to  
79 "Nick and —'s Infinite Playlist" (2008 film)  
83 Riddle, part 5  
89 Wasp variety  
90 Suffering  
91 Capote, to his buddies  
92 With 77-Down, does thorough research on  
94 Freezer  
95 TV's Spelling  
97 Camera lens settings  
100 Exec's benefit  
101 Ohio tire city  
103 Riddle, part 6  
107 Sitarist Shankar  
109 Org. for teachers  
110 Coin toss call
- 111 End of the riddle  
115 Lucy of "Kill Bill: Vol. 1"  
118 — League college  
119 Toward a boat's back  
122 Makes glad  
123 Riddle's answer  
127 Declare under oath  
128 Source of licorice-flavored oil  
129 More prying  
130 Sports team letdowns  
131 Red — (many Republicans)  
132 Modus operandi
- DOWN**
- 1 "Even — speak ..."  
2 Atom studier  
3 Movie draw  
4 Meal  
5 Putin's land  
6 Command  
7 "Law & Order: —"  
8 Hand part  
9 —  
10 Another name for vitamin A  
11 Suffix with fool or owl  
12 Fearsome fly  
13 "Don't — didn't warn you!"  
14 Inventor Nikola  
15 Radiator  
16 Haifa's land  
17 Harness part  
18 Leia's twin  
19 Spurt out  
24 "No — to blame"  
30 "— little kindness"  
31 Capital of Oman  
32 Alternative to a 401(k) or a Keogh  
34 Envision  
36 [not my error]  
37 "Time — the essence"  
38 Rake part  
39 Inert element  
40 Pipe problem  
41 Ringing sound  
43 — acid (vinegar flavorer)  
44 Added (up)  
45 Not broken  
49 Zeus' sister and wife  
52 Stage actress Hagen  
53 Pirate's quaff  
56 Syllabus segment  
58 Gym floor covering  
60 Put in a different sack  
61 Mortgage-issuing inst.  
62 Ewoks' forest moon  
66 "El Cid" co-star Loren  
67 Five — shadow  
68 Person eyeballing  
70 Pirate chant  
71 Artist Georgia  
72 Ultimately reach  
75 Author Rand  
76 From Hanoi  
77 See 92-Across  
80 Lightning —  
81 Heady drink  
82 "We need assistance!"  
84 Small branch  
85 Ending for major  
86 Yankees slugger, to fans  
87 It's often preheated  
88 Nonflowering plant  
93 Sun setting  
96 Sortie, say  
98 Most musty  
99 Fishtank pest  
102 Speaks bombastically  
104 Recite ritually, as a spell  
105 Large sofas  
106 Air Force pilot, in slang  
108 Three-piece pieces  
111 Ringing sound  
112 Choir range  
113 Slum vermin  
114 "Pretty — pretty does"  
116 Notion, to Jean-Luc  
117 "Deutschland — alles"  
119 Landed (on)  
120 Cut and run  
121 Time in office  
124 By the agency of  
125 Football field units: Abbr.  
126 Letter for Superman

1	2	3	4	5	6		7	8	9	10	11	12	13		14	15	16	17	18	19
20							21								22					
23							24								25					
26					27			28				29		30						
				31				32		33	34			35						
36	37	38						39	40				41			42		43	44	45
46							47						48		49			50		
51					52	53		54				55	56			57		58		
	59						60				61				62					
															63					
66	67	68					69		70	71				72					73	
74				75	76	77		78					79		80	81	82			
83								84				85	86						87	88
89								90				91				92				93
94					95		96			97	98				99			100		
101				102			103		104							105	106			
				107		108			109					110						
111	112	113						114			115	116	117		118				119	120
122								123		124				125				126		
127								128								129				
130								131								132				

King Crossword

- ACROSS**
- 1 Do arithmetic  
4 Long tales  
9 Stitch  
12 Take to court  
13 Treasure cache  
14 Work with  
15 Newlyweds' trip  
17 Siesta  
18 Chicken-king link  
19 Waldorf salad ingredient  
21 Floated on air  
24 Remain  
25 Ostrich's cousin  
26 Blue  
28 Ruhr Valley city  
31 Tear  
33 Cry loudly  
35 Apiary structure  
36 Boredom  
38 Solidify  
40 Morning moisture  
41 Village People hit  
43 Express sorrow for  
45 Like a duck's feet  
47 — Jima  
48 Past  
49 Wealthy one  
54 Beer container
- 55 Over  
56 Life story, for short  
57 Praise in verse  
58 "When pigs fly!"  
59 Conclusion
- 8 Washington group  
9 Optimist's part of the street?  
10 Jacob's brother  
11 Cried  
16 Dine  
20 Whip  
21 "The Way We —"  
22 "So be it"  
23 Sense of humor  
27 Pooch  
29 Tied  
30 Mr. Gingrich
- 32 Foolish  
34 Accept as true  
37 "The — Cometh"  
39 Attorney  
42 Pueblo brick  
44 Unruly bunch  
45 Texas city  
46 "Zounds!"  
50 Autumn mo.  
51 Honest politician  
52 Martini ingredient  
53 Turf
- DOWN**
- 1 Fire residue  
2 Pair  
3 Lair  
4 Fashions  
5 Fleets  
6 Sticky stuff  
7 Acknowledges  
8 Washington group  
9 Optimist's part of the street?  
10 Jacob's brother  
11 Cried  
16 Dine  
20 Whip  
21 "The Way We —"  
22 "So be it"  
23 Sense of humor  
27 Pooch  
29 Tied  
30 Mr. Gingrich

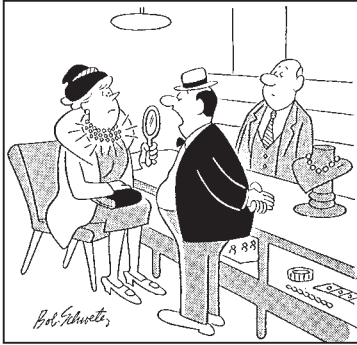
MAGIC MAZE ● WORDS OF ANGER

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- |             |           |          |           |
|-------------|-----------|----------|-----------|
| Angered     | Exchanger | Manger   | Stavanger |
| Cliffhanger | Ganger    | Nanger   | Stranger  |
| Dangerous   | Granger   | Orangery | Tangerine |
| Dangers     | Hanger-on | Rangers  |           |





"If you want that just to hide a double chin, it might be cheaper to just get a

Answer on page 27

## 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!

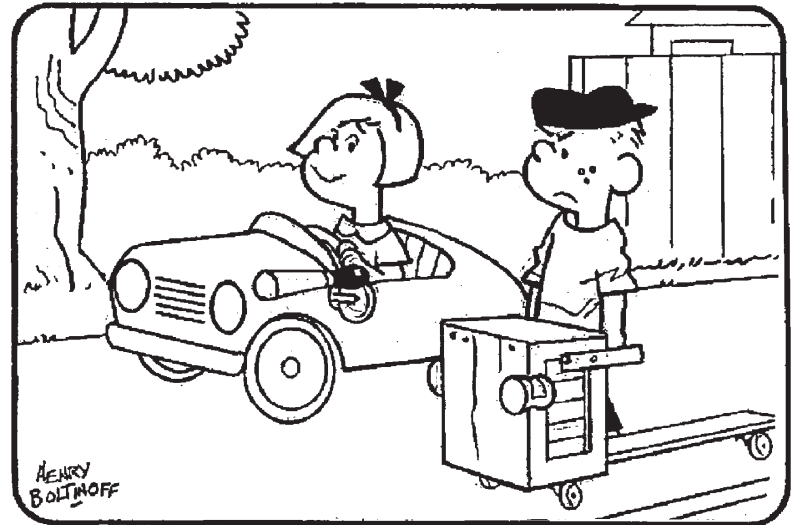
Sully  
FIELDE  
Alcove  
CHINE  
Curio  
FILTER  
Soften  
ANEW

TODAY'S WORD

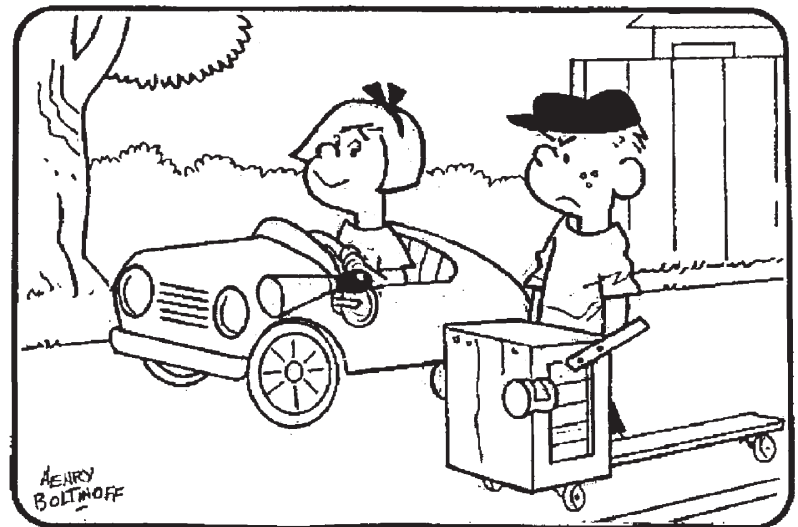
\_\_\_\_\_

## HOCUS-FOCUS

BY  
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Girl's collar is missing. 2. Horn is bigger. 3. Wheel spokes are added. 4. Go-cart handle is missing. 5. Hat is turned. 6. Headlights are different.

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

## SUDOKU

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.

Answer on page 24



### Orange and Honey Churros

- 1 cup orange juice
- 1 tablespoon honey
- 1 cup water
- 2 tablespoons unsalted butter, softened
- 2 tablespoons sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 2 cups all-purpose flour
- 2 large eggs
- 2 quarts vegetable oil, for frying
- 1 tablespoon cinnamon
- 1/2 cup sugar
- 1 cup Sweet & Spicy Strawberry Sauce

In a medium saucepan over medium-high heat combine orange juice, water, butter, 2 sugar, vanilla, and salt. Bring to a boil, remove from heat, and add flour all at once. Stir until all the flour is incorporated. Transfer dough to a stand mixer (using paddle attachment) and mix on low for about 1 minute allowing the dough to cool slightly (do not skip this step). Add eggs, one at a time, allowing



Orange and Honey Churros with Sweet and Spicy Strawberry Sauce

photo courtesy Fresh From Florida

the egg to be fully incorporated before adding the next. (At first it will appear the egg is not mixing into dough, but

it will eventually become smooth after 15 seconds or so). Transfer dough to a piping bag fitted with a number eight-star

pastry tip. Refrigerate in piping bag for a minimum of 15 minutes or up to 1 hour before frying.

Combine cinnamon and sugar in a medium bowl and set aside.

Add approximately 2 inches of oil to cast iron pan or Dutch oven and heat over medium-high heat (375 degrees). Carefully pipe in 2-inch-long pieces of dough into hot oil, using scissors to cut the dough from the piping bag. Fry in small batches for about 6-7 minutes or until churros are golden brown. Transfer to a paper-towel-lined baking pan to drain excess oil. Immediately toss the hot churros with cinnamon-sugar to coat. Serve immediately with Sweet & Spicy Strawberry Sauce

### Sweet & Spicy Strawberry Sauce

- 3 cups strawberries, roughly chopped
- 1/2 orange, zested and juiced
- 1/2 lemon, zested and juiced
- 1/2 jalapeño, seeded and minced
- 1/2 cup sugar
- 1 tablespoon pure vanilla extract
- Pinch of sea salt

Place all ingredients into a medium saucepot and simmer over medium-high heat. Cook until strawberries are soft but not falling apart, about 15 minutes. Remove from heat and allow to cool.

Fresh tip: This sauce can be paired with yogurt, granola, or desserts.★







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John Gee & Company  
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No pets - \$3,750/mo  
Lori - 770-596-8709  
3/27 ★ 4/17

**RENTAL WANTED**

**RENTAL WANTED**  
Mature couple, frequent past visitors to Sanibel, and we want to make Sanibel our winter home. Min 2 br-2 ba. Starting about 1/1/2021 for about 3 months  
Stan@cosmeticindex.com  
2/14 ★ 4/3

**ANNUAL RENTAL WANTED**  
Retired couple with long history wintering on Sanibel looking to relocate and secure an annual residential rental on Sanibel. We are interested in a quality property that we can care for and at least a 2/2 or 3/2 home or duplex. We love community pools/central locations and have excellent local/credible references.  
262-385-7379/ Tom  
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**HELP WANTED**

**CAREGIVER NEEDED**  
For live in 2 to 3 days per week on Sanibel. Take care of elderly women 99 years old. Contact Alan at 732-259-6629 or Pat at 732-259-6631.  
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**MAINTENANCE MAN**  
Maintenance man needed for small Resort on Sanibel. Duties include all types of hands on maintenance, repairs, landscape, etc. Competitive hourly rate, benefits, insurance, vacation and tolls paid. Includes a weekend day with a 40 hour week. Interested applicant may respond to BobMc1@yahoo.com  
3/20 ★ 3/27

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**VESPA 50CC SCOOTER**  
2008. Like new condition.  
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Call John 207-232-0028.  
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10/11 ★ 4/3

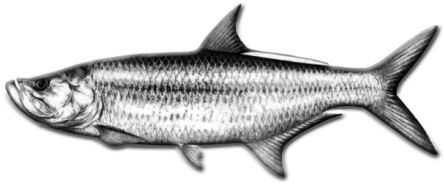
**PSA**



Narconon reminds families that the opiate problem in the U.S. is continuing to worsen and it's more important than ever to know and understand the signs and symptoms of an opiate overdose. To learn more about how to identify the signs and symptoms of opiate abuse, go to: <http://www.narconon-suncoast.org/blog/how-to-recognize-signs-of-an-opiate-overdose.html>  
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**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](http://www.southfloridaal-anon.org). Meetings are held every day in Lee and Hendry counties. Al-Ateen meetings are also offered for ages 8 to 18.  
10/4 ★ TFN

**Shore Fishing:**



**Don't Harm The Fish**  
by Capt. Matt Mitchell

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

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

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

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

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

Florida residents as well as out of state visitors need a fishing license to fish from shore.

To advertise in the Island Sun and The River Weekly News Call 395-1213



From page 24

## Moments In Time

*Howl* against obscenity charges after 520 copies of the book were seized entering the U.S. from England. American publisher Lawrence Ferlinghetti was later arrested and tried for promoting obscene material, but was found not guilty.

• On April 1, 1970, President Richard Nixon signs legislation officially banning cigarette ads on television and radio. Nixon, who was an avid pipe smoker, supported the legislation at the increasing insistence of public health advocates.

NOW HERE'S A TIP

• Turn on the hot water for three or four minutes to loosen debris on shower walls. It's much easier to clean when the tile is warm and steamy.

• Here's a great storage solution: screw a metal magazine holder to the inside of a cabinet door. Do this in the bathroom to store a hair dryer or other hair tools. In the kitchen, it makes a wonderful holder for smaller pot lids or foil, wax paper, parchment, etc.

• Manners check: "If you are getting into line at a shop, it's time to end your call. When you try to continue your phone conversation, it means the cashier can't effectively communicate with you and you risk holding up the line. If the call is that important, just wait until you end it to get in line. Thank you!" MR in Virginia

• When arranging your fridge, keep the better choices at eye level and easy to grab.

• Get rid of smelly stains on your cutting board with a lemon. Use the cut side of a lemon to scrub your plastic or wood board. For a little extra scrub, sprinkle the lemon with salt. Rinse and air dry.

SCRAMBLERS

1. Defile; 2. Niche;  
3. Trifle; 4. Wane

Today's Word  
**FACELIFT**

• "To reach the highest cobweb or the lowest dust bunnies, get a yardstick and cover one end with an old tube sock. Use a rubber band to secure it to the stick and you can use it to swipe at the high corners of your rooms or slide it under the furniture. Works like a charm." ET in Michigan

STRANGE BUT TRUE

• In 1883, Bill Kinsman of Tombstone, Arizona, was the subject of a practical joke when the Tombstone Epitaph announced his intention to marry one May Woodman. The surprised future groom countered with a notice of his own that he had no such plans whatsoever – and was soon after shot to death by the deeply humiliated Ms. Woodman.

• "Cenosillicaphobia" is the fear of an empty beer glass. (Use this one

to impress your friends during Happy Hour.)

• Turning back the giant hands on Big Ben's four clock faces takes an astonishing total of five hours.

• Alexandre Dumas, best known for *The Three Musketeers* and *The Count of Monte Cristo*, felt very strongly that all his works must be presented on colored paper. He wanted all his fiction presented on blue paper, his articles on pink paper and his poetry on yellow paper.

• Golf balls were originally made from dried cow eyeballs.

• The tea bag was an accidental invention. In 1908, tea merchant Thomas Sullivan distributed his samples in small silken sacks. His customers, not realizing they were samples, dunked them in hot water, and Sullivan soon found himself swamped with orders for

his "tea bags"!

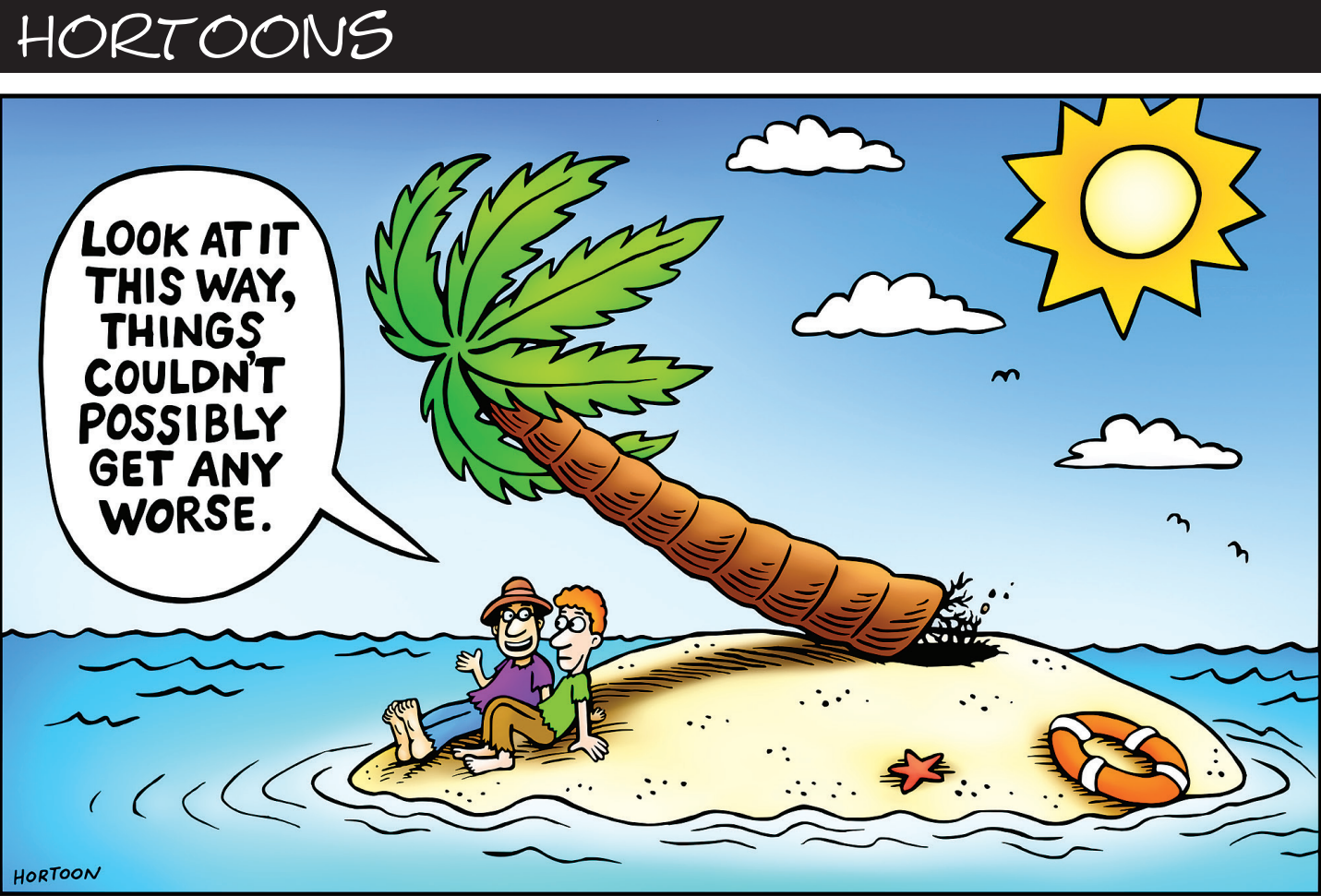
• In his travels, Marco Polo believed at one point that he had stumbled across unicorns, writing that "They are very ugly brutes to look at. They are not at all such as we describe unicorns." Not surprising, considering that he was actually viewing rhinoceroses.

• Ancient Romans created black hair dye by fermenting leeches in vinegar.

• The game of marbles is estimated to be about 5,000 years old. Through most of their history, the toys were made of stone, bone, clay or whatever material was available, with truly round marbles being both rare and expensive.

THOUGHT FOR THE DAY

"At the touch of love, everyone becomes a poet." – Plato



## Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	2019	3,108	\$2,550,000	\$2,500,000	18
Cape Coral	Cape Coral	2007	5,124	\$2,290,900	\$2,070,000	218
Town And River	Fort Myers	2013	4,859	\$1,895,000	\$1,795,000	19
Caprini	Miromar Lakes	2005	3,091	\$1,895,000	\$1,890,000	82
Cape Coral	Cape Coral	2014	3,760	\$1,285,000	\$1,100,000	288
Gopher Walk	Sanibel	1991	2,476	\$1,195,000	\$1,170,000	6
Beachview Country Club Estates	Sanibel	2014	2,082	\$999,999	\$960,000	4
Cape Coral	Cape Coral	1991	4,800	\$899,000	\$850,000	60
Cape Coral	Cape Coral	2007	2,465	\$899,000	\$850,000	68
Bonita Beach	Bonita Springs	1964	1,100	\$895,000	\$847,500	19





*Randy Wayne White*

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