



Refuge Awards Volunteers For Service Milestones

This year, JN “Ding” Darling National Wildlife Refuge staff personally awarded volunteers after the announcement that the annual volunteer awards luncheon had been canceled because of COVID-19.

“While I’m disappointed that I will not be able to publicly recognize the extraordinary efforts of so many volunteers and their commitment to the refuge and our natural resources, I also want to be proactive and heed the advice of professional public health experts,” wrote Acting Refuge Manager Kevin Godsea in a letter emailed to all volunteers. “We will simply need to find other ways to honor our dedicated volunteers this year.”

Refuge staff reports that in fiscal year 2019, 311 volunteers worked 37,397 hours at the refuge, representing a labor and benefits savings of more than \$900,000, equivalent to 18 full-time employees.

“I just find it amazing that when Supervisory Refuge Ranger Toni Westland started here about 15 years ago, there were about 600,000 visitors each year and less land to manage with 22 staff members,” said Birgie Miller, executive director of the “Ding” Darling



From left, Patty and Jack Wettstein were presented with 4,500 hours awards by Ranger Jeff Combs, refuge volunteer coordinator photo provided

Wildlife Society-Friends of the Refuge (DDWS). “Today, we have 11 staff members to handle a million visitors and more land.”

DDWS formed in 1982 specifically to support a volunteer corps after the opening of the refuge’s first visitor center that year. More than 11,000 people visited in the first month after the center opened, overwhelming a

staff unaccustomed to dealing with the inquisitive public.

“Volunteers stepped in then to fill in the gaps left by inadequate federal funding, and they continue to do so even more today as funding further declines,” said Miller.

Following is a list of volunteers who won awards for reaching hour and year achievement levels.

Years Awards

20 years – Tom Fleming, Joyce Jacobs, Peggy Hupfeldt and Marian Pool
10 years – Joyce Barney, Carolyn Bergen, Sue Danford, Tom Hoopes, John MacLennan, Alan Parker, Linda Parker, Greg Scherer, Garold Schudel, Ruth Schudel, Cindy Seaman and Roger Tosch

Hours Awards

9,000 hours – Doris Hardy
8,500 hours – Marilyn Kloosterman
5,500 hours – Jack Wettstein and Patty Wettstein
4,500 hours – Terry Baldwin and John McCabe
3,000 hours – Malcolm Harpham, Ben Klaus and Mary Klaus
2,500 hours – Mike Baldwin and Jeanne Tyrer
2,000 hours – Mike Baldwin, Charles Dunham and Arland Oleson
1,500 hours – Shirley Bohnert, Sue McIntyre, Jim Newes and Helen Taylor
1,000 hours – Stan Bunsick, Gary Dutton, Marion Evans, Michael Galloway, Barb Guidotti, John MacLennan, Ilona Menzel, Nancy Riley and Pam Windust
500 hours – Susan Beittel, Carolyn Bergen, Carl Greenbaum, Sandy Greenbaum, Christine Mackenzie, Paul McKenney, Peter Meekin, Sherri Newes, Francie Slane, Anne Suss, Tom Ware, Pam Weiner and Wanda Werner
250 hours – Genia Alperin, Paul

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Resolution Limits Risk Of Exposure To COVID-19

The Lee Board of County Commissioners voted unanimously Monday to approve a resolution adopting measures to limit the risk of exposure to COVID-19 to the vulnerable population, limit the gathering of groups of people, limit exposure to people with cold- and flu-like symptoms and provide a means of conducting business for the workforce.

The resolution, approved in an emergency meeting, codifies concepts outlined in the Florida Surgeon General’s Public Health Advisory of March 25.

The resolution is posted online at www.leegov.com/covid-19/documents.

The board’s resolution supplements communication campaign efforts – both ongoing and previously taken – targeting a reduction in person-to-person contact. Key messages include: social distancing, slow the spread and stay home.

The messaging has been deployed on the county’s website, via social media, at news conferences, in videos, on billboards and other signage such as those outside stadiums. Additionally, the county has



A view of the desolate beachfront at Wyndham Garden Fort Myers Beach

photo by Bob Petcher

conveyed the message to people in Lee County via wireless emergency alerts to cell phones. The messaging is also part of an out-of-area marketing campaign launched through the Lee County Visitor & Convention Bureau for prospective visitors to stay home at this time.

These efforts have been carried out in tandem with partnering agencies such as the Lee County Sheriff’s Office (LCSO). The county and LCSO are coordinating and monitoring jointly to identify the effectiveness of the messaging, including LCSO flight videos, deputies on foot, in

boats and on all-terrain vehicles.

Additionally, during the last two weeks, the county has shifted many services to online portals, moved much of its workforce out of county buildings and closed libraries, parks facilities, pools, playgrounds, fishing piers, beach parks, and restrooms and public lobbies. The county eliminated cash payment on its three tolls bridges and suspended fees for boat-ramp users and LeeTran bus riders.

The resolution approved Monday remains in effect until it is repealed or the State of Local Emergency expires.

The resolution comes on the heels of executive order 20-87 by Florida Gov. Ron DeSantis, which includes the suspension of new reservations and bookings by vacation rental properties for at least 14 days, as directed on March 27. Earlier that day, Sanibel city officials shut down all rentals and tourist accommodations for the following 28 days in view of the threat of the COVID-19 virus. On May 30, Fort Myers Beach officials took the same fluid action but extended it to 90 days.

For additional Lee County government information, visit www.leegov.com/ COVID-19 or Facebook: Lee County Government.

For more information about President Trump’s Coronavirus Guidelines for America, visit www.coronavirus.gov.✱

Historic Downtown Fort Myers, Then And Now:

Law Enforcement Established In Fort Myers



by Gerri Reaves, PhD

Imagine Fort Myers in 1885. The population was only 349. Not even one brick building stood in the business district, which was a collection of unassuming wooden structures along a few unpaved streets.

Despite the settlement’s small size, however, lawlessness was already a problem, most specifically the “Wild West” attitude of cattle drivers who herded cattle down the main street as they headed for Punta Rassa to ship them by sea.

To make it even worse, the cowboys then returned to town to patronize the First Street saloons. They whooped it up and fired guns – undesirable behavior, thought citizens wanting to

improve the town.

The only legal recourse to address any crime then, be it murder, cattle rustling, moonshining, or just being a public nuisance, was to appeal to faraway Key West, the county seat of Monroe County.

In 1885, the entire western half of Florida south of Lake Okeechobee was Monroe, including today’s Lee, Hendry, Collier, and Monroe counties.

Contact with Key West was not easy. Not only was the lengthy boat travel an investment that few locals could afford, historical accounts indicate that even after citizens endured the trip, county officials didn’t take them seriously enough.

In short, Fort Myers wasn’t getting sufficient representation and received few if any funds for public improvements. What to do?

In August 1885, 45 male electors voted unanimously for a mini-Declaration of Independence. They voted to incorporate the town.

Fortunately, the cattlemen who led the effort had influence even at the state level: Capt. Francis A. Hendry, Samuel Summerlin, Dr. Thomas E. Langford, William H. Towles and James E. Hendry. The Florida legislature made the incorporation official the following March.

Once the vote was taken, town government was immediately set up. Howell A. Parker was elected the first mayor and CL Oliver was elected marshal, just to name two offices. (It wasn’t until around 1920 that the title “chief of police” rather than “marshal” came into common usage.)

The year 1887 turned out to be another revolutionary year in local government, for that was the year Fort Myers citizens decided to split from Monroe and form their own county.

Again, the catalyst was dissatisfaction with Key West, in this case the refusal to rebuild the burned-down public school at Second and Jackson streets. That is a chapter unto itself in local history, but suffice it to say that in May 1887, the Florida State Legislature created Lee County, so the town’s division from unresponsive Key West was complete.

Now to establish county-wide law enforcement...Thomas W. “TW” Langford, pictured in this article circa 1913, had served as town marshal and collector in 1887. In 1887, he also became the first county sheriff, an office he held until 1900.

The Langford name is familiar to students of local history, for the family first came to Fort Myers in the 1870s. It’s useful to know that TW was the cousin of brothers Dr. Thomas E. Langford, and Taff O. Langford.

The former was both a leading cattleman and the father of Walter G. Langford, and the latter is known for his saloons and for building the Langford Building on First Street.

The value of having local law enforcement became apparent the very month Lee County was born. A problem more serious and threatening than unruly cowboys

presented itself: a yellow fever epidemic in Key West.

Consequently, the Southwest Florida coast was guarded as far north as Tampa, vessels in and from the Florida Keys were quarantined, and there were orders to “shoot to kill” anyone violating the law.

Local quarantine regulations went into effect, but the disease continued to spread.

So, in July, Langford was appointed “special policeman and health inspector at Punta Rassa,” as historian Karl H. Grismer puts it. Each port had such an official, and under authority of the state, he could arrest anyone trying to land from Key West.

On land, guards with shotguns patrolled entrances to Fort Myers and turned back those seeking refuge, for they might be carrying the fever.

The threat persisted through the summer and into fall, and ships from Tampa were banned as well. However, precautions throughout the region eventually proved effective, for on November 4, the Key West epidemic was over and quarantines ended.

Go for a walk downtown and imagine being stopped by an armed guard and told to turn around and go back where you came from because you might carry the dreaded yellow fever.

Then learn more about how early Fort Myers dealt with other epidemics over the decades by visiting 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.

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

Sources: The Archives of the Southwest Florida Historical Society, *Pages from the Past* by Prudy Taylor Board and Esther B. Colcord, *The Story of Fort Myers* by Karl H. Grismer, and the *Fort Myers Press*.✱



TW Langford, pictured circa 1913, was Lee County’s first sheriff, serving from 1887 until 1900. During the 1887 yellow fever epidemic, he exercised state authority at Punta Rassa to prohibit anyone from Key West, and later, Tampa, from landing. photo courtesy SWFL Historical Society

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Cover-winning artwork for the 2020 calendar

photo provided

KLCB Art Contest Entry Deadline Extended

Keep Lee County Beautiful Inc., (KLCB) has extended the entry deadline for the 2021 Leave The Scene Clean calendar art contest to Friday, May 29. During this time of virtual learning, teachers and administrators can still include the calendar art contest in their curriculum and encourage the students to work on their artwork at home.

Keep Lee County Beautiful has been hosting this art contest in Lee County for over 30 years. The full-size color Leave The Scene Clean calendar features the winning environmental artwork. Students in first through 12th grade are encouraged to participate. The art contest is open to all public, private and

home-schooled students.

Students are invited to create a full color drawing or painting showing what they have learned about conserving resources and keeping the environment clean. Judges select a cover winner, 12 first place winners (one from each grade) and 36 honorable mention winners. Winners are recognized and receive prizes at a gala award ceremony held in the fall.

Every year, Keep Lee County Beautiful receives incredible pieces of artwork that have the power to make you think deeper about the world around you, and that is often the first step towards a person realizing they can make a difference to protect the world we live in. Your student's or child's artwork can be that piece of artwork to make a positive impact.

For more information on the art contest rules and to obtain an entry form, visit www.klcb.org/leave-the-scene-clean-calendar.html or contact the office at 334-3488 or tisha@klcb.org.

Generous Lee Benefit Raises Nearly \$80K

The Rist Family Foundation's inaugural Generous Lee event, held at the Burroughs Home & Gardens in Fort Myers, raised nearly \$80,000 to benefit Valerie's House and the Cape Coral Community Foundation. The event also crowned its most philanthropic individual, Dr. Carol Rae Culliton of the Gunterberg Charitable Foundation, for her generous contribution.

The gala kicked off with a cocktail reception and silent auction that showcased event staff clad in G-men attire, including sunglasses, earpieces and dark suits. The evening featured a live auction with extravagant packages that included getaways to destinations and luxury vacations, just to name a couple.

Some 240-plus guests enjoyed a full bar and four-course dinner of seared tuna, beef tenderloin with black truffles and fingerling potatoes, as well as live entertainment by Soapy Tuna.

"We are extremely pleased and

grateful for the overwhelming support of our inaugural event," said Brian Rist, director. "The opportunity to give back to local causes that positively impact the community is the foundation's mission, and we are humbled by the generosity of our sponsors and all who helped make the event a success."

A 501(c)3 organization, The Rist Family Foundation was established in 2018 by longtime Lee County philanthropists Brian and Kim Rist. Further expanding upon their altruistic endeavors, the foundation will continue efforts to support veterans, students and adult education programs and services.

Event sponsors were Sanibel Captiva Community Bank, Kirkwood Electric, Gunterberg Charitable Foundation, Northern Trust, Calvo & Calvo Attorneys at Law, Storm Smart, HBKS Wealth Advisors, Shell Factory & Nature Park, B2 Technology Solutions, Regions, Phil Deems Real Estate, McGriff Insurance Services, Cape Coral Construction Industry Association, Friends of the Cape Foundation, Edward Jones, Molloy Financial Group and Spiro & Associates.

For more information, contact Jaime Suarez at 938-1006.

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Math Nation Offering Free Full Digital Access

As the country takes action to minimize the spread of COVID-19, Math Nation, created by the University of Florida Lastinger Center for Learning and Study Edge, is committed to supporting continued access to high quality, portable mathematics educational materials for teachers and students. As families, schools and districts face difficult decisions around keeping students home in order to reduce risks of exposure, Math Nation is offering full digital access free of charge to school districts desiring to provide distance learning opportunities in the face of the disruptions caused by the threat of this public health situation.

Math Nation provides a comprehensive digital textbook for middle grades math (sixth to eighth), algebra 1, geometry and algebra 2 courses as well as PSAT and SAT preparation materials. The platform includes more than 5,000 engaging instructional videos led by dynamic virtual co-teachers (study experts) utilizing various strategies to meet a range of student learning styles and abilities. To meet the diverse needs of students, every Algebra 1 topic has been filmed in both English and Spanish, and there are Spanish glossary videos available for every vocabulary

term in each course. A sample video can be viewed at www.mathnation.com/learnmore.

Students and teachers can assess their understanding of specific topics in real-time with the Check Your Understanding and Test Yourself! practice tools, as well as the EdgeXL assessment generator. Solution videos for all Test Yourself! problems demonstrate how to master the concepts, and teachers can track their students' progress remotely through a robust reporting system for all digital practice and assessment tools.

Math Nation is built to be as accessible as possible. Students, teachers and families in Math Nation districts can download iOS, Android and iPad apps free of charge, in addition to utilizing the program on the web. Additionally, students can download videos while on WiFi (at an off site location) in order to watch at a later time when they may not have wireless connectivity.

The Lastinger Center is opening up digital access to any district in the country free of charge through August 31 to serve as a vital resource for all school and district emergency preparedness plans. Although printed workbooks will not be available free of charge, users can download and print workbook units from within the platform. As a result, even as families and schools face difficult decisions about how to protect students and staff, lost learning time will be minimized while also mitigating the risk posed by

the spread of COVID-19.

All content within the Math Nation platform is already aligned to the standards within each state that has funded access, including Florida, Michigan, Mississippi and South Carolina. For districts in states where Math Nation doesn't currently exist, the Florida standards-aligned content will be made available at no cost. Officials can assist you with aligning resources to your state's standards and district's scope and sequence.

Contact Math Nation at access@mathnation.com or 888-608-MATH if interested in obtaining no-cost digital access until August 31 or visit www.mathnation.com/learnmore for more information.✧

Goodwill Earns Accreditation In Two Programs

CARF International announced that Goodwill Industries of Southwest Florida (SWFL) has been accredited for a period of three years for its Community Employment Services: Employment Supports; Community Employment Services: Job Development; and its Community Integration programs.

The latest accreditation is the 8th consecutive Three-Year Accreditation that the international accrediting body, CARF, has given to Goodwill SWFL's Pathways to Work, an employment program for youth and adults with disabilities and disadvantages. This is the first accreditation that the international accrediting body, CARF, has given to Goodwill SWFL's Pathways to Opportunity, a full-day training program for adults with disabilities.

This accreditation decision represents the highest level of accreditation that can be given to an organization and shows the organization's substantial conformance to the CARF standards. An organization receiving a Three-Year Accreditation has put itself through a rigorous peer review process. It has demonstrated to a team of surveyors during an on-site visit its commitment to offering programs and services that are measurable, accountable and of the highest quality.

Goodwill SWFL is a nonprofit organization that provides services to people with disabilities and disadvantages since 1966. It has been providing Pathways to Work throughout Southwest Florida area since 1996, and Pathways to Opportunity at the Opportunity Center at 5100 Tice Street, Fort Myers, since 2014.

CARF is an independent, nonprofit accrediting body whose mission is to promote the quality, value and optimal outcomes of services through a consultative accreditation process and continuous improvement services that center on enhancing the lives of the persons served. Founded in 1966 as the Commission on Accreditation of Rehabilitation Facilities, and now known as CARF International, the accrediting body establishes consumer-focused standards to help organizations measure and improve the quality of their programs and services. For more information about the accreditation process, please visit the CARF website at www.carf.org.✧

Education Center Lobby Closed To Public

The lobby of the Lee County Public Education Center (LCPEC) at 2855 Colonial Boulevard is now closed to the public and will remain closed until further notice. The School District of Lee County continues to move more services online in an effort to slow the spread of COVID-19.

Parents and customers can still do business with the district over the phone and through email. A full staff directory of department phone numbers and employee email addresses can be found at www.leeschools.net/our_district.

The Finance Window directly behind the main entrance is open between 8 a.m. and 4:30 p.m. in order to help facilitate asking questions in person and dropping off any necessary paperwork. It has been modified to include an intercom system to protect both guests and employees. The window is located between the South and East entrances to the LCPEC.✧

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A dead pelican hangs from a tree due to monofilament line entanglement

photos by Bob Kern

Tree Service Removes Dead Pelican

A tree service company facilitated the removal of a dead pelican that was hanging from a tree near hole 18 at Sanibel Island Golf Club. The bird had a fish hook embedded in it with attached monofilament line and sinker that prevented it from freeing itself when the fishing gear became wrapped



Using a boom truck, Tree Trimming Doctor employees bag the dead pelican around a branch in the tree.

Tree Trimming Doctor owner Carlos Hernandez led his team in taking the bird down via a boom truck. The tree was located near the corner of Fulgur Street and Middle Gulf Drive.

Hernandez, a native of Honduras who has been trimming trees on Sanibel for 21 years, provided the community service at no charge. He was contacted by Sanibel resident Bob Kern who noticed the dead pelican hanging from the tree one day.

"I told him I would like to help," said Hernandez. "I just put up an osprey nest on the golf course property, so I just

wanted to help out."

Kern, who took the dead pelican to the Clinic for the Rehabilitation of Wildlife (CROW) for proper disposal, appreciated the work of Hernandez' crew.

"He did it on his own accord after I contacted him," Kern said.

Clear Your Gear project is a collaborative effort among Sanibel-Captiva conservation organizations to reduce the amount of monofilament line and fishing gear left in the environment. Members of the nonprofit organization would like to remind everyone that carelessly discarded/abandoned fishing

gear can injure or even kill birds, reptiles and mammals. Follow Clear Your Gear on Facebook.✱

Update From 'Ding' Darling

The CDC and other health professionals recommend getting outside, as long as you practice the necessary guidelines for social distancing, hand-washing and other prescribed measures. Getting outside with fresh air and exercise has been shown to benefit the brain, body and soul. It helps strengthen your immune system and improve your emotional well-being.

Wildlife Drive and all refuge hiking trails at JN "Ding" Darling National Wildlife Refuge on Sanibel remain open from 7:30 a.m. to 7 p.m., free of charge. The "Ding" Darling Visitor & Education Center and restrooms, Tarpon Bay Explorers recreation concession and all refuge and "Ding" Darling Wildlife Society (DDWS) offices are closed until further notice. All events, tours and programs have been temporarily canceled. Bailey Tract parking lot on Tarpon Bay Road is closed (to deter beach parking), but is still accessible via Island Inn Road.

The restrooms on Wildlife Drive are open. While using any refuge facilities, remember to keep CDC social distancing guidelines in mind, and wash your hands thoroughly afterward. Please stay home if you are not feeling well.

Check out the #DingAtHome page for activities. For more information, call 472-1100 ext. 237.✱



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Fort Myers Art:

Spotlight On All Florida Juried Show Artwork



by Tom Hall

Taking second place honors in this year's Alliance for the Arts All Florida Juried Exhibition was Taylord Dezeme's *A Slice of Life*. The oil-on-canvas painting is a rich, colorful surrealist

composition filled with metaphorical images, symbols and musical references that viewers are free to interpret in a multitude of ways. But the horns, violins and staveless musical notes do invite a consideration of the expectations that are placed on musical and other performers by the patrons and fans with whom they intersect.

They say oh my god I see the way you shine

Take your hand, my dear, and place them both in mine

You know you stopped me dead when I was passing by

And now I beg to see you dance just one more time

Intentionally or unintentionally, patrons and fans place expectations on all performers. For some, the expectations prompt them to surpass their self-imposed limitations and achieve better and better results. But others are simply unable to meet or exceed the expectations raised by their own greatness. Michael Jackson is a poignant example, as are The Beatles. In small



Taylord Dezeme with *A Slice of Life*

photo courtesy www.artsfwl.com

clubs like the Cavern, The Beatles created an extraordinary rapport with their fans through the raw energy they produced on stage. As the venues got bigger, this intimacy dissipated. They became increasing remote figures producing a sound so poor that it was often difficult to distinguish one song from another. And the screaming made it all but impossible for them to hear, never mind harmonize with each other.

So I say

Dance for me, dance for me, dance for me, oh, oh, oh

I've never seen anybody do the things you do before

They say move for me, move for me, move for me, ay, ay, ay

And when you're done I'll make you do it all again

It's unlikely that Taylord Dezeme intended to invoke Australian singer/songwriter Tones and I in his painting. But then again, he incorporated the words "Dance Monkey Dance" into the composition. While Tones wrote *Dance Monkey* in order to process a particularly meager slice of life she endured one day, the song has potentially given her the whole pie! To date, *Dance Monkey* has been streamed a billion times, racking up 50 million streams in China in one week alone. It has topped the singles charts in over 30 countries including Australia, Austria, Belgium, China, Canada, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Iceland, Ireland, Israel, Italy, Japan, Malaysia, Netherlands, New Zealand, Norway, Portugal, Romania, Singapore, Spain,

Sweden, Switzerland and the United Kingdom – and peaked within the top 10 in many other European and Asian countries. In the U.S., it made it all the way to No. 7 on the Billboard Hot 100.

The sudden rise to fame has its challenges, admits Tones, who was living in her van at the time she wrote the song. "It's really crazy. I don't know how to deal with it. But I just turn my phone off and hang out with my friends, and then it's all fine."

Just like a monkey I've been dancing my whole life

And you just beg to see me dance just one more time

Ooh I see you, see you, see you every time

And oh my I, I like your style

You, you make me, make me, make me wanna cry

And now I beg to see you dance just one more time

Of course, it's unclear whether the "Dance Monkey Dance" phrase in *A Slice of Life* is a reference to Tones and I's record-breaking single or the expectations people place on artists, musicians and other performers to repeat past work rather than reinvent themselves and their chosen genres. And while the comparison may be warranted and is certainly complimentary, there's much more content to fathom and divine in Dezeme's second place painting. Like a Dali or, locally, a Marcus Jansen, the longer you stare and study, the more you see.

While you cannot physically visit the Alliance for the Arts, you can view a Facebook-based virtual tour of this year's All Florida Juried Exhibition and the 60 pieces juried into the show by juror Amanda Poss at www.facebook.com/artinlee.org/photos.

Tom Hall is both an amateur artist and aspiring novelist who writes art quest thrillers. He is in the final stages of completing his debut novel titled *Art Detective*. A former tax attorney, he lives in Estero with his fiancé and their four cats.✴

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Donations Sought For COVID-19 Relief Fund

Southwest Florida Emergency Relief Fund was recently launched to begin collecting private funds to be used in the Southwest Florida region to help neighbors with food, shelter and basic human needs due to the economic challenges caused by COVID-19. The fund will complement the work of public health officials and expand local capacity to address the outbreak as effectively as possible.

The Southwest Florida Community Foundation is administering the fund and partnering with the United Way of Lee, Hendry, Glades and Okeechobee Counties to distribute the funding to nonprofits on the front line working with those most affected. The first distribution of \$30,000 was made to the United Way for food distribution to the nonprofits serving the public which is the greatest

need based on informal research and community input by local nonprofits.

Donors can give online at www.floridacommunity.com or text GIVESWFL to 444999. Other ways to give include contributions from required minimum distributions (RMD) from Individual Retirement Accounts (IRAs). If you are age 70 ½ and eligible to receive your RMD, you can gift up to \$100,000 to charity, for more information email give@floridacommunity.com.

"Now more than ever we need to work and innovate together to help each other," said Sarah Owen, president and CEO of the Southwest Florida Community Foundation. "Our neighbors are really hurting, and every dollar donated will stay in our community to help others."

Contributions are tax deductible as allowed by law. One hundred percent of the funds donated through the Southwest Florida Community Foundation will be used to provide emergency funds to directly help people in Southwest Florida. Donors have the option to cover credit card fees.✴

Generosity Fuels Families During Tough Times

submitted by
Tracy Connelly



While the number of COVID-19 cases is relatively small compared to the region's population, there isn't a single person in Southwest Florida who has not been impacted by the virus. Financial markets and 401(k) plans have collapsed. Schools, businesses and restaurants have temporarily closed. Supermarkets and big box stores cannot keep essential items in stock.

However, the coronavirus is disproportionately impacting lower-income families, particularly those in the service industry – hotels, restaurants, retail stores and attractions.

In Immokalee, nearly half of families were living in poverty before the crisis, and that figure is certain to rise in the coming weeks and months as the service industry staggers and agriculture jobs disappear for the summer. Those workers are the parents of students at Guadalupe Center. They work hard, but live paycheck to paycheck. Now, that paycheck is either smaller or non-existent.

Thankfully, local school systems are providing "grab-and-go" meals to students while schools are closed. For many children, it's the only nutritious, well-balanced meal they will receive. Unfortunately, those programs don't operate on the weekend, and that concerns Debbie and Bill Toler, community leaders with a passion for helping nonprofits, particularly those focused on education and youth. The Toler family were exploring ways to help locally owned businesses impacted by the economic and health crisis, like Jonesez BBQ, a Fort Myers-based caterer recovering from a barrage of cancellations. Debbie contacted Guadalupe Center to begin developing a plan to feed students and their families.

Jonesez BBQ's three food trucks rolled into Immokalee on Saturday, March 21, serving 1,000 hot meals – pulled chicken and pork, rice, beans and rolls – in drive-thru style lines to minimize contact and follow federal guidelines for social distancing. To increase the impact across several geographical areas and reach more families, the trucks were stationed at Guadalupe Center's Monaghan Family Early Childhood Education Campus, as well as at community partners Pathways Early Learning Center and Redlands Christian Migrant Association. All three organizations serve the students of Immokalee. The Toler family have generously supported Guadalupe Center for years and were happy to partner on another meaningful event.

"We truly believe in their mission and they service some of the neighborhoods that really need it the most," Debbie said.



Debbie and Bill Toler by Jonesez BBQ food truck

photo provided

"They take care of educational needs of so many children in the community and it's beyond just the children – it's the entire family."

Guadalupe Center's weekly Smart Start family literacy program, for example, shows parents how to facilitate in-home learning and ensure that children are reaching age-appropriate development milestones. Guadalupe Center also has partnered with the Immokalee Unmet Needs Coalition to help provide housing for families whose homes were severely damaged by Hurricane Irma.

Guadalupe Center relies on assistance from generous supporters like the Toler family to carry out its mission of breaking the cycle of poverty through education for the children of Immokalee. The center's nationally accredited Early Childhood Education Program, After-school Tutoring & Summer Enrichment Program and college preparatory Tutor Corps Program have become models for communities serving similar demographics.

"Really, it's more than the food that we're serving them," Debbie said while

continued on page 12

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Toni Westland with the Ding At Home poster image provided

Refuge Debuts Digital Engagement

To keep its fans and friends in touch with nature and engaged in calming, educational activities during the COVID-19 outbreak, the JN “Ding” Darling National Wildlife Refuge and “Ding” Darling Wildlife Society-Friends of the Refuge have debuted programs for stay-at-home families and individuals. They have created virtual experiences that all ages can experience via social media and www.dingdarlingsociety.org/articles/ding-at-home. “Learning about nature is always

important for kids and adults alike,” said Supervisory Refuge Ranger Toni Westland. “During this challenging climate of social distancing and self-isolation, it becomes crucial that we nourish our souls with the beauty and wonder of wildlife and its habitat.”

Follow the official refuge Facebook page for daily themed activity videos posted at 10 a.m. Monday through Friday. Here’s the schedule:

Movement Monday – wildlife-themed yoga and other exercises

Tales on Tuesday – nature story reading

Wildlife Wednesday – learn fun facts about a specific animal

Trail Thursday – outdoor scavenger hunt

Fun-Time Friday – craft demonstrations and at-home experiments

Follow the “Ding” Darling Wildlife Society page for daily 30-second videos of wildlife and the refuge’s serene beauty each afternoon.

Visit the Ding at Home web page often for nature-themed activity books and craft ideas you can download. The page will also archive links from the refuge’s activity videos and from the 2020 “Ding” Darling Lecture Series live broadcasts.

“Education is not something we can let slide just because our Visitor & Education Center is closed and our programs sidelined for visitor safety,” said Westland. “We look forward to connecting with our peeps and connecting them with nature through the miracle of electronics.”**



Snowy plover photos provided

First Enclosure Installed For Plover Season

On March 24, Sanibel-Captiva Conservation Foundation (SCCF) staff roped off an area of beach near the lighthouse for nesting snowy plovers, in cooperation with the City of Sanibel.



Nesting marker

Snowy plovers are a threatened species in the state of Florida. In 2019, two pairs of plovers nested and raised their young in the same location. Four chicks fledged on Sanibel in 2019, which was an increase from the previous two years.

Currently there are four pairs of snowy plovers pairing up and establishing territories in this area. Protecting their nesting areas is continued on page 14

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION
Service 9, and 11 a.m. Children’s RE, Adult Education Forum 10 a.m., www.allfaiths-uc.org, 2756 McGregor Boulevard, 226-0900.
ALL SAINTS BYZANTINE RITE CATHOLIC
Sunday 10:30 a.m., 10291 Bayshore Road, 599-4023.
ANNUNCIATION GREEK ORTHODOX
Sunday 9 and 10 a.m., www.annunciation.fl.goarch.org, 8210 Cypress Lake Drive, 481-2099.
BAT YAM-TEMPLE OF THE ISLANDS
Friday Shabbat at 7 p.m. 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, 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, 5620 Winkler Road, 433-7708.
CHAPEL OF CYPRESS COVE
Sunday 10 a.m., 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, 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. 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, 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, 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.funfcmtyers.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.fpcfmyers.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, 19691 Cypress View Drive, 267-3525.
NEW BEGINNINGS CENTER
Friday 6:30 and 7 p.m. nbcministry@embargmail.com, facebook.com/nbcministry, 8505 Jenny Cae Lane, 656-0416.
NEW COVENANT EYES
Monthly 9 a.m., 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, 10051 Plantation Road, 274-1230.
PEACE COMMUNITY
Sunday 10:30 a.m. www.peacecommunitychurch.com, 17671 Pine Ridge Road, 267-7400.
PEACE LUTHERAN
Sunday 8 and 10 a.m., www.peaceftmyers.com, peace@peaceftmyers.com. 15840 McGregor Boulevard, 437-2599.
REDEEMER LUTHERAN
Sunday 8:15 and 10:15 a.m. 3950 Winkler Ext., 274-0143.
RIVER OF LIFE ASSEMBLY OF GOD
8, 9:45 and 11:30 a.m., 21580 River Ranch Road, 495-0400.
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Meditation classes. www.MeditationInFortMyers.org, 567-9739.
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SAINT NICHOLAS MONASTERY
Sunday 9:30 a.m., 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, 16225 Winkler Road, 433-0018.
TEMPLE JUDEA (CONSERVATIVE)
Friday 6:30 p.m. and Saturday 9 a.m., www.tjswfl.org, 14486 A&W Bulb Road, 433-0201.
THE FAITH CENTER
Sunday 9 and 10:30 a.m., Thursday 7:15 p.m., 17650 South Tamiami Trail, Suite 212, 278-3638.
THE NEW CHURCH
Sunday 11 a.m., www.newchurchflorida.com, 10811 Sunset Plaza Circle #401, 481-5535.
UNITARIAN UNIVERSALIST
Sunday 10:30 a.m., www.uucfm.org, 13411 Shire Lane, 561-2700.
UNITY OF FORT MYERS
Sunday 10 a.m., www.unityoffortmyers.org, 11120 Ranchette Road, 278-1511.
WESTMINSTER PRESBYTERIAN CHURCH
Sunday 9:30 and 10:45 a.m., 9065 Ligon Court, 481-2125.
WORD OF LIFE
Sunday 10 a.m., Wednesday 7 p.m., 2120 Collier Avenue, 274-8881.
ZION LUTHERAN
Sunday 8, 9:30 and 10:45 a.m., www.zionfm.org, 7401 Winkler Road, 481-4040.**

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Send to community@bigarts.org and watch your email for an alert, or check out our Facebook page from time to time. Be well.

ABOUT BIG ARTS

BIG ARTS, established in 1979, is a nonprofit organization devoted to providing quality artistic, cultural and educational experiences to Sanibel and Captiva residents and visitors. Visit www.BIGARTS.org to learn more and don't forget to like BIG ARTS on Facebook!



www.BIGARTS.org or (239)395-0900

Tarpon Tales



by Capt.
Matt Mitchell

The threat of COVID-19 has had the majority of our April clients cancel their trips. With now only a few trips a week scheduled, all with my local clients, I'm gonna make the

most of it and still get out to enjoy some of the best early spring fishing we have experienced in years.

Tarpon have showed up all through our area. Most of the clients that I had scheduled to fish with this week did not take much persuading to give these fish a go. All the usual places in the sound had these spring time giants. Switching gears and chasing the silver king was a much needed break from all the craziness on land.

While sitting in rolling tarpon, we noticed it did not take long to hook up some days. Having a rod double down and seeing a six-foot-long tarpon jump for the sky is as good as it gets. Marking off a bucket list of fish for a client is always a good feeling. Most of my anglers usually head back up north before they can get a shot at our spring time push of tarpon. These early season fish are great for everyone – me included.

No matter how well you explain how strong a tarpon is to a client, it simply has to be experienced to be believed. Thirty minutes into one fight earlier last week, we had a big hammerhead pop up on a



Capt. Matt Mitchell involved in tarpon wrangling

photo provided

hooked tarpon. This wild fish took off with a new lease on life, jumping and running after we thought we had it beat. After starting up the outboard and keeping the boat close to the hooked tarpon, the shark gave up. Fifteen minutes later, we brought this fish boat side and, after grabbing the leader for a few pictures, let it swim off.

After more than a 30-minute battle during another tarpon fight this week,

this fish decided to tow us up into super shallow water. In order to try to get the hook out, I had to climb into ankle deep water and follow this fish. After wrangling it, I was still not able to grab it for that perfect picture. While holding the leader and being within a few feet of the fish, it surged one last time and broke off.

Every tarpon fight is different, while some are much more memorable than

others. The common denominator is that they are full on thrills. Feel the amazing power of these fish.

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

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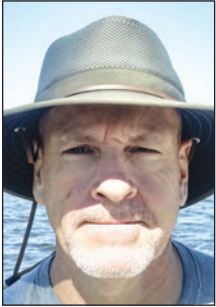
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Dave Doane

CROW Case Of The Week:

American Bald Eagle



by Bob Petcher

The American bald eagle (*Haliaeetus leucocephalus*) is referred to as the emblem bird of the United States. Though, if Benjamin Franklin had his way when that decision was

being made, the wild turkey would have been adopted as the national bird. Franklin called the bald eagle a "bird of bad moral character" due to its aggressive nature towards other winged animals.

While it is a majestic animal, the bald eagle can be labelled a predator or a scavenger. It often feeds on carrion, including dead fish washed up on shore, and it steals food from ospreys and other smaller birds.

At CROW, an adult bald eagle was rescued after being reported unable to fly near a quarry in Fort Myers. Upon admission to the hospital, veterinarians found that the eagle had numerous broken primary feathers on its right wing, scabbed wounds at the tip of its wing and legs, and overall poor feather quality.

"Primary feathers are the long outer feathers on the wing which are important for generating forward thrust during



Patient #20-758 shortly after being admitted to CROW

photo by Brian Bohman

flight; these are directly attached to the underlying bone," said Dr. Robin Bast, CROW staff veterinarian. "Other feathers on the wing – secondaries – overlap and help give the bird lift during flight. Retrises, or tail feathers, are important for steering to allow the bird to change direction. If the primary feathers are damaged, it affects their ability to fly."

The patient's injuries were believed to have been caused by fighting with another eagle. After a few days for the scabbed wounds to heal, the eagle was moved to an outside enclosure to assess its flight capabilities. Unfortunately, the broken feathers prevented the eagle from

flying.

"Currently, the eagle is in an outdoor enclosure while its wounds heal," said Dr. Bast. "This allows it to use its muscles and maintain normal behavior while minimizing stress until such time we can perform a feather implant procedure called 'imping'."

CROW medical officials explained that the imping process – a procedure in which donor feathers from a deceased bird or previously molted feathers from a captive bird are used to implant into the shafts of broken feathers – will limit the time the eagle is in captivity. Veterinarians plan to 'imp' new feathers

once they are acquired.

"Imping is the process of temporarily implanting a specific feather – same species, appropriate size feather – into the shaft where the original feather was broken. This serves as a temporary feather until the bird goes through a normal molt process, dropping and re-growing feathers naturally," Dr. Bast explained further. "Imping allows us to get a bird rehabilitated and released faster than if we waited weeks to months for a natural molt to occur. Imping significantly shortens their time in captivity, allowing them to regain flight function much faster than with a natural molt."

CROW officials were able to secure feathers for their patient.

"With the appropriate permits, we were able to obtain eagle feathers from another facility in the state of Florida. You cannot legally possess feathers, particularly those of an eagle, without federal permission," said Dr. Bast via email on March 31. "The procedure is scheduled for later this week. If successful, this eagle would be able to be released a few days later. It will keep the temporary impeded feathers until such time as it naturally molts and grows back in its own feathers."

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.

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Plant Smart

Netted Pawpaw

by Gerri Reaves

Netted pawpaw (*Asimina reticulata*) is a slow-growing deciduous member of the custard-apple family and one of several native pawpaw species in the state.

Also called flag-pawpaw and pineland pawpaw, this multi-stemmed shrub reaches a height of two to six feet. Another name, reticulated pawpaw, refers to the net-like or crisscrossing of leaf veins.

Its natural habitat includes woods, hammocks and sandy flatwoods.

The alternate oblong to narrowly obovate leaves have either pointed or rounded tips. Leathery in texture and about two to four inches long, their edges are sometimes rolled under.

Large fragrant white flowers of two to three inches across appear in spring. Showy, pendent and bell-shaped, they have three inner and three outer petals. The sepals are triangular and the inner petals incurved.

The peanut-shaped fruit is one to three inches long.

This shrub grows in full sun to partial shade, developing fuller foliage in sun. It can withstand brief periodic freshwater flooding, but not salt.

It is drought tolerant once established, has a deep taproot, and can grow in nutrient-poor soil.

Propagate it with the dark brown seeds or with suckers. The shrub sometimes self-sows. It is not transplantable due to the taproot.

The fruit is eaten by wildlife, particularly the gopher tortoise. It is said to have a banana-like flavor, which inspires yet another name, dog-banana. Be cautious about ingesting it, though, for some people are allergic to it.

The plant is the larval species for the Zebra swallowtail butterfly and the pawpaw sphinx moth.

That moth made some major science news recently. It was observed and photographed for the first time pollinating



Native netted pawpaw is a wildlife-friendly shrub with large fragrant springtime flowers

photo by Gerri Reaves

the rare ghost orchid in the Florida Panther National Wildlife Refuge.

It was one of five moth species visiting the flower and one of only two pollinating it. Those two are additional pollinating species besides the giant sphinx moth, which was previously thought to be the endangered orchid's only pollinator.

Sources: *Florida Plants for Wildlife* by Craig N. Huegel, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Gardening for Florida's Butterflies* by Pamela F. Traas, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Right Plants for Dry Places* by Suncoast Native Plant Society, *The Shrubs and Woody Vines of Florida* by Gil Nelson, <http://www.efloras.org>, and www.nationalgeographic.com, and www.regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.✱

Boat Safely For Sea Turtles

On March 21, Sanibel-Captiva Conservation Foundation (SCCF) sea turtle staff served as first responders in a coordinated sea turtle rescue by the Lee County Sheriff's Department Marine Unit, and in transportation to Clinic for the Rehabilitation of Wildlife (CROW). Sadly, a loggerhead sea turtle died due to a boat strike.

With higher than usual boat traffic right now as a favorite social distancing activity, SCCF wants to remind everyone to be on the lookout for sea turtles.

"It's also the time when our loggerheads are returning to our waters for breeding nearshore," said Kelly Sloan, SCCF coastal wildlife director.

Because males are clasping females for long periods during the breeding season, they are both burdened with limited maneuverability. Experts estimate that only one in 1,000 sea turtles survives to adulthood. Yet that one turtle that beats the odds can lose its life in an instant to a boat strike.

Boaters can save sea turtles' lives by following these tips:

Slow down, wear polarized sunglasses and stay alert to avoid sea turtles.

Consider minimizing boating within the .6-mile strip along the shoreline. Research indicates that adult loggerheads tend to concentrate in this area during the breeding and nesting season. If you need to boat within this area, travel at idle speed so the sea turtles have a chance to dive out of your way.



SCCF's Jack Brzoza assisting the Lee County Sheriff's Department Marine Unit with the loggerhead sea turtle rescue

photo provided

Have a designated turtle lookout on board. Be aware that sea turtle heads can look very similar to crab trap buoys.

Obey all "No Wake" "Idle Speed" and "Slow Speed" zones, but realize that sea turtles are found everywhere, not just within the boundaries of these zones.

Sea turtle nesting season officially begins April 15, with the first nests usually laid in late April.

"Loggerheads and leatherbacks on the east coast have both been documented earlier than normal. If we're lucky we might see some earlybirds on our coast, too," said Sloan.✱

From page 7

Tough Times

helping package meals for families. "It's providing additional support and letting them know that as a community, we're here for them."

Dawn Montecalvo, president of Guadalupe Center, said support from the community is helping deliver exceptional results, like statistics showing that 95 percent of children meet or exceed kindergarten readiness measures and 94 percent of Tutor Corps students graduate with a postsecondary degree.

In a time of crisis, Dawn hopes the Tolers' act of generosity serves as an inspiration to others in Southwest Florida.

"Take care of your family's needs first, but if you have the ability and means to help others, please go ahead and do it," she said. "There are so many families and children in Southwest Florida that are going to have a very difficult spring and summer, but coming together as one will help our community grow stronger."

To help Guadalupe Center students and their families, visit www.guadalupecenter.org/how-to-give or call 657-7711.

Tracy Connolly is Vice President of Development at Guadalupe Center.✱

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Cells, The Fundamental Unit Of Life

submitted by J. Bruce Neill, PhD

This week, I'm not going to go into SARS CoV-2, the virus that causes COVID; I think we've all heard enough about COVID recently. Instead, this week, we are going to drill down about the basics of life: how we work at the cellular level, and how we differ from viruses.



All living things are made of cells. Cells were first observed in the 17th century immediately after the invention of the microscope by a Dutch scientist, Antonie van Leeuwenhoek; an English contemporary, Robert Hooke, first coined the term cell shortly following. In the early 19th century, the now universally accepted Cell Theory was established, which in its present interpretation states – energy flow occurs within cells, heredity information (DNA) is passed on from cell to cell, and all cells have the same basic chemical composition.

In eukaryotic cells (all living things except for the bacteria), each cell is composed of a cellular membrane that

encloses the structure and isolates the inner parts of the cell from the outside world. The cellular membrane is a thin lipid (fat) layer, with embedded proteins interspersed throughout. Inside the cell, there are a number of smaller, organized structures, called organelles that carry out the functions of the cell.

One of these organelles, the mitochondria, carry out cellular metabolism – harvesting the energy stored in the chemical bonds of sugars, producing CO₂ in the process. Others are sites where proteins are manufactured from their amino acid building blocks. Still another is the nucleus, which contains the instructions for all the cellular functions; encoded in a chemical known as DNA.

DNA is a long, linear molecule; its length much longer than the cell itself, in the nucleus of the cell, it is coiled in discrete bundles we call chromosomes. The instructions are used to create a working copy composed in a different chemical compound, RNA – which carries out the execution of a cell's work. Sexual reproduction is the risky business of halving our chromosome complement and combining them with half of someone else's and watching how it turns out.

Although some cells are very highly specialized and highly modified, most cells share a pretty similar architectural design. They have an external lipid membrane, and a variety of internal structures, the organelles. The master plan for the functionality of each cell is encoded in DNA, stored in the nucleus.

Viruses have a fairly similar overall design – only much, much simpler. They have an outer shell, called a viral envelope. Inside the viral envelope, there are usually no, or at least very few, organized substructures. They have a small strand of DNA, and some viruses only have RNA inside the viral envelope. When they infect a cell, they commandeer the organelles of the host cell to manufacture new viral particles, using the instructions encoded in the viral DNA or RNA.

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.**

Students Should Take FAFSA Seriously

The federal government requires many students who submit the Free Application for Federal Student Aid (FAFSA) to verify the information included on the FAFSA. The students requiring verification are chosen by the U.S. Department of Education.

Used to apply for most federal and many state student aid programs, the FAFSA asks detailed questions about the income and financial resources of students. The parents of dependent students must also provide that information. Students are considered dependent if they are undergraduates under 24 years old, not married, have no dependents, are not veterans, or

were not orphans or wards of the court until age 19.

The college or an agency working with the school will let students know if their information is being verified.

Students and parents need to take this process seriously, according to KHEAA. Students chosen for verification cannot receive their financial aid until they complete the verification process. As soon as they are contacted, they should provide any information that is required. Putting it off will only lead to frustration if the process isn't finished when classes are ready to start.

If students who have been asked for verification decide not to attend a college, they should let the college know so it will stop requesting information.

For more information about advantage education loans, visit www.advantageeducationloan.com.*

Jury Duty And Trials Suspended

The Florida State Supreme Court recently issued a new Administrative Order to further suspend all jury trials through Friday, April 17. The Coronavirus COVID-19 pandemic continues to have a massive effect upon the operations of the Clerks and the State Courts System.

Anyone with a summons for jury duty dated between now and April 17 is not required to report to the Clerk's Office for jury duty. If you are unsure if your summons is impacted by this order, call the number provided on the summons or visit the Jury Duty page on www.leeclerk.org.

The new order also extends an earlier suspension of speedy trial rules and related court procedures. View Noteworthy Information on the home page of www.leeclerk.org for updated information on the court schedules and clerk services.

The Clerk's Office will continue to keep all customer face-to-face services closed until further notice in accordance with the Centers for Disease Control and Prevention (CDC) protocols to stop the spread of the coronavirus. At the same time, we are committed to providing critical services to this community in the best way possible.

Visit www.leeclerk.org for daily updates, online services, drop-off information, mailing addresses and other contact information.*

Marriage Licenses To Be Issued On Limited Need

The Lee County Clerk's Office will make the following change to its marriage license service, after being compelled by the 'stay at home' request from county officials.

To get married, couples must complete the marriage application online at www.leeclerk.org. Then the statute requires that they show up together at one of five clerk's office locations to get the license. At this time, officials are requiring the couple to submit a written request that describes an essential need to obtain the

license prior to April 17.

Requests can be emailed to: recordingsupervisors@leeclerk.org or mailed to Lee County Clerk, PO Box 2278, Fort Myers, FL 33902. The request must provide contact information where the clerk can make contact with the couple and schedule an appointment. The applications are good for 30 days, and the marriage licenses are good for 60 days. If couples can wait to obtain a marriage license, they are encouraged to 'stay home' until this crisis is over.

For questions about recording documents, marriage licenses, or passports, call 533-5007. For court-related questions, call 533-5000. For any other questions, email leeclerk_info@leeclerk.org.*

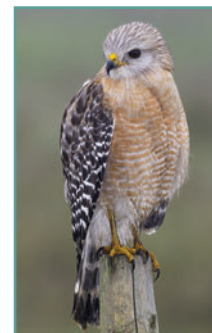
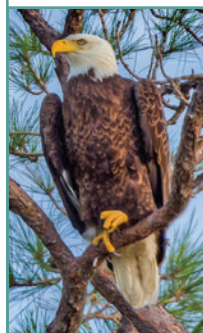
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Book Review

The Woman’s Hour



by Di Saggau
The Woman’s Hour: The Great Fight to Win the Vote is by Elaine Weiss. The book tells the gripping story of the suffragette’s fight to get the 36th state, Tennessee, to allow

women’s voting rights to be the law of the land. Granting women the right to vote is one of the greatest political battles in American history. The book will soon be a major television event. With a superb sense of detail, Weiss vividly depicts the events that led up to the climactic vote almost a hundred years ago.

Weiss says it was a war largely of women against women. The country’s own War of the Roses with anti-suffragists wearing red roses and suffragists, yellow ones. Both sides used the color-coded blooms and applied them to the lapels of legislators they wanted to win over. The yellow “Suffs” opposed the red “Antis,” and it was a boon to the nation’s florists.

August 1920, 35 states have ratified the 19th Amendment, 12 have rejected or refused to vote,

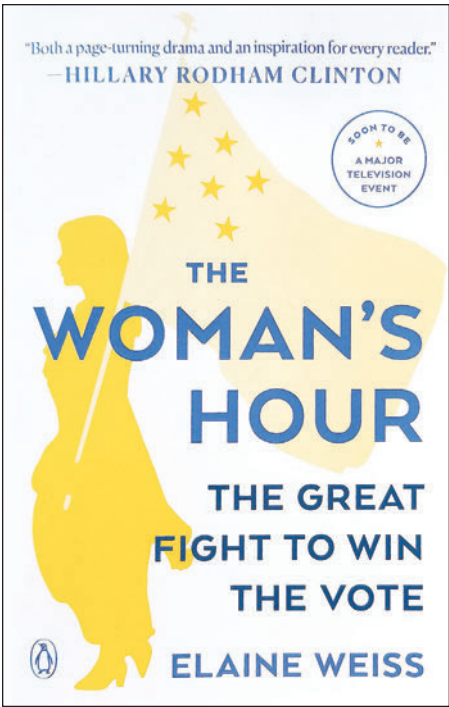


image provided

and one last state is needed. It’s the moment of truth for the suffragists, after a seven-decade crusade, and it all depends on Tennessee. Opposing are politicians, liquor companies, railroad magnates and racists who don’t want black women voting. Also the “Antis,” women who oppose their own enfranchisement, thinking suffrage will bring about the moral collapse of the nation. They all face-off with dirty tricks, betrayals, bribes, bigotry, Jack

Daniel’s and the Bible.
 The book follows some remarkable women, along with appearances by Woodrow Wilson, Warren Harding, Frederic Douglass and Eleanor Roosevelt. There are also photos of all the major players along with reproductions of newspaper coverage at

that time.
 Hilary Rodham Clinton called the book, “Both a page-turning drama and an inspiration for every reader.” *The Woman’s Hour* celebrates the 100th anniversary of the passage of the 19th Amendment and the League of Women Voters.*

School Smart



by Shelley M. Gregg, NCSF
Dear Readers,
 For this week’s column, Nicole Finnium, director of the Sanibel Sea School has written a guest column to let you know about

a fantastic new, interactive program the Sea School has created to help kids (and parents) learn about the environment while they are currently out of school and learning at home. This new learning opportunity is unique, and I encourage you to take advantage of it.

Here’s what Finnium has to say about the new program:

Sanibel Sea School is excited to offer the community educational opportunities during a time when kids are out of school and parents working from home. Many parents have to juggle work and homeschool responsibilities during the day. Sanibel Sea School hopes to lighten that burden by providing at-home, nature-based activities.

The education team has been working eagerly to transpose environmental education as they know it into an interactive, weekly e-newsletter called Nature Near You.

Nature Near You will be delivered to families’ email inboxes every Monday, Wednesday and Friday and will include a new topic each day. Participants can expect brief science-based lessons, arts and crafts using natural materials, and activities and experiments they can conduct at their kitchen tables. All of the activities will include exploration, discovery and encourage kids to enjoy a small slice of nature in their backyard.

Nature Near You was launched on March 23 and featured backyard biodiversity in the first issue. A “how to” on bioblitzing was shared along with a video from Sanibel Sea School’s educators conducting a bioblitz themselves.

The educators showed how students can do a bioblitz in their very own backyards. A bioblitz is a way to assess the overall biodiversity in an area while creating a species list of every plant and creature found. This activity encourages kids to get outside and observe their natural environment, all while maintaining appropriate social distancing.

The education team also released issues featuring nature journaling and nature-inspired art projects in the first week of the launch.

Sanibel Sea School will also provide content via their social media platforms, Facebook and Instagram. Each Tuesday, a Creature Feature will be posted by one of our educators who will describe fascinating facts about a unique creature.

On Thursdays at noon, the team will host Exploring with our Educators, where one of our educators hosts a live video session on Facebook. The team is also working on a series of blogs for adults and older children to enjoy weekly at www.sanibelseaschool.org/experience-blog.

Nature Near You is Sanibel Sea School’s entrepreneurial offering to the community during this time. If you would like to support the organization and these unique efforts, visit www.sanibelseaschool.org/support-the-cause.

If you would like more information or would like to opt-in to Nature Near You, email info@sanibelseaschool.org.

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.*

From page 8

Plover Season

essential to their survival, as these small, sand-colored birds lay their nests in shallow depressions in the sand. They need a safe space to protect their nests from accidental destruction.

You can help protect snowy plovers by giving them their space. Always stay outside posted areas, and keep all pets on a leash. If a plover is scared off her nest, the eggs and chicks are left exposed to the sun, and to predators like crows and gulls.

Never feed wildlife, as this can attract predators to nesting areas. Always pick up your trash, and fill in any holes you dig on the beach. Small flightless shorebird chicks can become entrapped and die.

Contact shorebirds@sccf.org with any questions about snowy plovers. If you see a violation, call the Florida Fish & Wildlife Conservation Commission (FWC) wildlife alert hotline: 888-404-FWCC.*

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THOMAS P. HALL
 ROBIN C. TUTTILL, EDITOR

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A Time For Imaginative Thinking

submitted by Brielle Ruiz

Peter Blaze Corcoran, Sanibel resident and professor emeritus at Florida Gulf Coast University (FGCU), was recently elected to the board of directors of the Frances Perkins Center in Damariscotta, Maine.

Frances Perkins was the first woman in American history to serve as a cabinet secretary. In 1932, at the depths of the Great Depression, Franklin Delano Roosevelt appointed her to serve as secretary of labor and she held that post through his entire presidency. She was the architect of the New Deal and was the force behind the minimum wage, the 40-hour work week, workers compensation, unemployment insurance, workplace safety regulation, child labor protection and Social Security.

Inspired by her faith, Perkins envisioned and fought for social justice, fair and safe conditions of labor, and the alleviation of poverty throughout her career. She is designated as a Holy Woman of the Episcopal Church, honored with a feast day on May 13. Despite these major accomplishments, she remains one of the most under-recognized women in American history.

The Frances Perkins Center is a nonprofit organization dedicated to fulfilling the legacy of Perkins, educating the public on her remarkable career in public service, and preserving the Perkins family homestead for future generations. Corcoran looks forward to serving alongside such a distinguished national team of labor and New Deal scholars and honoring the life's work of one of his long-time heroes.

Corcoran believes Perkins' career can be a model for all in times like these, when social and public services are profoundly tested. Her reimagining of the federal government's responsibility to provide all its people with the best possible life is highly



Maine Gov. Janet Mills and Peter Blaze Corcoran pose with a Frances Perkins photo cutout at the Portland premier of *Summoned*
photo provided

relevant to the health, social, political and economic crises as a result of COVID-19. Corcoran believes Perkins' bold thinking, advocacy and action on behalf of working people is just what we need at this critical moment in the nation's history.

"This is a time for imaginative 'New Deal' thinking," said Corcoran. "Frances Perkins created programs that did not exist, such as unemployment insurance and Social Security out of a deep humanity and concern for the poor." He hopes to help translate her thinking to help meet the deep needs of America at this challenging time.

Corcoran had been invited to give a talk, entitled Frances Perkins: Working Mother, U.S. Secretary of Labor, Holy Woman of the Episcopal Church, this April to the Episcopal Church Women at Saint Michael and All Angels Episcopal Church on Sanibel. It has been postponed but will be rescheduled for next season.

To learn more about Frances Perkins, visit www.francesperkinscenter.org. A new film about her life and career – *Summoned: Frances Perkins and the General Welfare* – is airing on PBS.✱

Local Brewing Company Offers Curbside Pickup

Fort Myers Brewing Company is now offering curbside pickup as an option for customers who wish to enjoy the brewery's award-winning craft brews.

"The safety of our customers and community is our top priority, and we have been closely monitoring the latest recommendations from the CDC and considering best ways to serve our loyal customers during this time," said Jen Whyte, who co-founded Fort Myers Brewing in 2013 with her husband, Rob. "Swing by the brewery, and we'll bring your favorite brews out to you so that you can enjoy from the comfort of home."

Adjusted brewery hours are noon to 8 p.m. Fort Myers Brewing is collaborating with its food truck partners to also offer curbside pickup of their specialty dishes. The Nosh Truck, The Volkswagen and Kings Tacos & Burritos will be onsite Thursday, March 19.

To support its regularly scheduled bands, Fort Myers Brewing will live stream a performance by Neon Summer from its empty taproom on Thursday, March 19 for followers to enjoy from home. Performance time will be announced on Fort Myers Brewing's Facebook page, and viewers can support the band through online donations.

Fort Myers Brewing Company is located at 12811 Commerce Lakes Drive, Suite 28, in Fort Myers.

For more information and a look at Fort Myers Brewing's daily to-go menu, visit www.facebook.com/fmbrew or call 313-6576.✱

Innovation, Marketing And Mindset

Miller Marketing and Training will present Small Business Innovation, Marketing & Mindset at the Hilton Garden Inn Airport on Thursday, April 30 from 8:30 a.m. to 4:30 p.m. Attendees will learn how to build a small business that creates predictable profits with innovative systems for marketing, sales and order fulfillment.

Brad Miller, president of Miller Marketing and Training, will host the event. "I've discovered the keys to making my small business work, and it is crazy fun and rewarding," he said. "Most people get into small business because they have a skill and are good at it. But what propels a business is innovation and marketing."

Miller founded his business, Interior Plant Scapes, in 1983. Interior Plant Scapes is the premier provider in Southwest Florida for creating ambiance and beautiful spaces using gorgeous plants in decorative containers and guaranteeing their continuous beauty with professional plant care. Today, Interior Plant Scapes has grown to include more than 400 of Southwest Florida's most prominent businesses.

Miller will reveal how he has created a lifestyle – business that works predictably in the hands of others. Attendees will learn how to work on



Brad Miller photo provided

their businesses and themselves with a laser-focus on three critical success factors:

- Innovation
 - 1) The system is the solution. Innovate and create systems for everything.
 - 2) Learn process improvement to eliminate waste and maximize profits in order-fulfillment.
 - 3) Stop playing whack-a-mole in business and enjoy life again.

Marketing

- 1) Creating marketing "systems" to guarantee a continuous stream of

continued on page 16

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

If you're concerned about estate taxes, the stock market drop related to the coronavirus pandemic offers an opportunity.

Many who watch the market are sickened by its precipitous decline over the course of the past several weeks. It's worse than either the 2001 decline after September 11, and of the 1987 crash.

The experts seem to predict, however, that once the pandemic has run its course, the market will rebound. Some pundits believe it will rebound fairly quickly, others believe it will take years.

No one knows.

Yet, if you're concerned about federal estate taxes, now might be an opportunity to act. Not only has everyone's stock portfolio declined, but so have real estate values, and those of closely held businesses. Discounted values on operating assets held in LLCs, partnerships and S corporations may be as much as 75 percent lower than they were only a few months ago.

Combine the loss of value with extremely low interest rates and you have leveraging strategies that can minimize lifetime gifts. Now, for example, is an excellent time to consider Grantor Retained Annuity Trusts (GRATs), Qualified Personal Residence Trusts (QPRTs) and sales to Intentionally Defective Grantor Trusts (IDGTs).

You might believe that today's high federal gift and estate tax exemption of \$11.54 million means you don't have to worry about these things. Consider this: First, the current exemption will expire on December 31, 2025. Second, the exemption may be lowered before then, depending upon which party wins the White House and the Congress in the November elections.

It's not unlikely that the federal gift and estate tax exemption fall by half or more per person.

Also, our federal government is spending trillions of dollars for stimulus over the next several months to head off a recession. It will have to recover that money.

Tax rates are certainly going to increase. It's easier to tax transfers of wealth as opposed to income. So now might be the least expensive time to consider wealth transfers.

Some clients wish to make transfers but want to retain the income from the assets that they're transferring. Generally speaking, the tax code frowns on that. If you retain the income, you mostly retain the wealth (and the growth associated with that wealth) at your death.

There are advanced strategies that allow one to transfer wealth without losing the income stream from it, at least for a period of years. The best wealth transfer techniques are designed with the client's goals and concerns in mind. Too often, attorneys, accountants and financial advisors begin with an explanation of a strategy they believe might work for a client.

The conversation should always start with what the client wants to achieve, not with the advantages and disadvantages of any given strategy.

One of my concerns, and that of my colleagues, is whether the IRS would "claw back" prior gifts that were made during a period of high exemptions if the taxpayer died after the exemption decreased.

In other words, suppose you transferred \$11.5 million of assets now, consuming your entire exemption without paying any tax, but then died when the exemption had fallen to \$6 million. Would the prior gift made that was then tax free become taxable at your death?

The reason for concern rests in how your federal estate tax return calculates the tax. Your gross taxable estate is not what you own at the time of your death. Prior taxable gifts are added back to your holdings. The entire amount is then applied against the full exemption. If that exemption has decreased between the time that you made tax free gifts to the date of your death, the current federal estate tax form would generate a tax.

I attend an advanced estate planning conference annually sponsored by the University of Miami Law School. At this year's conference, the experts pointed to recently issued Treasury Regulations published by the IRS stating that the claw-back won't occur.

Consequently, even if the exemptions decrease between now and when we die, tax free gifts made during life appear to remain tax free at death.

There's much to consider, even in these dark hours. As always, consult with a qualified estate planning attorney before implementing any strategy.

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Dial-In Support Groups Amid Pandemic

As the novel coronavirus outbreak continues to keep Floridians indoors, the Alzheimer's Association is introducing a new way for those living with Alzheimer's disease and their loved ones to gain support.

This week, the nonprofit organization debuted its new dial-in support groups, offering caregivers the opportunity to receive the support and information they need without leaving home. Now, support groups that previously met in person will be able to convene via confidential conference call lines set up by their group facilitators.

"We are so pleased to announce that our statewide network of more than 200 caregiver and early-stage Alzheimer's support groups will now be available over the phone," said Angela MacAuley, regional leader for the Alzheimer's Association in Florida. "While we want to ensure that our constituents are taking the appropriate steps to protect their health in these difficult times, we also want to continue to reassure them that they are not alone by opening up this new channel of support."

According to the Alzheimer's Association 2020 Alzheimer's Disease Facts and Figures report, an estimated 580,000 Floridians are currently living with Alzheimer's disease, and an additional 1.2 million Floridians are providing them with unpaid care.

"Florida ranks second in the nation for Alzheimer's prevalence, accounting for approximately 10 percent of the United

States' total diagnosed population," MacAuley added. "As our state is so heavily impacted by this disease, it is crucial that we continue to offer those affected the support they need – especially given the current circumstances."

Although Alzheimer's disease itself has not been proven to increase one's risk of contracting COVID-19, the novel coronavirus does pose unique challenges to those living with dementia and their caregivers. For instance, social distancing can be difficult – if not impossible – for those with late-stage dementia, and they may also need reminders to wash their hands as frequently and thoroughly as public health officials recommend.

For those battling Alzheimer's and their caregivers, the Alzheimer's Association 24/7 Helpline offers around-the-clock support. Those looking to join a dial-in support group or for more information are encouraged to contact the helpline at 800-272-3900.✴

Property Tax Payment Due Date Extended

Governor Ron DeSantis recently directed the Department of Revenue to provide flexibility on tax due dates to assist those adversely affected by COVID-19. Department of Revenue Executive Director Jim Zingale issued an emergency order to extend the final due date for property tax payments for the 2019 tax year.

Order of Emergency Waiver/Deviation #20-52-DOR-01 applies to all 67 Florida counties. Property tax is normally due by

March 31 in the year following the year the taxes are assessed. The Department waives the due date so that payments remitted by April 15 for the 2019 tax year will be considered timely paid.

Property taxpayers can visit the official website of the Lee County Tax Collector at www.leetc.com/taxes to complete their payment online.✴

Valerie's House Fundraising Gala

Valerie's House, a place where grieving children find comfort, compassion and hope, recently announced its 4th annual Sunset Soirée gala and fundraiser will be held at Quail West Country Club on Wednesday, October 28 from 6 to 9:30 p.m..

The event is a special night for those who embrace the mission and accomplishments of Valerie's House, and will highlight children, the activities they participate in and their experiences at Valerie's House. Guests will experience a cocktail hour, dinner and entertainment, with plenty of surprises mixed in along the way. ABC7 evening news anchor Krista Fogelson will once again emcee the event.

"We all know how difficult a time it is right now because of the coronavirus and how it has changed our lives and the lives of children we help each day at Valerie's House," founder and chief executive officer Angela Melvin said. "As we continue to get through this together, we hope this event provides the light and inspiration to build on our journey of hope. We are eternally grateful to those who have given of their treasure in the past and for those who will join our

journey in the future. The Sunset Soirée is a very valuable part of our journey."

The Sunset Soirée may begin at sunset, but the night is about creating a new beginning for children, who may have struggled after the sudden loss of a family member.

Tickets are \$250 per person or \$1,500 for a table of six. For information on ticket sales or for updates on the event, go to www.valereshouseswfl.org. For information about sponsorship opportunities, call 204-5804 or email events@valereshouseswfl.org.✴

From page 15

Innovation

clients ready to do business

2) Learn the business we are all really in – the marketing business.

3) Marketing is lead-generation, selling is lead conversion – do both with systems.

Mindset

1. How to scale your business, create free-time, do the work you love. It begins with belief systems.

2. Learn what it really means to work on your business, not in it.

3. Real wealth is not about money, it's about Freedom. Learn why – and how to get both.

Registration is \$397. A \$100 savings applies to attendees who register by Wednesday, April 15. Discounts are available for multi-ticket purchases.

The Hilton Garden Inn Airport is located at 16410 Corporate Commerce Way in Fort Myers. To learn more and register, visit <http://innovate.millermarketingandtraining.com/small-business-event>.✴



Robbie Roepstorff and Mike Martin by the Group Fitness Studio plaque photo provided

Bank President Honored By University

Florida Gulf Coast University (FGCU) has named the Robbie B. Roepstorff Group Fitness Studio in honor of the president of Edison National Bank/Bank of the Islands. In doing so, FGCU cited Roepstorff's "tireless advocacy for the university's recreation and wellness center and the students of FGCU."

"It's such an honor to be associated

with the center in this way," said Roepstorff. "Our entire banking staff is very supportive of FGCU and are Eagles through and through. Having these new facilities for FGCU's students will tremendously enhance their university experience."

In memorializing the commitment of her family and Edison National Bank to the university, FGCU President Mike Martin thanked Roepstorff "for being a passionate supporter of our university over two decades. Your unwavering determination played a leading role in completion of the recreation and wellness center for our students."✱

Compare Award Letters To Find Best College Deal

Most high school seniors headed for college will soon be receiving financial aid award letters.

Seniors and their parents should read those letters carefully, according to the Kentucky Higher Education Assistance Authority (KHEAA).

The letter will usually show the total cost of attendance for one year, including tuition, fees, room, meals, books, supplies, transportation and personal expenses. It may also show the expected family contribution (EFC), which is how much the student's family is expected to pay toward those costs. The EFC is subtracted from the total cost of attendance to get a student's financial need. The letter will then list

various sources of financial aid offered to cover that need. Students can accept or reject any or all of those proposed sources.

Students can also appeal the awards if their family's financial circumstances have changed.

One thing to carefully consider is how much of the financial support being offered consists of federal student loans, which must be repaid. If the package includes federal loans and isn't enough to pay all expenses, students may have to turn to a private loan. Comparison shopping is a must in that case.

But students shouldn't choose a school based simply on cost. A more expensive college may be a better choice for the student than a less expensive one that isn't a good fit.

For more information about advantage education loans, visit www.advantageeducationloan.com.✱

Superior Interiors

Give Your Dining Room A Modern Makeover



by Linda Coin

For some, the dining room is the main gathering space for entertaining guests. For others, it's just meant to be an aesthetically pleasing area that sees minor foot traffic. Regardless

of how you use your space, do you think it could use a refresh? Why not consider modern design? It's a sleek and sophisticated way to present your area for wining and dining. With a little thought to these tips, you can turn this space into the mid-century modern room of your dreams.

The color of your walls should be based on the modern feeling you're hoping to exude. For a sleek and sophisticated look, stick with dark shades of gray or taupe. For a more distinct vibe, paint the walls in white, complementing with bright, bold accessories in shades of pink, yellow or blue.

The lighting fixtures you choose to hang can make or break the modern feel you're going for. Don't choose

classic ceiling globes and standing lamps with generic shades. Instead, stick with hanging pendant lamps, bubble chandeliers and slate LED box lamps.

Stay away from the overwhelming curvature of traditional vintage dining chairs, tables and bookcases. Instead, choose clean lined furniture. A sleek black dining room table will elongate the room. Complement the table with bold, yet simplistic, chairs to seat your guests. Keep all other furniture, such as bookshelves, chests and other cabinetry as sleek as possible. Simplicity is key in modern design.

Once you have developed the perfect color scheme, followed by choosing modern light fixtures and clean-cut furniture, you can accessorize. Just remember, simplicity is key in modern design, so there's no need to go overboard. A vase of flowers as a centerpiece will do the table justice. The walls can benefit from a few large pieces of decorative artwork. Modern techniques make bold design simple and stylish and simplistic design is all about maximizing "white" space.

If you're ready to turn your dining room into a minimalist sanctuary, consider reaching out to a design professional. He or she will visit your home to assess the space and give quality recommendations for designing with a modern approach to transform your existing space.

Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindceden.com.✱

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Advertising's Best Shine Bright At ADDY Awards

The local advertising industry's best shined bright recently at the ADDY Awards Gala at the Holiday Inn Fort Myers Airport-Town Center. Nearly 150 people gathered to recognize the top submissions from the close to 200 projects entered into the American Advertising Awards competition.

The American Advertising Federation-Southwest Florida chapter hosted Man Men & Women - Legends of Advertising to honor the region's top agencies, advertisers, producers and independent professionals. The organization also saluted the original "Mad Woman," Southwest Florida's own Myra Janco Daniels.

ADDY Awards were given to the following agencies and designers:

Myra Janco Daniels Best of Show – Sherri Morrison Creative Design, Client: Naples Children & Education Foundation
People's Choice Award – Priority Marketing, Client: SWFL Children's Charities, Inc.

Best of Print Award – Conservancy of Southwest Florida, Client: Conservancy of Southwest Florida

Judge's Choice Award (3) – Conservancy of Southwest Florida, Client: Conservancy of Southwest Florida; Wilson Creative Group, Client: Pete's Pizzeria; Wilson Creative Group, Client: Wilson Creative Group

Best of Digital – Vectra Digital, Client: Rosati's Pizza

Best of Electronic Award – Priority Marketing, Client: Captiva Cruises

Best of Public Service Award – Celsius Marketing | Interactive, Client: Cape Coral Animal Shelter

Gold Awards (9) – Celsius Marketing | Interactive; Conservancy of Southwest Florida; Mnemonic Agency; Naples Zoo; Priority Marketing; Pushing the Envelope, Inc.; Sherri Morrison Creative Design Group; Vectra Digital; Wilson Creative Group

Silver Awards (15) – AAF-Southwest Florida; Celsius Marketing | Interactive; CONRIC PR & Marketing; Conservancy of Southwest Florida; Hodges University;



From left, Stephen Blancett, Tim Hennessy, Don Gross, Wendy Payton, Myra Janco Daniels, Kate Kintz, Josh Pope, Julie Lawrence and Lance Wissinger photos provided



AAF-SWFL President Tim Hennessy and Conservancy of SWFL Marketing Director Kate Kintz

House of Digital; Local Guides Inc.; Main Sail Video Productions, Inc.; Naples Zoo; NOISE Inc.; Priority Marketing; Quenzel & Associates; Spiro & Associates; Waterman Broadcasting; Wilson Creative Group

More than 40,000 entries are submitted each year into the nationwide ADDY Awards. The local ad club phase is the first



From left, Felix Lluberes, Albert Arguelles, Harrison Ambbs and Matt Bernhardt

of the three-tier, national competition.

At the second tier, local ADDY winners compete against winners from other local clubs in one of 15 district competitions. District ADDY winners are then forwarded to the third tier, the national stage of the American Advertising Awards. Entry in your local ad club competition is the first

step toward winning a national ADDY.

Entering the ADDYs supports the advertising industry. the American Advertising Federation uses the proceeds to enhance advertising through programs such as public service, internships, advocacy groups, advertising education and consumer awareness.*



Best of Show winner Sherri Morrison collects an award from AAF-SWFL President Tim Hennessy



From left, Rachel Toomey, Olivia Orth, Teri Hansen, Christi Finger and Melissa Mitchell

Frankly Speaking

by Howard Prager



There are three ways I can write this column at a time when sports aren't being played anywhere in the world. One, let's look historically at some famous players. Two, let's

look at sports from the context of how it intersects with our lives. Three, let's look at what needs to happen for athletes to prepare for a season. I will rotate these topics over the next few weeks as we all deal with staying safe and healthy. Today, let's look at number two.

The majority of us are armchair athletes, meaning we don't have the ability to compete at a major league level. We get our thrills viscerally, cheering on our favorite teams and players, watching the box scores and standings, and focusing on either 20/20 hindsight or trying to forecast what the future season or matchup has in store for us. We may have played these sports as a kid, and even developed enough talent to play in high school or college. In baseball, just 5.6 percent of high school players play college ball, and just 10 percent of those players get drafted, while 0.5 percent of high school players get drafted directly by a major league team. Even then, only two thirds of first round draft picks ever play in the majors, and the numbers drop precipitously with each following round. In basketball, the odds are much less. About 0.03 percent – you read that right – 3 in 10,000 – high school players make it to the NBA. Play ball in college and this increases to a whopping 1.5 percent. Still very rare. The NFL is slightly more with 0.08 percent of high school players – 8 in 10,000 – making it to the NFL. And 3.9 percent of college players are drafted onto NFL teams. To close out on the NHL, 1.6 percent of players are drafted, but not all get signed to a contract. Only 1 percent play in the NHL and 0.5 percent play a full season.

When we talk about elite athletes, when we look at some and say what is he/she doing here, these are still some of the best to play the game. Now let's

compare that with the elite of some other professions. To become a Fortune 500 CEO, the odds are even more staggering – 1 in 135,000 make it to be a CEO. But that's easy compared to becoming a professional musician. In many ways, it's a crapshoot, but if you're super-talented, charismatic and driven, your odds go up. From 0.000001 percent to about 0.000002 percent. Jeesh, I'd rather be an astronaut. If you have the "right stuff," credentials (engineering or science degree, flight time, etc.), you have between a 0.04 to 0.08 percent chance of getting selected as an astronaut (which doesn't mean you'll get chosen to go into space).

To make it to the top of any profession, it takes hard work, timing, some natural ability and the right background. Which means we end up cheering for people who paid a lot of dues along the way. Sports is supposed to be a break for us from day-to-day life, an opportunity for some fun, a competition we can all rally around. Let's hope when this is all behind us that we will be able to root for our teams where they left off.

I'd like to conclude in two ways – how we can thank the very athletes we admire for their humanitarian efforts, and what we can do for ourselves during this time of increased social distancing. Kudos to Stephon Marbury who is trying to buy 10 million N95 masks for New York City, to Drew Brees who donated \$5 million to New Orleans relief efforts, to Swiss tennis superstar Roger Federer who donated \$1 million "for the most vulnerable families" in Switzerland, and to all the owners and players who are paying salaries for arena and even noncontract employees who have lost their incomes during this time. The list goes on with more athletes and celebrities each day providing aid, donations and support. Sadly some, including owners, have contracted the coronavirus. We wish them a speedy recovery.

What can you and I do? During this time when we can't watch live games, we can all pick ourselves up and try a new type of workout. Take care of yourself and keep yourself fit. Keep your distance but get out for walks. Take time to keep healthy, keep our bones and muscles in better shape, and improve our mental attitude. So many solo workouts exist

from aerobics to Zumba, from yoga to running, from walking to stretching. All of these will help you feel better, keep your muscles toned and contribute to your overall health. And help all of us prepare for the time when life can go back to "normal."

Don't Feed The Pelicans

If you are feeding wild animals, your kindness may be harming or even killing them but also breaking the law. At the Clinic for the Rehabilitation of Wildlife (CROW), animals, most recently brown pelicans, are often admitted because of harm encountered as a result of their scavenging for handouts from well-meaning nature lovers.

More brown pelicans have been admitted to the wildlife hospital on Sanibel this year than were admitted for the entire year in 2019. Many of the injuries currently being seen at the hospital are preventable and often the result of being fed by humans. Recent reasons for admission include two separate instances of a large fish carcass being stuck in the pelican's throat and several others entangled with fishing hooks and monofilament line.

Pelicans typically feed on small schools of fish that form near the surface of the water – including menhaden, mullet, anchovies, herring and sailfin mollies. But pelicans and other seabirds will feed on the remains or carcasses of a fisherman's catch that are tossed in the water, which can lead to injury or death. Unfortunately,

these fish carcasses are often larger than their normal diet, and the larger bones and spines can puncture the bird's throat or digestive tract.

When pelicans are fed near fishing docks, marinas or cleaning stations, they congregate in large numbers looking for an easy meal. This change in behavior of "begging" or "scavenging" for scraps rather than hunting their normal prey items, brings them to areas where they are more likely to become entangled in fishing line or be accidentally hooked by a fisherman.

"While we know everyone has the best intentions for our local wildlife," said Alison Charney Hussey, executive director for CROW, "in the end, throwing fish scraps to the pelicans does them more harm than good and is also illegal in Florida."

According to Florida Administrative Code 68A-4.001, intentionally feeding or placing food that attracts pelicans and modifies the natural behavior in a way that is detrimental to the survival or health of a local population is prohibited by law.

"Please dispose of fish remains in a lidded trashcan rather than feeding the birds," said Hussey. "And visit www.MindYourLine.org to learn what to do if you accidentally hook a bird with your fishing line."

If you see an animal in need of help, call CROW at 472-3644 ext. 222.*

SPORTS QUIZ

1. What business executive was chairman of the 1984 Los Angeles Olympic Organizing Committee and served as the sixth commissioner of Major League Baseball from 1984 to 1989?
2. In February, 42-year-old Zamoni driver David Ayres became the first emergency backup goaltender to record a win in NHL history. For what team did Ayres suit up?
3. Who was the only member of the University of Michigan's 1991 Fab Five recruiting class to never play a game in the NBA?
4. The 1982 Atlanta Braves and the 1987 Milwaukee Brewers share the Major League Baseball record for consecutive wins to start a season with how many?
5. Cheryl Miller won two women's basketball national championships (1983-84) and three Naismith College Player of the Year awards (1984-86) as a member of what team?
6. Old Trafford stadium is home to what English Premier League soccer club?
7. What was the name of the character played by Alex Karras, a Detroit Lions defensive lineman from 1958-70, on the 1980s TV sitcom "Webster"?

ANSWERS

1. Peter Ueberroth.
2. The Carolina Hurricanes.
3. Ray Jackson.
4. 13.
5. The USC Trojans.
6. Manchester United F.C.
7. George Papadopolis, a sportscaster and retired football star.

YOUR NEUROLOGICAL SYMPTOMS MAY HAVE A STRUCTURAL CAUSE!

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dearRPharmacist

If You Lose Your Sense Of Smell, Stay Home



by Suzy Cohen, RPh

Dear Readers: As information and anecdotal evidence is collected from around the world, more symptoms associated with COVID-19 have come to light. For example, if you've

recently lost your sense of smell or taste, it could be a symptom of the novel coronavirus. Up to now, we've only heard the alarm sound if you develop a fever, headache, shortness of breath, or cough. But now, it is clear that the nose knows what's going on (and possibly before the rest of your body).

For some people, it could be your only symptom, or it could be the first symptom to show up before the others. Either way, it's your cue to stay home and take care of yourself. By that, I mean ramp up immune support supplements (think of C, D, E and zinc), drink some natural herbal teas. But mainly, hole up at home for a couple of weeks so you don't infect others.

These painless distortions of taste and smell often go under your radar until later, when a full-blown infection becomes more apparent. You can have a reduction, or complete loss of these senses. These symptoms are commonly associated with other viral upper respiratory diseases. Remember these symptoms the last time you had the flu? Appetite goes down, food

is unappreciated, and it's impossible to smell anything even if you don't have a stuffy nose! But after the shivers depart, you can smell again. And you want to eat. There are some medications that can cause it, such as nifedipine, certain decongestant nasal sprays and phenothiazines (used for nausea or hiccups).

I am a big believer in essential oils, they are the 'oil' portion that distills from a plant, and I am diffusing eucalyptus in my home every day just because it has strong anti-viral activity. You can inhale it straight from the bottle. Does it cure anosmia? Of course not! But it's great in terms of its ability to support your body with a strong, well-known flu fighter! Eucalyptus, bergamot and lemon balm are pretty good this time of year.

The warning about anosmia is being taken quite seriously and it should be. I'm glad that anecdotal evidence has allowed us to quickly see this new symptom. It will serve to help us to know this as a population, as the pandemic continues to spread.

Before I sign off, I just have to make a point. You know I love natural medicine. It's head-scratching that many hard-core conventional researchers and medical doctors suddenly believe in the 'anecdotal' evidence accumulating about anosmia, but will completely dismiss anecdotal evidence about herbal medications that's collected over centuries. Not only dismiss it, but with great disdain! Anecdotal evidence does matter, and we'll be relying on more of it in the coming months. I have a longer version of this article on my website if you'd like to read it.

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

Sweeteners May Make You Fatter And Sicker



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

If you are sensitive to chemicals and need to avoid them in food, it is shocking to see how often they are added to so many foods. Artificial sweeteners are no exception. They are everywhere – condiments, chewing gum, beverages, candies, baked goods and the like! We have avoided them for years, but here is another reason why you may want to think about avoiding them, too!

We recently read a review article in *The Washington Post* on this topic. *The Journal of Cell Metabolism* published a study out of Yale examining the use of sucralose (found in Splenda, but also Zerocal, SucraPlus, Sukrana, and others) in combination with carbohydrate intake and its effects on blood sugar.

This study looked at 60 healthy

people and put them into three groups: 1) consumed regular size beverage with two packets sucralose; 2) beverages with table sugar; 3) sucralose plus carbs (maltodextrin). All beverages tasted the same. However, group 3 developed adverse health issues. Other studies provide similar results.

We know that high sugar intake can lead to issues with weight, heart disease, diabetes and other health-related conditions. Sugar consumption in the U.S. has gone down, yet obesity rates have continued to rise. Why? The researchers report that the sweetener plus carbohydrate lead to significantly higher insulin levels, which can lead to metabolic dysfunction and weight gain, causing the body to become unable to properly metabolize sugar.

Some organizations will pay no attention to this study. They find artificial sweeteners to be time-tested "safe for human consumption." We do not agree. We recommend again, as you often hear us say, "eat real food; cook real food; dump the junk; eliminate artificial anything." To live the healthiest life possible, it starts with putting high quality fuel into your body. You will not optimize your health by consuming fast food, junk food, chemical-laden food, or artificial-anything food. Now, pass the Brussels sprouts!

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.✧

Beautifulife:

Get Creative



by Kay Casperson

Now more than ever, we need to get our creative juices flowing to keep ourselves, our families and our loved ones inspired during these challenging times. We need to look for

new ways to fulfill our days and to keep our minds and bodies in a positive state of well-being. I have been coming up with various things for my kids and family to do that can tend to get pushed aside during our normal everyday hustle and bustle.

Here are a few of my ideas; there are many more, so please add your own to this list:

Pull out all of your arts and crafts materials. This could include markers, highlighters, pens, pencils, glue, tape, scissors, paper, magazine articles, material, paint and brushes. Create a vision board on paper that represents what you want your life to look like in the future.

Now is the time to work on our photo walls. Make your home even more personal and special by creating a wall of beautiful memories that you will treasure forever. Just send your favorite photos to get printed or download an app that helps you every step of the way.

You know that musical instrument that you have always wanted to learn to play? The ukulele, the piano, the guitar or even your own voice. Now is the time to learn something new and to cherish the time that you are always wishing you had to nurture your desired gifts and talents.

Games, games, games. Whether you are alone or with others, you have the opportunity to play many games. You can download them on your phone or pull out the ones you have at home. Games are a great way to challenge your mind and keep your spirits high.

Cooking is the key. Since we are not able to eat out at other establishments right now, it is a great time to sharpen up your cooking skills and to learn some new techniques. Pick some recipes online that you have been wanting to learn and take the time to perfect your cooking skills so that you can add these recipes to your repertoire.

I know for sure that we will get through this and be stronger because of it. We might even continue to hold tight to some of the things that helped us

along the way.

My affirmation for you this week is: "I am creating new ways to fill my time, and to challenge my mind to keep living my best and most beautiful life."

Kay Casperson is a beauty and lifestyle expert, founder and CEO

of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva islands and manufactures beauty and lifestyle products sold across the country. To stay inspired, visit www.kaycasperson.com or follow on social media @kaycasperson.✧

Treatment Center Needed For Abusers

An addict and alcoholic will be quick to jump into a short-term detox program to try and solve their addiction problem in three to seven days. Short term medical detox programs will get you through the physical withdrawal as comfortably as possible, but that's it. They are never forced to face reality or deal with the reason they are using in the first place.

With space and a clean and sober mind, addicts and alcoholics can realize things they never had with the use of drugs and alcohol. With time, this will happen in an inpatient treatment center. Then they can successfully deal with what they need to deal with. It is then that they can have a successful recovery.

For more information on the difference between detox and inpatient treatment, visit www.narconon-suncoast.org/blog/detox-is-not-treatment.html. Call for a no cost screening or referral at 1-877-841-5509✧

From page 1

Refuge Awards

Andrews, Sarah Ashton, Carole Ecker, Mike Ecker, Carl Greenbaum, Sandy Greenbaum, Sonya Keene, Wendy Kindig, Herb Lawrence, Janet McLaughlin, Kimberly Powers, Mary Rice, Robert Roth, Ross Spencer, Kathleen Wilson and Judy Wright
150 hours – Katie Baker, Bud Dansby, Brenda Epperson, Randy Epperson, Diane Esslinger, Rose Flaherty, Brett Gooch, Jane Gieryic, Carl Greenbaum, Sandy Greenbaum, Lisa Hutchins, Joanne Prestia, Vince Thomalla, Diana Wideman and Judy Wright.✧

Monitor Impact On Children's Mental Health

submitted by Dr. Paul Simeone



Dr. Paul Simeone

The stock market is in disarray. People are losing their jobs or having their hours cut. Supermarket inventory can't keep up with panic buying. Retail stores and restaurants are limiting their operating hours or closing altogether.

As adults, the coronavirus is introducing unwanted stresses in our lives.

Imagine what COVID-19 is doing to our children.

School closures also mean the cancellation of sports, clubs and after-school activities – all of the things that children enjoy. To top it off, children's social media feeds are filled with images of empty shelves at the grocery store, politics and memes that really aren't meant for a child's eyes.

It's left children at home, albeit safe, with their parents and siblings. The situation isn't yet a quarantine, but it's pretty close. Heeding recommendations of government and health officials means children can't hang out with friends, eat at their favorite restaurant or play a game of hide-and-go-seek in the neighborhood.

Children thrive on routines and a sense of normalcy, and the coronavirus has shattered all of that.

Although the virus poses a serious concern for our physical health, the threat to our mental health is just as important.

Impacts from the coronavirus can trigger a variety of mental health concerns among adults, including drug and alcohol abuse, domestic violence, depression and changes in sleep and eating patterns. Among children, boredom, irritability, acting out, headaches and lack of motivation are signs of concern.

In Southwest Florida, it's estimated that 46,000 children will suffer from some form of mental illness at some point in their lifetime. As days of coronavirus-related disruptions turn into weeks, children will be going stir crazy, likely exhibiting signs that their mental health is taking a tumble. Parents should make their children's mental health a priority, paying close attention to:

Diet – A well-balanced diet featuring plenty of fruits and vegetables is medically proven to improve physical and mental well-being. Foods with vitamin B, iron, omega-3 and zinc are among a long list of healthy foods that positively impact the body and brain.

Exercise – Coronavirus isn't a hurricane, and it's still safe to venture outside as long as you practice "social distancing." That means family walks or bike rides through the neighborhood, tossing around a ball or yard games are OK. Stretching is another way to keep the body active.

Technology as a communication tool – Physical isolation doesn't mean total isolation. Children can use Facetime, Skype or social media to stay in touch with their classmates, friends, teammates and family.

Limit technology – Although technology keeps us connected, as noted above, it should have a limit. Too much social media or news can amplify worries, fears and stress. Pay attention to what your kids are hearing and seeing online.

Separation – Being together 24/7 isn't always the best solution. Depending on their age and maturity level, parents should allow children to do their own thing once in a while. Plus, a little alone time never hurts for adults, either.

It's rare that children are secretly wishing they were back in school. This is likely one of those times. Talk to your children about the coronavirus – not a formal, separate conversation, but just a casual chat at the dinner table. It's important to separate facts from rumors, alarming messages and false information. Doing so will go a long way toward decreasing children's anxiety and fear.

*Paul Simeone, PhD, is vice president of mental and behavioral health for Lee Health.**

unprecedented times. The center's staff will provide essential support to clients from remote locations.

The Lighthouse of Southwest Florida is responding to clients through telephone support and virtual instruction for people who are blind or visually impaired. To reach staff members, call 997-7797 or email info@lighthouseswfl.org. Messages will be returned.

Lighthouse of SWFL is a local United Way partner agency serving individuals with blindness and vision impairment in Lee, Glades and Hendry counties. For more information, visit www.lighthouseswfl.org, or call 997-7797.*

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: My 26-year-old son seems to be struggling with not feeling he has a purpose. He is working a seasonal job, but has no idea what he wants to do with his life. Can you help?

A: I work with many clients his age who are uncertain of their purpose in life. They ask me how to find it. I let them know that we all have many purposes in life. Ask your son if he is a good friend to someone, if he has a passion, does he volunteer, does he spend time with the elderly, is he a kind person, is he a good listener, and does he have a big heart? If he answers yes to any of the above, he has a purpose.

Exercise, Therapy Important While Social Distancing

submitted by Dr. Chris Mulvey, PT

Social distancing has emerged as a defining term of the coronavirus outbreak.

The Centers for Disease Control and Prevention encourages Americans to keep a safe distance from others, generally six feet, to protect against COVID-19. Federal guidelines also call on Americans to refrain from any gatherings, meetings and social events attended by more than 10 people.

While those under the care of a physical therapist may wonder if they should cancel upcoming appointments, the truth is consistent, prescribed therapy is an important step in the healing process. Your pain won't resolve itself while staying at home; in fact, it may get worse. Physical therapy offices follow the same protocol for cleaning and sanitation as medical facilities, so the patient environment remains sterile. We encourage those undergoing physical therapy to connect with their therapy center to ensure they can continue receiving treatment as outlined in their individual plan of care.

In general, exercise helps your physical and mental health during times of crisis. Minimizing person-to-person interactions is key to controlling the spread of coronavirus, according to federal officials, but self-quarantining doesn't mean you have to be stuck on the couch all day watching TV and munching on potato chips. Your home may lack a NordicTrack, StairMaster or Nautilus, but there are ways to maintain an exercise regimen as the coronavirus continues to impact our lives:

Stretching – Full-body stretching targets all major muscle groups and can improve flexibility, increase circulation and offer stress relief. It might not seem

We often equate purpose with having or doing something big. Having a purpose can come with small acts of kindness and sharing.

Small acts of compassion in action can have a huge meaning and purpose.

We all have a unique calling and, for some, it is to do big things. For others, it's being simple and doing small things. This is something your son may not realize. What's important is that he does not compare himself to others, rather he feels good about his own gifts and strengths and uses them to his highest good. Perhaps you can have a conversation with him about these things, and he will begin to realize his true gifts and begin to see his purpose. True success and purpose is about living from the inside out.

*Constance Clancy, EdD, LMHC, LPC, NCC is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at drconstanceclancy@gmail.com or visit www.drconstanceclancy.com.**

like exercise, but a solid stretching routine works up a light sweat.

Stairs – If your home has multiple floors, head up and down the stairs a few times throughout the day. Just a few minutes here and there gets the heart pumping, the muscles moving and blood flowing throughout the body, which carries cells that kill harmful bacteria and viruses.

Yoga – If you've previously attended a yoga class, incorporate your favorite exercises and poses into a workout routine that focuses on your core while also conditioning your arms, legs and back. Use a towel, blanket or throw rug for a yoga mat.

YouTube – While Richard Simmons and Jane Fonda provided the bulk of workout videos back in the day, the internet is full of fitness personalities leading viewers through exercise routines. Just Google exercises for people your age and gender, and a variety of suggestions and videos will appear.

Walk around the neighborhood – Coronavirus spreads from human interaction. Venturing outside for a brisk walk around your community, or bike ride, provides exercise along with some much-needed fresh air and sunshine that supplies immune-boosting vitamin D.

This is a trying time for all of us. The coronavirus' impacts on our health, well-being, work environment, finances, social life and society in general are enormous – and stressful. One of the best ways to relieve stress is through physical activity, so physical therapy centers remain open to help patients achieve optimal health even during this time of crisis.

As always, consult with a trained medical professional prior to making any substantial exercise, dietary or lifestyle changes.

*Dr. Chris Mulvey, PT, is president for company-owned operations at FYZICAL Therapy and Balance Centers, which has 427 locations in 45 states. For more information, visit www.fyzical.com.**

Vision Rehab Center Operates Remotely

The Lighthouse of Southwest Florida, a vision rehabilitation center for people with low vision and blindness, is currently operating remotely due to the COVID-19 pandemic.

The Lighthouse of Southwest Florida and other local non-profit agencies are working tirelessly to safeguard the welfare of their staffs while reaching out to assist those who rely on them for support and hope during these



Emergency	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
HealthPark Medical Center	1-800-936-5321
Ft. Myers Chamber of Commerce	332-3624
Foundation for Quality Childcare	425-2685
Fort Myers Beach Chamber of Commerce	454-7500
Fort Myers Beach Library	463-9691
Lakes Regional Library	533-4000
Lee County Chamber of Commerce	931-0931
Post Office	1-800-275-8777
Visitor & Convention Bureau	338-3500
ARTS	
Alliance for the Arts	939-2787
Arts For ACT Gallery & Studio	337-5050
Art League Of Fort Myers	275-3970
Barbara B. Mann Performing Arts Hall	481-4849
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Cultural Park Theatre	772-5862
Edison Festival of Light	334-2999
Florida Repertory Theatre at the Arcade	332-4488
Florida West Arts	948-4427
Fort Myers Harmonica Band	610-653-7940
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	239-597-1111
The Schoolhouse Theater	472-6862
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards	574-9321
CLUBS & ORGANIZATIONS	
American Legion Post #38	239-332-1853
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	https://www.audubonswfl.org/
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614 - 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	

My Stars ★★★★★

FOR WEEK OF APRIL 6, 2020

Aries (March 21 to April 19) An unexpected problem should be handled as quickly as possible so that it doesn't cause too much of a delay. Someone who knows what you're facing could provide needed advice.

Taurus (April 20 to May 20) An unsettling situation seems to be taking forever to be resolved. Fortunately, your Bovine aptitude for patience is strong this week, so you'll be more than able to wait it out.

Gemini (May 21 to June 20) Taking a stand against an uncalled-for situation involving a friend or co-worker isn't easy, but somehow you'll rise to the challenge and do it. Rely on advice from someone you trust.

Cancer (June 21 to July 22) There are still some questions on all sides that need to be dealt with in order to allow hurt feelings to heal. Get your workplace tasks done early so that you can devote more time to loved ones.

Leo (July 23 to August 22) Consider a new spring makeover that will show all you Leos and Leonas in your best light. A new hairdo and some fashionable new clothes can help put a fresh glow on your image.

Virgo (August 23 to September 22) Some stormy, emotional weather can blow up in the workplace when an irate co-worker has strong words for you. But if you believe right is on your side, you'll be able to ride it out.

Libra (September 23 to October 22) Creating more balance in your life is especially important now so that you're not distracted when you get into projects that will make demands on both your physical and mental energies.

Scorpio (October 23 to November 21) As much as you enjoy being right when others are not, show your generous side by offering to use what you know to everyone's benefit. This way, you gain admirers and avoid resentment.

Sagittarius (November 22 to December 21) This is a good week for the Archer to aim at healing relationships. Whether it's at home, at work or among your friends, get everyone to set things straight and make a fresh start.

Capricorn (December 22 to January 19) Although you like things done your way, this is a good time to listen to ideas from others. You might even find yourself agreeing with one or more of their suggestions.

Aquarius (January 20 to February 18) Aspects favor positive action to reclaim your ideas from someone who might want the glory without doing any of the work. Expect to find many people rallying to support you.

Pisces (February 19 to March 20) You might feel uneasy about taking that step forward at work or in your private life. But who knows better than you that while treading water keeps you afloat, it doesn't get you anywhere.

Born This Week: You have a way of creating positive attitudes and making people feel good about themselves.

MOMENTS IN TIME

- On April 11, 1814, Napoleon Bonaparte, emperor of France, abdicates the throne and is banished to the Mediterranean island of Elba. Napoleon is credited with reforms that had a lasting impact on European society, including rights for all men and the end of feudalism.
- On April 7, 1891, American showman Phineas T. Barnum dies in Bridgeport, Connecticut, at age 81. Barnum had requested that a New York paper run his obituary before he died so he could enjoy reading it, and the paper obliged.

- On April 12, 1908, a fire at the Boston Blacking Company in Chelsea, Massachusetts, leaves 12 dead, 85 missing and presumed dead and more than 17,000 homeless. Due to high winds, a good portion of the city burned.

- On April 6, 1917, the U.S House of Representatives endorses a Senate declaration of war against Germany, and America formally enters World War I. Some 50,000 American soldiers would lose their lives before the war ended on Nov. 11, 1918.

- On April 10, 1933, President Franklin Roosevelt establishes the Civilian Conservation Corps to put thousands of Americans to work during the Great Depression. The CCC was open to unemployed, unmarried U.S. male citizens between the ages of 18 and 26.

- On April 9, 1959, NASA introduces America's first astronauts to the press: Scott Carpenter, Gordon Cooper Jr., John Glenn Jr., Virgil "Gus" Grissom, Walter Schirra Jr., Alan Shepard Jr. and Donald Slayton. The seven men, all military test pilots, were selected from a group of 32 candidates.

- On April 8, 2005, Eric Rudolph agrees to plead guilty to a series of bombings, including the fatal bombing at the 1996 Olympics in Atlanta, in order to avoid the death penalty. A 40-pound pipe bomb that exploded in Atlanta's Centennial Olympic Park killed one woman and injured over 100 people.

TRIVIA TEST

1. **Television:** Which show was a spinoff of the 1970s show *The Six Million Dollar Man*?
2. **U.S. Presidents:** Which president had a personal retreat at Warm Springs, Georgia?
3. **Geography:** Which river runs through the city of Paris, France?
4. **Movies:** Who was the young female star of the movie *Firestarter*?
5. **Science:** What is the largest living structure on Earth?
6. **Firsts:** Who is the first (and only so far) football player to win the Heisman Trophy twice?
7. **History:** How many people were officially executed in the Reign of Terror after the French Revolution?
8. **Bible:** How many proverbs did King Solomon compose?
9. **Business:** What is the unit of currency used in South Africa?
10. **U.S. States:** Which three states have four-letter names?

TRIVIA ANSWERS

1. *The Bionic Woman* 2. Franklin Roosevelt 3. The Seine River 4. Drew Barrymore 5. The Great Barrier Reef 6. Archie Griffin, Ohio State 7. Almost 17,000 8. 3,000 9. The rand 10. Ohio, Iowa and Utah

NOW HERE'S A TIP

- "Having a fancy dinner where you'll serve wine? You can pour box wine into a glass decanter. It will look and taste better because decanting aerates wine." OD in Washington
 - Set a timer to remember to add softener to your load of laundry, and another for when the load is done. Buzzers can't always be heard, and it's best to not let your wet laundry sit.
 - For oven spillovers, saturate a washcloth and lay over the mess when the oven has almost
- continued on page 26

PUZZLES

Answers on page 27

Super Crossword

OUT OF THE ORDINARY

- ACROSS
- 1 It may begin "Here lies ..."

8 Like fables with morals

15 Sprayed like a firefighter

20 Composer Saint-Saëns

21 Maui tourist town

22 Wash away

23 Like overly harsh punishment

25 Consolidate

26 Suffix with prophet

27 Calc prereq

28 Hosiery hitch

30 Transmission option

31 Coil of yarn

33 1985 hit for Sheila E.

37 Female graduates

40 Middle: Abbr.

41 Cello bow rub-on

42 Monkey of kid-lit

46 Upholstered footstool

50 Country singer Travis

51 Inits. on a navy vessel

52 Neighbor of Ger.
- 54 Apple pie — mode

55 Just makes, with "out"

56 1965 Marvin Gaye hit

63 Dial-up alternative, for short

64 Fall away

65 Cube inventor

66 Feeble

67 Noncircular paths around bodies

72 Homeland, affectionately

75 Big name in dog food

76 108-card game

77 Toque or fez

80 1967 hit for the Doors

85 Infrequent

86 "Star Trek" rank: Abbr.

87 Pilfer from

88 Singer Yoko

89 Leaks slowly

90 To no extent

94 Mismatched collection

99 Knife of old infomercials

101 — Kippur

102 Stream of electrons
- 103 Witches in "Macbeth"

107 Cantaloupe or honeydew

108 Body gel additive

109 "There's — haven't heard!"

110 — prayer for

111 Univ. Web site suffix

114 Beach hills

116 "77 Sunset Strip" actor, familiarly

122 Mrs. Bunker

123 Use an umbrella, say

124 Posts again

125 Hunter's lure

126 Fusible alloys

127 Bad-mouth
- DOWN
- 1 "Lo!, " to Livy

2 Golf norms

3 Don of radio

4 Deadlock

5 100%

6 Tableland

7 Units of inductance

8 Chug- — (guzzle)

9 Suffix with Caesar

10 Mu — pork
- 11 Western treaty inits.

12 Pope before Gregory XIII

13 More nonsensical

14 Prison, informally

15 — and haw

16 Pizza herb

17 More irritated

18 Rocker

19 Plow pioneer

24 Noisy clamor

29 Basic idea

31 Actor Jimmy

32 Granny, e.g.

33 At — of (priced at)

34 Item in a P.O. box

35 Part of

36 Acne spot

37 Performed on stage

38 Lies in wait

39 Apocryphal archangel

43 With 115- Down, nervous and apprehensive

44 Part of i.e.

45 "... wife could — lean"

47 Injure badly

48 Jai —
- 49 DEA agent

53 "Shape — ship out!"

56 Alphabet opener

57 "May — of service?"

58 Burglar's job

59 Missile's path

60 "Deathtrap" star Michael

61 "For — us a child is born"

62 Guitarist

64 "Green" sci.

67 Sci-fi power

68 Robert De —

69 1990s exercise fad

70 Bldg. units

71 Virus, e.g.

72 Not closed

73 Jay of NBC

74 Biblical verb

77 Belittling frat brother

78 Circus venue

79 Touchy

81 Bohemian-ism

82 Meanders

83 Question's opp.

84 Turndowns

85 Like Brutus

89 Prince — von

91 Go along with

92 Christie's cry

93 — many words

95 Coloring stuff

96 Caméra —

97 Ones toeing the line

98 Tag anew

100 In the habit of

103 Crossed a ford

104 Get by

105 Like a charged atom

106 Cyclical, at the beach

107 — tai (drink)

110 "The — the limit!"

111 Markey of Tarzan films

112 Nixing mark

113 Stalin's land

115 See 43- Down

117 English dramatist

118 Lyrical verse

119 Bruin

120 Peru's Sumac

121 Campaigned

1	2	3	4	5	6	7		8	9	10	11	12	13	14		15	16	17	18	19	
20								21								22					
23								24								25					
26						27						28				29		30			
				31	32				33	34	35					36					
37	38	39							40				41								
42								43	44				45		46				47	48	49
50								51					52	53					54		
55						56	57					58	59			60	61	62			
63					64						65					66					
				67				68	69	70					71						
72	73	74						75						76					77	78	79
80								81					82	83	84				85		
86								87					88					89			
90				91	92	93			94	95	96					97	98				
				99					100		101					102					
103	104	105							106						107						
108						109							110						111	112	113
114								115				117	118	119					120	121	
122								123								124					
125								126								127					

King Crossword

- ACROSS
- 1 Sacred wad-ing bird

5 Suitable

8 Morse "T"

12 Created

13 Meadow

14 Erstwhile Peruvian

15 Series of missed calls

17 Celebrity

18 Pair

19 Consecrate with oil

21 Cognizant

24 Huffed and puffed

25 Shrewd

26 Lunch holder

30 Tokyo's old name

31 Canonized one

32 Beer-like brew

33 Joke that won't work on radio

35 On the briny

36 Thy

37 Theater staffer

38 Treeless tract

41 Blond shade

42 Ark builder

43 Long-popular jazz tune

48 Shrek, for one

49 Pirouette pivot
- 50 Car

51 German city

52 Finish

53 Encounter
- DOWN
- 1 Mischievous tyke

2 "Humbug!"

3 Altar affirma-tive

4 Guard

5 Chorus mem-ber

6 Shooter

7 Annoying fol-lower
- 8 Drop from a will

9 Opposed

10 Read cursorily

11 Rodgers col-laborator

16 Lamb's mama

20 Salamander

21 Dogfight par-ticipants

22 Gully

23 Awestruck

24 Pipe type

26 Loaf of

28 Sheltered

29 Paraphernalia
- 31 Halt

34 It's handy if you have to break your word

35 Religious retreat

37 Handle

38 Uppity one

39 Takeout phrase

40 Deserve

41 On in years

44 Charged bit

45 Regret

46 Corroded

47 Obtained

MAGIC MAZE

KNIGHTS OF THE ROUND TABLE

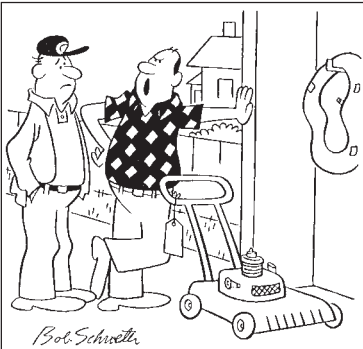
E V S Q N K I F D A G X G G V
T Q O M T O L E M A C J E A H
F C A (K I N G A R T H U R) L Y
W U R P L L N E N O L J A A H
F D B Z E A T Y R L A V I H C
X V T G T H M R Q E I O N A M
K I E S H F D O B C V Z T D Y
W N I A W A G V R N T I Y R Q
D R O N S I R E H A G A D L K
T I H F D C P O A L K Z X E W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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: King Arthur's Castle and Court

- Bedivere
- Gareth
- King Arthur
- Percival
- Chivalry
- Gawain
- Lamorak
- Tor
- Gaheris
- Geraint
- Lancelot
- Tristan
- Galahad
- Kay
- Legend

PUZZLES

Answers on page 27



"When my wife told me that my birthday gift was something I could use outdoors, I thought she meant a _____."

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!

Blanket
RELAY _____ _____ _____ _____

Outrage
RANGE _____ _____ _____ _____

Irritation
AGRINCH _____ _____ _____ _____

Clarion
BULGE _____ _____ _____ _____

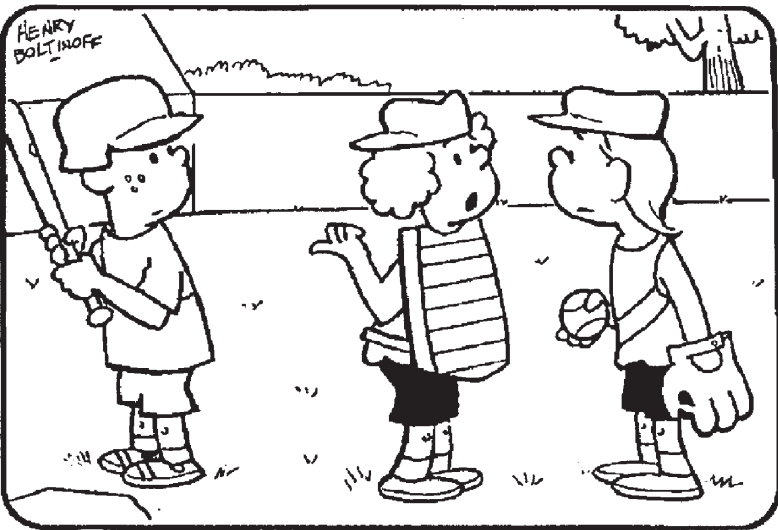
TODAY'S WORD

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

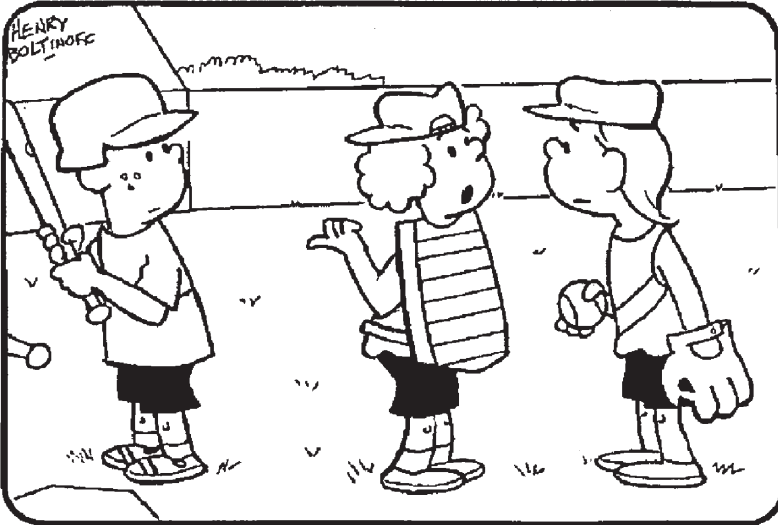
SUDOKU

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.

HOCUS-FOCUS



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Bat on the ground. 2. Tree is different. 3. Umpire's hat is different. 4. Batter's pants are different. 5. Tree is gone. 6. Pitcher has no socks.



Watermelon Poke Bowl

- 3 cups watermelon, medium dice
 - 1 bell pepper, medium dice
 - 1 avocado, medium dice
 - 1 cucumber, medium dice
 - 1 (5-ounce) package arugula
 - 1 Serrano pepper (or favorite hot pepper), sliced thin (optional)
 - 1 tablespoon fresh ginger, minced
 - 2 tablespoons Key lime juice
 - 2 tablespoons tamari or soy sauce
 - 1 teaspoon sesame oil
 - 1 teaspoon sesame seeds
 - 1/3 cup vegetable oil
 - Sea salt and fresh ground pepper, to taste
- Combine first five ingredients, mix well and set aside. In a small bowl combine the ginger, lime juice, tamari, sesame oil, and vegetable oil. Whisk until completely mixed. Pour enough dressing over salad mixture to coat; toss to combine. Sprinkle sesame seeds and serve chilled family style or individual servings.*



Watermelon Poke Bowl

photo courtesy Fresh From Florida



FRIDAY
Mostly Cloudy
High: 80 Low: 64



SATURDAY
Few Showers
High: 75 Low: 59



SUNDAY
Mostly Sunny
High: 78 Low: 62



MONDAY
Mostly Cloudy
High: 80 Low: 64



TUESDAY
Mostly Cloudy
High: 81 Low: 65



WEDNESDAY
Few Showers
High: 84 Low: 67



THURSDAY
Cloudy
High: 77 Low: 61

Redfish Pass Tides

Day	High	Low	High	Low
Fri	12:40 pm	4:31 am	9:49 pm	3:34 pm
Sat	12:49 pm	5:22 am	11:08 pm	4:51 pm
Sun	1:03 pm	6:06 am	None	5:49 pm
Mon	12:14 am	6:43 am	1:19 pm	6:41 pm
Tue	1:13 am	7:16 am	1:36 pm	7:30 pm
Wed	2:11 am	7:45 am	1:57 pm	8:19 pm
Thu	3:08 am	8:10 am	2:20 pm	9:10 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	11:45 am	4:33 am	8:54 pm	3:36 pm
Sat	11:54 am	5:24 am	10:13 pm	4:53 pm
Sun	12:08 pm	6:08 am	11:19 pm	5:51 pm
Mon	12:24 pm	6:45 am	None	6:43 pm
Tue	12:18 am	7:18 am	12:41 pm	7:32 pm
Wed	1:16 am	7:47 am	1:02 pm	8:21 pm
Thu	2:13 am	8:12 am	1:25 pm	9:12 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	11:19 am	4:28 am	9:59 pm	3:53 pm
Sat	11:58 am	5:21 am	11:18 pm	5:03 pm
Sun	12:27 pm	6:08 am	None	6:03 pm
Mon	12:17 am	6:50 am	12:53 pm	6:56 pm
Tue	1:06 am	7:28 am	1:18 pm	7:45 pm
Wed	1:53 am	8:04 am	1:42 pm	8:34 pm
Thu	2:43 am	8:39 am	2:05 pm	9:24 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	2:50 pm	7:47 am	11:59 pm	6:50 pm
Sat	2:59 pm	8:38 am	None	8:07 pm
Sun	1:18 am	9:22 am	3:13 pm	9:05 pm
Mon	2:24 am	9:59 am	3:29 pm	9:57 pm
Tue	3:23 am	10:32 am	3:46 pm	10:46 pm
Wed	4:21 am	11:01 am	4:07 pm	11:35 pm
Thu	5:18 am	11:26 am	4:30 pm	None

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3/27 ★ 4/17

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RENTAL WANTED
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2/14 ★ 4/3

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LEGAL NOTICE

FICTITIOUS NAME
NOTICE UNDER FICTITIOUS NAME LAW PURSUANT TO SECTION 865.09 FLORIDA STATUTES. Notice is hereby given that the undersigned, Shell Artistic Creations, LLL, is desiring to engage in business under the fictitious name of Shell Babies Jewelry , using email of shellart4u@gmail.com and Intending to register this fictitious with the Division of Corporatins of the Florida Department of State in Tallahassee, Florida. Owner of Company: Shell Artistic Creations, LLC 19567 Estero Pointe Lane Ft Myers, FL 33998
Also to operate under Fictitious Name of Shell Babies Jewelry
Signed: Sally A Robison
Ad# March 30, 2020
4/3 ★ 4/3

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.
3/6 ★ TFN

VEHICLE FOR SALE

VESPA 50CC SCOOTER
2008. Like new condition.
Mileage 2,750. Color: yellow.
\$2,400.
Call Jim at 207-232-0028.
3/27 ★ 4/3

BOATS-CANOES-KAYAKS

BOAT LIFT RENTAL WANTED
Looking for long-term rental of a boat lift on Sanibel or Captiva with direct ocean access.
Call Jim at 603-930-4549.
3/6 ★ TFN



From page 22

Now Here's A Tip

cooled. The heat will couple with the moisture to loosen it!

- To loosen dirt in window tracks, try this trick: Sprinkle baking soda along the track, and use a detail brush to loosen stuck dirt. Vacuum out debris, and then dust with a lightly damp rag. Should be clean!
- “Do you still watch DVDs? I do, and when they get a scratch, you can try this trick: Rub the surface with a little clear lip balm. Buff from center to edge in a straight line. The balm fills the cracks, making it watchable.” F in Georgia
- Dollar stores and other discount chains are great places to pick up cleaning supplies, paper goods and school supplies on the cheap. They carry national brands that can save you a bundle.

STRANGE BUT TRUE

- Ever wondered why those athletic lace-ups on your feet are called sneakers? The moniker came about in the late 1800s, from their rubber soles that allowed people to walk or “sneak” around without a sound.

- Laura Ingalls Wilder’s *Little House* books were once used as post-World War II propaganda. Gen. Douglas MacArthur’s occupation headquarters chose *The Long Winter* as one of the first American books to be translated into Japanese, in an effort to boost the morale of defeated, starving citizens. German translations soon followed, with a similar goal.
- During the mid-1970s, author Anne Fine walked by a shop selling jewelry and old furs, the proprietor of which was a Madame Doubtfire. Fine recalled the name in 1986 when she wrote her novel *Madame Doubtfire*. Her one request to makers of the film starring Robin Williams and Sally Field was that they “not make the children bratty, and they did indulge me in that.”
- Believing he had been cursed for killing two canines, a man in India married a third as an act of atonement.
- Michelangelo, renowned painter of the Sistine Chapel and brilliant sculptor to boot, was surprisingly averse to personal hygiene. He also rarely changed his clothes. One of his servants remarked that the artist would spend so much time in his shoes that when he finally did take them off, “the skin came away, like a snake’s, with the boots.”
- You might experience “optophobia”

while watching a terrifying scene in a horror flick – it’s the fear of opening one’s eyes!

- Zebras are responsible for more injuries to U.S. zookeepers than any other animal.
- Your left lung is smaller than your right to make room for your heart.


THOUGHT FOR THE DAY

“Books can be dangerous. The best ones should be labeled ‘This could change your life.’” – Helen Exley

Narconon

Narconon reminds families that fentanyl overdoses are on the rise in almost every community nationwide. Fentanyl is the strongest synthetic opiate painkiller and is estimated to be 100 times more potent than morphine and 50 times stronger than heroin. To learn more about fentanyl abuse and how to help your loved one, visit <http://www.narconon-suncoast.org/blog/fentanyl-what-you-need-to-know.html> Call today for free screenings or referrals. 1-888-824-1621.★

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.

**Cycling
Safety Notes**

- Ride to the right
- Warn to pass
- Wear a helmet
- Use lights at night
- Always be courteous



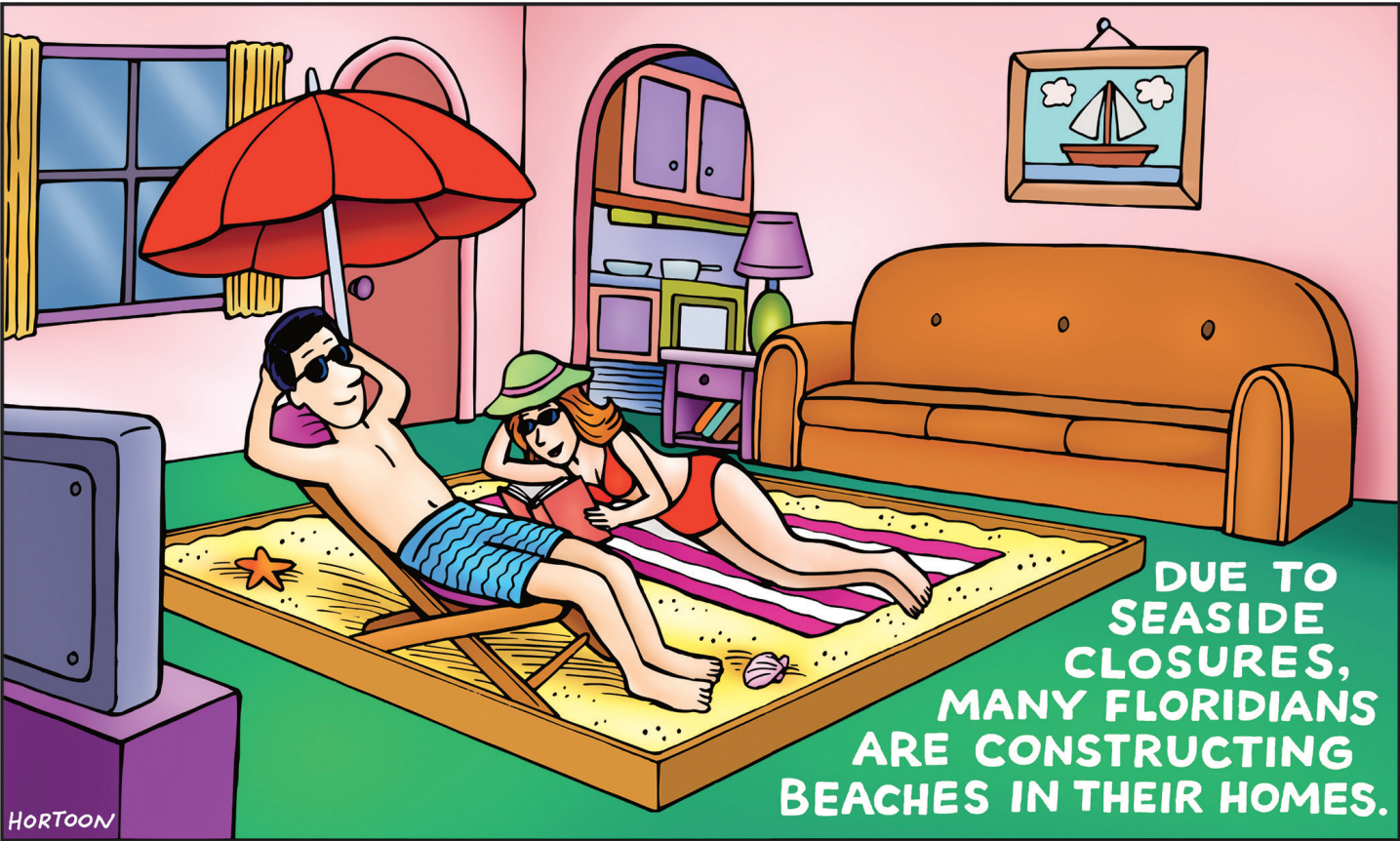
SANIBEL BICYCLE CLUB

SCRAMBLERS

- 1. Layer; 2. Anger;
- 3. Chagrin; 4. Bugle

Today's Word
HARLEY

HORTOONS



PUZZLE ANSWERS

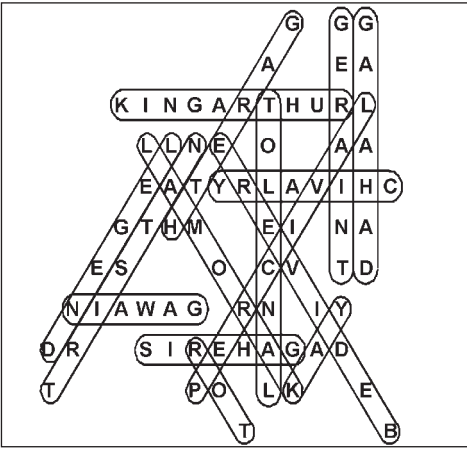
SUPER CROSSWORD

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

KING CROSSWORD

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M	A	D	E		L	E	A		I	N	C	A
P	H	O	N	E	T	A	G		S	T	A	R
			T	W	O		A	N	O	I	N	T
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C	A	G	Y		B	R	O	W	N	B	A	G
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N	O	A	H		T	I	G	E	R	R	A	G
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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Carolands	Bonita Springs	2004	5,550	\$2,595,000	\$1,900,000	298
Flamingo Harbour Condo	Fort Myers Beach	1999	3,800	\$1,690,000	\$1,610,000	4
Sea Oats	Sanibel	1990	3,747	\$1,195,000	\$1,167,500	73
Gulf Harbour Yacht & Country Club	Fort Myers	2012	3,069	\$1,195,000	\$1,195,000	0
Dun Rovn Village	Alva	2010	5,597	\$1,095,000	\$1,050,000	80
Poinciana Park	Fort Myers	2007	4,585	\$1,090,000	\$1,010,000	116
Terabella	Fort Myers	2005	4,031	\$990,000	\$860,000	465
Cape Coral	Cape Coral	2014	3,039	\$925,000	\$895,000	26
Riverwind Cove	Alva	2002	4,340	\$859,995	\$840,000	42
Cape Coral	Cape Coral	1999	2,356	\$859,000	\$805,000	84



Randy Wayne White

**"FOR THE SUN-KISSED &
SUN-DESIROUS ALIKE,
A VACATION ON A PLATE."**

The New York Times
Magazine

Sanibel • Captiva • Ft. Myers Beach • Downtown St. Pete (Coming Soon)



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**YUCATAN
SAUCE**
by the bottle!



THE ORIGINAL
YUCATAN SHRIMP!

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The Dixie Fish Co. & The Whale