



County Expands Closures To Echo Governor's Order

Lee County Government has updated its website to reflect the recent gubernatorial executive order. Lee County is expanding previously announced closings until further notice and is further adjusting operations.

The county's website – www.leegov.com/covid-19 – has been updated with information to reflect the governor's order, including an at-a-glance list of essential businesses. This is designed to help citizens navigate the lengthy list that was included in the order.

All Lee County parks and Conservation 20/20 preserves are closed until further notice, with the exception of boat ramps. County-owned boat ramps will remain open for regular hours at this time.

Lee County Transit (LeeTran) has adjusted fixed-route schedules to operate a modified Sunday service schedule. LeeTran will operate the modified schedule seven days a week as the county responds to Gov. Ron DeSantis'



Lakes Regional Park is now closed

photo by Bob Petcher

safer-at-home order for non-essential services. LeeTran's Passport service is not impacted by this operational change.

Until further notice, all routes that run on a typical Sunday – except the previously suspended Gold Line and

beach trams and trolleys – will remain in operation. In addition, LeeTran will add the following routes to the modified Sunday schedule: 5, 10, 30, 40, 60, 80, 160 and 515.

Riders can access schedules for each

route at www.leegov.com/leetran/how-to-ride/maps-schedules.

To follow service related updates or learn more about LeeTran, visit the agency's website at www.rideleetran.com.

Riders are asked to observe recommendations from the Centers for Disease Control and Prevention for social distancing.

All of Lee County's previously announced closings, operational changes, links to constitutional offices, county news conferences and news releases are available at www.leegov.com/covid-19.

County Portal And Hotline Offer Help For Businesses

Lee County businesses seeking information about recovery assistance can access a newly launched Business Assistance Portal at www.leegov.com/covid-19/business or by calling the Business Assistance Hotline at 533-2273 from 8 a.m. to 5 p.m. on weekdays.

The Business Assistance Portal is an online tool meant to provide information to businesses and not-for-profit organizations. The portal and hotline, which the county activated recently, are

continued on page 17



Hanging out after last year's Walk for Inclusion

photos provided

Best Buddies To Hold Virtual Walk For Inclusion

Best Buddies in Southwest Florida has changed the format to its 2nd annual Walk for Inclusion, that was scheduled to be held at Miromar Outlets on Saturday, April 18.

Due to the COVID-19 pandemic, the nonprofit organization will now be holding a Virtual Walk for Inclusion on Saturday,

June 20. Opening ceremonies to highlight the top fundraising, corporate and school teams will be held from 11:15 to 11:45 a.m., while the virtual walk will be held from 11:45 a.m. to 12:15 p.m.

To join the Virtual Walk for Inclusion, participants need to register and start fundraising. To register, visit www.bestbuddiesfriendshipwalk.org/southwestflorida/register. Every step taken and every dollar raised helps sustain and grow Best Buddies' programs to create a world of inclusion.

As you raise funds, share a video



FGCU group at a previous walk

or selfie on social media of your "walking for inclusion" using hashtag #mywalkforinclusion. Ask friends, family and co-workers to donate to your efforts.

On June 20, visit the Best Buddies International Facebook page or Instagram account and join Anthony Kennedy Shriver, a handful of celebrities, participants and supporters from all over the world and virtually walk for acceptance, inclusion and friendship. The online experience will showcase the Best Buddies mission firsthand. The walk is dedicated to ending the social, physical

and economic isolation of the 200 million people with intellectual and developmental disabilities (IDD).

Since October of 2017, Best Buddies in Southwest Florida has grown from having two school chapters to 26 school chapters. Best Buddies is closing the gap on an isolated community and bringing elementary to college-aged students together through the "buddy" system. To donate, visit www.bestbuddiesfriendshipwalk.org/southwestflorida/donate. Sponsor levels

continued on page 3

Historic Downtown Fort Myers, Then And Now:

Block Lost A Historic Home, Gained One



by Gerri Reaves, PhD

This circa-1948 postcard image hints at the radical transformation that First and Fowler underwent in the mid-20th century as Fort Myers shed signs of its pioneer past.

The eastward view down First Street from Fowler is lush and greener than it is today, a fact alluded to in the caption “Avenue of Palms” on the photo.

If you’d traveled east on First in the late 1940s, you’d have seen almost nothing except homes built between the 1880s to the 1920s, although a boom in motels and apartment buildings was on the horizon.

On the photo’s left is the circa-1900 Murphy-Burroughs home surrounded by the white picket fence.

It was still a private home in 1948. Not until the death of Mona Burroughs, daughter of Nelson T. and Adeline P. Burroughs, in 1978 was the estate bequeathed to the city.

On the southeast corner (far right) were two new businesses. The people on the sidewalk are standing in front of an automobile dealership at the Hough corner. It had several names over the years, including Garrison Motor Sales in the late 1940s, soon changed to West Coast Motors, and in the 1950s, Bob Lincoln Oldsmobile.

At the Fowler corner and invisible beyond the far right edge of the frame was a Standard Oil filling station, which operated under different ownerships and names over the years.

That auto dealership and Standard station were constructed where one of the



This circa-1948 eastward view on First Street from Fowler is a mix of old and new. Visible on the left is the fence surrounding the Murphy-Burroughs Home. On the right, several people stand in front of a new automobile dealership built where the 1885 Thompson-Gwynne house once stood.

photo courtesy Joanne-Iwinski Miller



Today, a wider street, fewer trees, and high-rise developments have changed the view. In 2003, the historic Langford-Kingston Home was moved to the former car dealership location.

photo by Gerri Reaves

town’s earliest grand homes stood for over a half-century: the CW “Waddy” and Laura Jane Hendry Thompson house, built in 1885.

The property had been deeded to Laura by her father, Capt. Francis A. Hendry, also known as “the father of Fort Myers.”

In fact, he deeded the entire block between First and Second to his two daughters: the northern half to Laura Thompson and the southern half stretching to Second to daughter Virginia Lee Hendry (Mrs. Fred) Menge.

In 1908, Col. Andrew D. and Eliza A. Henderson Gwynne bought the house. The colonel is best remembered for largely funding the town’s first modern school, the Andrew D. Gwynne Institute at Second and Jackson.

Col. Gwynne died the following year, but Mrs. Gwynne continued to live there, later joined by her son Capt. William F. Gwynne and his wife Katie, who lived in the house after Eliza Gwynne died.

After Katie L. Gwynne was widowed, she married Thomas Jefferson Appleyard and they lived in the house. Around 1940, it was moved around the corner to face Hough after some of the property was sold so the car dealership and filling station could be built.

Today, neither of those structures survive, but the spot is once again the location of a historic home.

In 2003, after a campaign led by the Lee Trust for Historic Preservation, the 1919 Langford-Kingston home was moved across Fowler from the southwest corner and placed in the Thompson-Gwynne house’s former location.

The historic structure had been used for years as an educational building by the First United Methodist Church, who had planned to demolish it.

That restored home is now owned by the city.

Walk to First and Fowler to witness the drastic changes that have seized the intersection since the mid-20th century.

Then visit the following research centers to learn more about the block that lost a pioneer home only to gain another.

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

continued on page 4

Independently Owned And Operated
COPYRIGHT 2020 The River Weekly News
LORKEN Publications, Inc.

Publisher
Lorin Arundel

Accounting
Mike Terry

Advertising
Bob Petcher

Graphic Arts/ Production
Ann Ziehl, Manager
Amanda Hartman
Justin Wilder

Reporters
Gerri Reaves, PhD
Jeff Lysiak

Contributing Writers
Jennifer Basey
Kay Casperson
Suzy Cohen
Linda Coin
Marcia Feeney
Katie Frederic
Shelley Greggs
Tom Hall
Marion Hauser, MS, RD

Ross Hauser, MD
Craig R. Hersch
Capt. Matt Mitchell
Trinette Nelson
Howard Prager
J. Brendan Ryan, CLU,
ChFC, MSFS
Di Saggau
Jeanie Tinch

THE RIVER WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

Read Us Online: www.IslandSunNews.com

The River Weekly News will correct factual errors or matters of emphasis and interpretation that appear in news stories. Readers with news, tips, comments or questions, call 239-395-1213 or write to: The River Weekly News, 1640 Periwinkle Way, Suite 2, Sanibel, FL 33957. FAX number: 239-395-2299. Email: press@islandsunnews.com. Email: ads@islandsunnews.com
The River Weekly News reserves the right to refuse, alter or edit any editorial or advertisement.

Girl Scouts Launch Self-Guided Virtual Program

While social distancing is quickly becoming the new normal, Girl Scouts of Gulfcoast Florida continues to provide Girl Scout programming – with a virtual twist.

In partnership with Girl Scouts of the USA, the local council is offering Girl Scouts from Home, a new online collection of self-guided, free activities to keep girls and their families engaged and connected to their communities and the larger sisterhood of girls. Girl Scout members and the public can experience a variety of activities that cover STEM, entrepreneurship, life skills and the outdoors.

Girls can become space science explorers by observing the moon's cycle, learn the basics of coding using step-by-step algorithms, and even delve into the science of happiness – using techniques to improve their mood in healthy ways. The age-specific activities for girls of all grade levels are delivered through guided videos, text-based instructions, downloadable information and live virtual events, making it seamless for families to incorporate into their daily lives.

More program-based options will be added in the coming weeks. The program also provides tools to help troop leaders host remote meetings that will meet girls' needs during this challenging time – including giving them their own space to connect, explore, problem-solve and have fun.

"In keeping with the Girl Scout tradition of serving the community, we've also launched a virtual service project, Across



A Girl Scout using the online program
photo provided

the Generations," said Girl Scouts of Gulfcoast Florida CEO Mary Anne Servian.

Local Girl Scouts are encouraged to write a letter, make a card, or draw a picture and mail it to the nursing home, assisted living facility or hospital of their choosing.

"We want the seniors in our community to know that they are appreciated and that they are not alone," said Servian.

To explore available program options, visit www.gsgcf.org and click on "Girl Scouts from Home." To learn more about volunteering and membership, visit www.gsgcf.org or call 800-232-4475. Girl Scouts staff are available to answer questions during the council's regular business hours, Tuesday through Friday from 7:30 a.m. to 5:30 p.m.✱

Socially-Distant Staged Readings

The Laboratory Theater of Florida will present a SoDis (socially-distant) virtual staged reading of William Shakespeare's *Macbeth*, featuring an international cast on Tuesday, April 14 at 7 pm.

The theater will also offer a SoDis virtual staged reading of *Charm* by Philip Dawkins, featuring a cast from around the country, on Tuesday, April 21 at 7 p.m.

Both readings can be viewed at www.facebook.com/LabTheaterFL or on YouTube on the day of each reading.

With theaters around the world dark to help curb the spread of the global pandemic, artists are anxious to get back to performing. While the loss of at least three months of income is daunting, the loss of availability to their craft is devastating. To fill this need, the SoDis Theater Project was born.

The SoDis version of *Macbeth* is bigger, bolder and more ambitious than ever. This virtual staged reading features a cast of Shakespearean-trained actors from Australia, South Korea, Netherlands, London, plus U.S. actors from New York City, Puerto Rico, Florida, Maryland and Michigan.

The logistics of scheduling such a task are fairly herculean, dealing with international time-zones, balky Internet bandwidth and unfamiliar technology. These actors have embraced this project with enthusiasm. The cast includes actors that have performed on television, in movies, on Broadway and West End (London).

The performance is free, but the theater is accepting donations at www.laboratorytheaterflorida.com.✱

From page 1

Best Buddies

begin at \$500. Call 275-2510 for more information.

Help Best Buddies in Southwest Florida reach and surpass the goal of \$45,000 for programs that empower the special abilities of people with intellectual and developmental disabilities by helping them form meaningful friendships with their peers, secure successful jobs, live independently, improve public speaking, self-advocacy and communication skills, and feel valued by society.

Tamiami Ford is the presenting sponsor for the 2020 walk. Additional sponsors include New Era Construction, Conditioned Air, IMA Creative, Golisano Children's Hospital/Lee Health, and Morgan Stanley – the Dubeau Group.✱

STIFEL

Investment Services Since 1890

WE ARE PLEASED
TO WELCOME

Jennifer Basey
First Vice President/Investments



KNOWLEDGE

For 130 years, Stifel has served as a trusted financial advisor to individuals, just like you. Our knowledge and service have helped clients navigate all market cycles, even the difficult ones.

SERVICE

Stifel, a full-service wealth management and investment banking firm, has the professional expertise and resources to assist you in developing a financial strategy designed for the challenges of today's up-and-down market and your long-term goals.

EXPERTISE

Contact our office in
Fort Myers, Florida.

(239) 985-6540
baseyj@stifel.com

12670 Creekside Lane, Suite 402
Fort Myers, Florida 33919

Stifel, Nicolaus & Company, Incorporated | Member SIPC & NYSE | www.stifel.com

Fort Myers Art:

Film Festivals Postponed



by Tom Hall

The Fort Myers Beach International Film Festival was scheduled to take place April 21 to 26. However, the Fort Myers Beach Town Council has passed emergency orders: 1)

recommending that everyone remain at home and on their property unless they need to access essential services and then adhere to social distancing; and 2) instructing all hotels, motels, timeshares and other public lodging establishments (as defined in section 509.013(4) (a) of the Florida Statutes) to cancel all existing reservations, not extend existing stays and not accept new guests or reservations for the next 90 days (through June 29). In light of this action and following the recommendations from the governor's office and Florida Department of Health, the Fort Myers Beach International Film Festival has announced its postponement until a July or September date, "which will be announced shortly."

Postponement Of Fort Myers Film Festival

Similarly, the Fort Myers Film Festival



images courtesy www.artswfl.com

(FMff) scheduled for May 6 to 10 has been postponed. FMff Executive Director Eric Raddatz has announced that the film festival will be rescheduled when it is safe.

Check www.artswfl.com for future announcements.

Release Of Film Adaptation Postponed Indefinitely

The film adaptation of *In the Heights* was scheduled to be released on June 26. But Warner Bros. has decided to postpone the release indefinitely.

The film was written by Quiara Alegria Hudes. Jon M. Chu (*Crazy Rich Asians*) directed the movie-musical. Anthony Bregman, Mara Jacobs and Scott Sanders produced. The film stars Anthony Ramos as Usnavi, Melissa Barrera as Vanessa, Corey Hawkins as Benny, Leslie Grace as Nina, Olga Merediz as Abuela Claudia, Jimmy Smits



as Kevin Rosario, Stephanie Beatriz as Carla, Dascha Polanco as Cuca, Marc Anthony as Sonny's father, Noah Catala as Graffiti Pete, and Lin-Manuel Miranda as Piraguero.

With music and lyrics by Lin-Manuel Miranda and book by Quiara Alegria Hudes, the stage show on which the film is based opened on Broadway in March of 2008 and was nominated for 13 Tony Awards, winning four: Best Musical, Best Original Score, Best Choreography and Best Orchestration. It won a Grammy Award for Best Musical Show Album and was also nominated for the 2009 Pulitzer Prize for Drama.

The musical was due to open at Lab Theater on March 27. Under the superb direction of Carmen Crussard and with choreography by the incomparable Lauren Perry, the cast featured Miguel Cintron as the Piragua Guy, Adrien Bermudez as Graffiti Pete, Gian Hernandez as Sonny, Chris Lewis as Usnavi, Ruthgena Augustin as Vanessa, Sam Bostic as Benny, Nydia Brown as Carla, Sharon Isern as Camila Rosario, Rebecca Cintron Justice as Abuela Claudia, Gil Perez as Kevin Rosario, Nilda Tojanci as Daniela, and an ensemble that includes Kathryn Book Emory Ambrosia, Brittani Chandler, William Nelson and Samantha Pudlin.

It remains to be seen whether Lab Theater can negotiate the rights to produce the show at a later date, how many of the original cast will be able to participate in the rescheduled show, if any, or whether the local live musical can be brought to the stage before Warner Bros. releases the movie.

"We had the best summer of our lives filming #InTheHeightsMovie last year," said Lin-Manuel Miranda on Twitter following the announcement. "We couldn't wait to share it with you. But we're going to have to wait a little longer. With the uncertainty in our world right now, the release of *In The Heights* is being postponed."

Each of the members of Carmen Crussard's cast share this sentiment.

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.✧

Watch A Sunset On A Hotel Live Web Cam

If you are looking for a ray of sunshine while experiencing the new "stay-at-home" life, The Naples Beach Hotel & Golf Club's live web cam could be just the answer. The Southwest Florida beachfront resort's live beach cam enables you to experience in real time views of the pristine white-sand beach and Gulf of Mexico waters during the day and sunsets every night.

To access the resort's live web cam, visit www.naplesbeachhotel.com/live-beach-cam. Sunsets are at approximately 7:40 p.m. (EDT). For the time of today's sunset in Naples, Florida, visit www.timeanddate.com/astronomy/usa/naples.

The Naples Beach Hotel & Golf Club is located at 851 Gulf Shore Boulevard North in Naples. For more information, call 800-237-7600 or 261-2222, and visit NaplesBeachHotel.com.✧

From page 2

Historic Downtown

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, *The Story of Fort Myers* by Karl H. Grismer, and *The News-Press*.✧

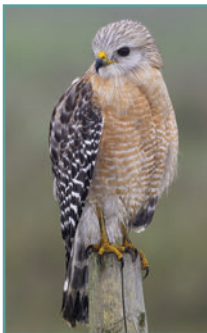
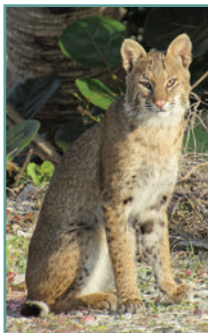
Help SCCF Bring Back the Barn Owls

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

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

• brodifacoum • bromailone • difenacoum • difethialone

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



SCCF 472-2329 • www.SCCF.org

DANCE PARTY
2nd Saturday of the month! Ballroom, Latin, Swing. 6 p.m. lesson followed by open dancing.



Boutique-style group exercise and dance studio. Unique classes, friendly and inviting atmosphere.

DANCE FITNESS
Cool moves, cool music, total body, low impact. Dance fitness, group exercise, contemporary movement, step aerobics, body sculpting.

SOCIAL DANCING
Foxtrot, waltz, rumba, cha-cha, tango, swing, and more! Private lessons, and beginner, intermediate, and advanced group lessons. No partner needed.

239.822.9226 • sdf@DanceSuzannes.com • www.DanceSuzannes.com
Royal Palm Square, 1400 Colonial Blvd. #27, Fort Myers

State Recognizes School District Volunteers

Two Lee County residents who regularly volunteer at schools in The School District of Lee County are winners of the 2019-20 Outstanding School Volunteer Award from the Florida Department of Education. This is the first time that district volunteers have won this award.

Vicki Godfrey is the Region IV Adult Volunteer of the Year and George Miller is the Region IV Senior Volunteer of the Year. Region IV covers the west coast of Florida from Tampa to Naples. Both volunteers were honored as Lee County 2019-20 Adult and Senior Volunteer of the Year at a January School Board meeting before their nominations were submitted to the state.

Godfrey started volunteering at Orange River Elementary School more than 10 years ago when her children attended classes there. Even though her kids have moved on, Vicki continues to take the bus to spend 30 hours a week in the school library.

"She is part of our team, and we work together to help students develop a sense of self and an interest in reading for pleasure," said Principal Cayce Staruk. "She helps students find books that interest them, and that will enrich and enhance their learning experiences. Students will seek her



Vicki Godfrey

photos provided

out for her assistance and her praise when they share their accomplishments with her." Godfrey also volunteers with first grade students in need of extra support, is part of the parent-teacher organization (PTO), student advisory council (SAC) and school fundraisers at Orange River. "It is fun," Godfrey said. "I enjoy volunteering so the teachers can have one less thing they have to do."

Miller has been a volunteer at Pine Island Elementary for 16 years and his impact is seen in student test scores. His involvement in STEM class helped



George Miller

the school reach its science goal last year and see 82 percent of students score proficient on the statewide science test. Miller volunteers about six hours a week and his biggest contribution is in math. "Mr. Miller directly influences all 51 of our fifth grade students in math class," said Principal Steven Hook. "He tirelessly works with them one-on-one and in small groups to reteach math concepts and skills. Students actually request time with Mr. Miller because they know of his direct impact on their math progress and his passion for math."

Miller often continues to tutor students in middle and high school after they've left Pine Island Elementary. He also teaches GED classes at Pine Island's Beacon of Hope. "I volunteer because I missed interacting with young people," Miller says. "It keeps me young!"

Florida Division of Public Schools Chancellor Jacob Oliva will be sending both Godfrey and Miller an official letter and a trophy to congratulate them for being named a 2019-20 Volunteer of the Year. The Lee County School Board will also recognize their accomplishment at a future meeting.✱

Taste Of The Beach Postponed

The 25th annual Taste of the Beach, scheduled to be held at 450 Old San Carlos Boulevard on Sunday, May 3, has been postponed to a date to be determined later this year, according to the Fort Myers Beach Chamber of Commerce.

The popular food festival includes restaurants serving samples of their best signature dishes available for purchase. They also compete for the top Taste of the Beach Award honors in several categories. The event also offers promotional vendors, a beer garden and live music across two stages.

For updates, visit www.fortmyersbeach.org/events/taste-of-the-beach.✱



YOU'RE UNIQUE.
Your home should be too.

You deserve a custom home, on a lot of your choosing, with quality finishings, a layout that functions with your lifestyle, and a builder who understands. Daniel Wayne Homes will work with you one-on-one to ensure that your next home is your dream home.

Explore floor plans and get in touch at DanielWayneHomes.com. CGC034850

Islanders To Gather In Spirit For Earth Day

submitted by Brielle Ruiz

April 22, 2020 is the historic 50th anniversary of the first Earth Day in 1970, an occasion remembered as the birth of the modern environmental movement. Together – A Way Forward, an interfaith environmental initiative on Sanibel and Captiva islands, wishes to mark this momentous holiday with fellow islanders. While it certainly may not be a time for celebration, it is an appropriate time for reflection, contemplation, and honoring the natural systems upon which we depend to sustain our lives and feed our souls.

Given these uncertain and isolating times, the group believes it is important to gather symbolically and spiritually as stewards of Earth and in support of the community of life. At 6 p.m. on Wednesday, April 22, all are invited to congregate in spirit and in unison to honor creation. The group encourages islanders, regardless of spiritual or religious belief, to join them from wherever they are on this special holiday.

For this “event,” members of Together have compiled a collection of inspirations, blessings, poems, quotes and prayers from various faith traditions. Individuals can use them in any way they wish. They might be read on a contemplative walk, read



Sanibel sunset

photo by Brielle Ruiz

aloud to birds in the backyard, or shared with a loved one – they are meant to facilitate a reflective, meditative activity in nature, if possible. The group invites your creativity as to how and when you use the inspirations – whether on Earth Day or at any time you wish to take respite in the beauty of the natural world. Email togetherawayforward@gmail.com if you would like a copy. The collection will also be posted on the Together – A Way Forward Facebook page.

Together – A Way Forward includes representatives from Bat Yam Temple of the Islands; Captiva Chapel by the Sea; First Church of Christ, Scientist; Saint Michael and All Angels Episcopal Church;

Sanibel Congregational United Church of Christ; and the Unitarian Universalists of the Islands. As part of their joint statement, “Care for Creation: A Call for Reflection and Action,” they state, “We represent a variety of religious faiths, yet we share common beliefs, that we, as people of faith, have an obligation to safeguard and steward the natural environment. We acknowledge that Earth’s stewardship is a portion of our spiritual practices.” As part of their mission, they seek to inspire appreciation and action for our shared planetary home.

At challenging times like these, we can turn to the great outdoors, even through the window if necessary, to find peace and

solace. As John Muir said, “One touch of nature makes the whole world kin...” (*Our National Parks*, 1917). Together – A Way Forward is sending strength, healing and best wishes to the community: “We stand together – if only in spirit for now.”✧✧

Baby Diaper Mission Continues During Pandemic

Baby Basics of Collier County, a non-profit 501(c)3 organization providing diapers free of charge to low-income families in Southwest Florida, held a diaper pickup for low-income families during the COVID-19 global pandemic on April 1.

Donned with gloves and masks, they served families for two hours on Wednesday behind the East Naples location of Habitat for Humanity. The event ran from 4 to 6 p.m., but at 3:30 p.m., a line of cars was already present, waiting for the much-needed supplies. Families enrolled in this important program are referred and vetted by local charities, schools and medical professionals. Currently, there are 500 babies receiving diapers each month from Baby Basics of Collier County.

“It was really important for us to be able to get these diapers to the babies who need them, despite what’s going on. We are here with gloves and masks and taking precautions in loading the diapers. We have asked each family to arrive with their

continued on page 12

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.fumcftmyers.org, 2466 First Street, 332-1152.

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

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;
Sunday 10 a.m., 8210 College Parkway, 482-3133.

FIRST PRESBYTERIAN CHURCH OF FORT MYERS
11 a.m. Sunday, www.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.

SAMUDRABADRA BUDDHIST CENTER
Meditation classes. www.MeditationInFortMyers.org, 567-9739.

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

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

SAINT JOHN THE APOSTLE

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

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

SAINT NICHOLAS MONASTERY
Sunday 9:30 a.m., www.saintnicholasmonastery.org, 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.✧✧



Kathy Miller and Dr. Tony Evans

Radio Evangelist Helps Raise Funds For Family Center

A record crowd of 800 people attended the annual benefit dinner for Lifeline Family Center featuring Radio Evangelist Dr. Tony Evans, who has been named one of the 12 Most Effective Preachers in the English-speaking world.

The event, held on March 12 at McGregor Baptist Church, raised \$212,029 for the work of Lifeline

Family Center.

"We are so grateful to the donors, sponsors and everyone who attended the dinner to help our mission of saving moms and their babies," said Lifeline Family Center Founder and CEO Kathy Miller. "We receive no government funding and are totally dependent upon donations from generous individuals, churches and corporations."

Dr. Evans is the founder and senior pastor of Oak Cliff Bible Fellowship in Dallas, Texas and president of The Urban Alternative, chaplain of the NBA's Dallas Mavericks, and author of more than 100 books, booklets and Bible studies. His

photos provided



From left, Paul Lodato, Yvette Lodato, Pam Antonucci and Pastor John Antonucci

radio broadcast *The Alternative with Dr. Tony Evans* can be heard on more than 1,200 United States outlets daily, including Moody Radio, and in more than 130 countries.

Lifeline Family Center provides a home in Cape Coral for homeless young women in crisis pregnancies to help them become self-supporting through education, job training, parenting classes, professional counseling and spiritual guidance.

The nonprofit is opening its first transitional living apartments this spring to provide affordable housing for graduates of the program while they

become established in the workplace. In the residential program, Lifeline Family Center serves up to 12 young women, ages 16 to 25, and up to 24 babies at a time. In the Outreach Ministry program, more than 6,000 women have received assistance with material needs, adoption counseling and resource referrals. The nonprofit also operates a 24/7 Pregnancy Helpline, provides free pregnancy tests, free ultrasounds by appointment, and does outreach to all areas of Lee County, including all college campuses.

For more information about Lifeline Family Center, visit www.lifelinefamilycenter.org.



Dawn Carvotta and board member Camille Herdoiza



Lifeline Family Center treasurer Britney Whitman and vice-chair Fred Atkins

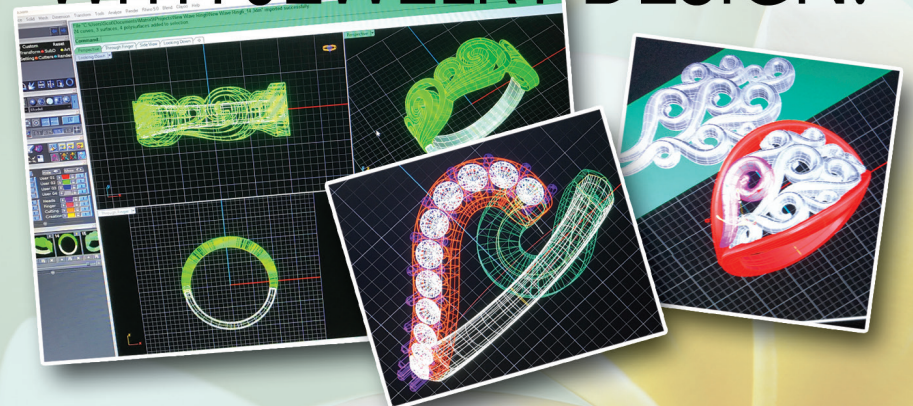


Sponsor Dee Horne and pastor Connie Weisel



Board member Phil Rice and Regina Rice

HAVE A LITTLE FUN WITH JEWELRY DESIGN.



While social distancing we thought we'd have a little fun with jewelry design. Visit us at [Facebook.com/congressjewelers](https://www.facebook.com/congressjewelers) to add comments and suggestions on possible new creations.

We will post several designs with a basic theme.

Let us know what you like and what you don't like!

If you have a suggestion on a theme, let us know that as well.

To view all our Sealife by Congress Creations visit: www.congressjewelers.com



SEALIFE ♦ FASHION ♦ DIAMONDS ♦ ESTATE

Periwinkle Place Shops • Sanibel Island • 239-472-4177 • CongressJewelers.com

Lots Of Choices



by Capt.
Matt Mitchell

With so many choices of what to fish for, it's been hard to decide. A brief cool down for a few days along with strong winds did slow down the

tarpon bite. Snook, redfish and trout did not seem effected by the slight change of weather.

After the passing of a mild cold front last week, it took a couple of days for tarpon to reappear in the sound. With so many fish around before the drop in temperature, these fish simply vanished and, I suspect, moved back offshore. Once water temperatures in the sound warmed back up, they gradually began to reappear. Early season deeper water spots from the causeway to the power lines are the first places they move back into. Once our morning temperatures are feeling warm and tropical again, these fish will be spread out throughout the sound.

The most successful tarpon hook-ups for me this week have come while soaking fresh-cut silver mullet. We have hooked a few on live bait, but often the bait gets dropped before the line ever comes tight. Having an assortment of baits is very important as you never know what a tarpon will want to eat from day to day.

Moving back into the four tide days has done wonders for the snook and redfish bite. I've been catching these fish on middle mangrove islands during the incoming tide. When pitching live shiners, it does not take long to see if you picked the right shoreline. If you're there more than 10 minutes without getting a bite, it's time to move. The shorelines and points with faster current have been the hot spots. Though we did not catch a ton of fish, all of the fish caught have been quality on any given day.

Trout fishing has really rebounded over the past few months. On any trip we have targeted them, we are catching a few around 20 inches along with lots of 14- to 16-inch fish. Water as clear as drinking water in the middle sound has made the perfect place to catch these trout. I like to fish the sand holes and grass along the many long sandbars and shoals on the eastern side of the sound. Making long casts with a live shrimp on a quarter-ounce jig head is a sure way to catch a trout. Ladyfish, jacks and mackerel are all part of the mix.

Getting out on the water has been the only escape from the chaos on land. Once you return to the dock, it's back to the reality of spraying the boat down daily with sanitizer. This has become our new normal.

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.✱



Pam Murray with a snook caught this week with Capt. Matt Mitchell

photo provided

BOAT RENTALS

Fishing • Cabbage Key
Dolphin Watching
Captains Available

472-5800
Jensen's Marina
Captiva Island

CLEAR YOUR GEAR™
It Catches More Than Fish

Fishing gear can kill birds, reptiles and mammals

CAPT. MATT MITCHELL

USCG Licensed & Insured

Light Tackle Sport Fishing
Tarpon • Snook
Redfish & More

C: (239) 340-8651
www.captmattmitchell.com
email: captmattmitchell@aol.com

Send Us Your Fish Tales

We would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification. Email to press@islandsunnews.com or call 395-1213.

1

ISLAND MARINE SERVICES, INC.

• NEW MOTOR SALES • REBUILT POWERHEADS •
• FACTORY TRAINED •

MERCURY – MARINER – JOHNSON – EVINRUDE
SUZUKI – YAMAHA – OMC – I/O'S – MERCUISER

*Courteous Professional Marine Repair Service • Dockside Service
Serving Sanibel & Captiva For Life*

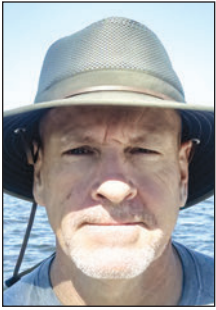
472-3380 • 466-3344

Dave Doane

Your Bottom Specialist
Call on Paint Prices

CROW Case Of The Week:

White-Tailed Deer Fawn



by Bob Petcher

A white-tailed deer (*Odocoileus virginianus*) is the smallest member of the North American deer family. This species is so-called due to the white underside of the deer's tail, which it reportedly shows when it is alarmed.

The white-tailed deer is a mammal found in parts of Canada and as far south as South America. It is an herbivore that is termed a "keystone species" because its feeding activity can directly and indirectly affect many plants and animals.

Adult males are called bucks, while adult females are referred to as does and young deer fawns.

Fawns fortunately have speed and agility to outmaneuver their predators, such as bobcats and coyotes. Their reddish-brown coat features white spots that blends in with the forest.

At CROW, a white-tailed deer fawn was admitted from Alva. The mother deer was reportedly killed and the fawn had been brought to the finder who provided food and cared for it for two weeks. When admitted to CROW's



Patient #20-1075 takes a drink from a water bottle

photo by Yvette Carrasco

wildlife hospital, veterinarians noticed the fawn had an abscess on the right side of its neck. A sample of the fluid in the abscess was sent for a culture to help determine what was causing it. Preliminary results of the abscess culture were received a few days later and indicated the cause of the infection was *Pasteurella multocida*, which is commonly the cause of infection by bites or scratches from dogs or cats.

"*Pasteurella multocida* is a type of

bacteria that is often part of the normal flora in animal mouths," said Dr. Megan Cabot, CROW veterinary intern. "This bacteria is spread through bites or nasal secretions and causes abscesses to form, though sometimes worse systemic infections can develop."

Dr. Cabot further stated the infection does develop over time if left untreated, and that it could spread to humans in the same manner it does to animals.

Since the strain is resistant to some

antibiotics, veterinarians plan to continue with monitoring the abscess.

"The patient shows no signs of systemic infection needing antibiotic treatment, and abscesses often resolve with routine cleaning and care," said Dr. Cabot. "Flushing is performed with dilute betadine solution or sterile saline."

For now, CROW medical staff will continue regular flushing and cleaning as needed.

"Abscesses can take weeks to months to clear depending on the severity and treatment received," said Dr. Cabot. "As the fawn's other abscess sites are already healing or healed, we hope the major one on the neck will clear up enough within a week or two to allow for transfer to her long-term care facility."

CROW officials said the fawn will be transferred to a facility that can provide long-term care until it is ready for release.

"We are sending the fawn to another permitted wildlife rehabilitator in the state of Florida who is already raising other fawns of similar age," said Dr. Robin Bast, CROW staff veterinarian.

"We network with several local rehabilitators so we can all provide the best care possible for that species."

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.



We've Expanded Our Fleet!

Our fleet now includes 2 Citation 650's to better serve your charter needs!

Modern Prop and Jet Aircraft for regional, national, and international charter. We offer full-service VIP concierge service for all of our charter clients!

Air Ambulance

800-MED-JETS (633-5387) • 239-262-5387
www.MedJets.com

Aircraft Charter

800-AIR-TREK (247-8735) • 239-262-8735
www.AirTrek.aero

All aircraft are cleaned and sanitized after each flight for your safety, comfort and peace of mind.



Plant Smart

Square Stems

by Gerri Reaves

Stems or stalks are seldom the showiest part of a plant. Flowers or ornamental leaves usually command more attention, but stems have interesting variations of their own.

They can be as slender as a thread or thick and woody, delicate and easily broken, or so tenacious they yield only to garden clippers.

Some are smooth, some covered with barely discernible hairs and some with stiff bristles.

Then there are spines, thorns, and spikes, not to mention the color differences among stems.

As for shape, most look like super-skinny cylinders or pipettes. But stems can also be three- or four-angled, for instance, as well as round.

The three native wildflowers pictured here are examples of the latter group, square stems.

Each is easy to grow and suitable for a natural or wildflower garden. They'll attract butterflies, birds and other pollinators to your yard.

Salt-and-pepper (*Melanthera nivea*) is obviously named for the unusual characteristic of being only black and white. *Melanthera* means "black anther" and *nivea* comes from the Latin meaning "white" or "snowy."

A member of the aster family, it has only disk, not ray, flowers. The rounded heads are packed with tubular flowers that bloom all year and attract



These square-stemmed native wildflowers are easy to grow, and they attract butterflies, birds and various pollinators to the garden. Pictured, from left, are salt-and-pepper, spotted beebalm and tropical sage
photos by Gerri Reaves

butterflies like the Florida white, for which it is the larval plant, as well as other butterflies, skippers, bees and wasps.

This perennial is erect or sprawling with coarse, arrowhead-shaped leaves. It will self-sow, or you can propagate it with seeds, cutting, or by division.

Give it full sun to partial shade. It is drought tolerant but not salt tolerant.

Spotted beebalm's (*Monarda punctata*) stunning flowers are



comprised of a dome-shaped center surrounded by five pink- or purple-spotted petals with downward-curving pale lavender, rose, or cream-colored bracts below.

The aromatic leaves, which are used for medicinal tea, are hairy with toothed edges.

A member of the mint family, this woody perennial is salt tolerant, so it's suitable for coastal gardens. Give it well-drained soil and full to partial shade.

Propagate it with seeds or cuttings, or just let it self-sow.

Tropical sage (*Salvia coccinea*) is one of South Florida's most common and prolific wildflowers.

The bright red tubular two-lipped flowers bloom throughout the year, and the plant continually reseeds.

Aromatic triangular or heart-shaped serrated leaves appear on hairy stems.

Also a member of the mint family, it requires essentially no maintenance.



Give it well-drained soil and full sun. It is moderately drought tolerant and not very salt tolerant.

Let it self-sow or propagate it with seeds or cuttings.

Sources: *Florida Plants for Wildlife* by Craig N. Huegel, *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *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, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, <http://www.efloras.org>, www.fnps.org, and www.regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.✧

NATURE BRACKETS

naturebrackets.com
info@naturebrackets.com

**New Designs Available at
Forever Green Ace Hardware**
2025 Periwinkle Way • Sanibel, FL

For a Full Mailbox
call Dave at
(239) 454-1001

ACE
The helpful place.



Under New Ownership

**Affordable
ISLAND
Irrigation**

Get a Complete System Check Today!

- Routine System Checks
- Repair of Current System
- New Installations
- Water Audits & Leak Detection
- Residential or Commercial

239-738-9970

AffordableIslandIrrigation@gmail.com

Monitoring Water Quality From A Distance

Despite Sanibel-Captiva Conservation Foundation (SCCF) facilities being closed due to the coronavirus threat, the SCCF Marine Lab still has a number of tools available to provide important water quality data to researchers as they work from home.

The River, Estuary and Coastal Observing Network (RECON) provides real-time updates from throughout the Caloosahatchee estuary and helps scientists monitor the health of waterways even when they can't get into the field to take samples in person. This data is available to the public at www.recon.sccf.org and includes several weather stations as well as wave, current and water temperature data that boaters and anglers may find useful.

Through a partnership with JN Darling National Wildlife Refuge, the marine lab also maintains three water quality sondes deployed in the backwaters of the refuge. These sondes are like compact versions of the larger and more robust RECON sensors, and the data they collect helps refuge personnel make important management decisions.

Finally, two rain gauges and flow sensors along the Sanibel River keep SCCF researchers and City of Sanibel natural resources staff informed on water levels in the island's central slough. By managing these levels through water control structures, city officials can both prevent flooding and preserve the island's important freshwater wetlands.

Having these remote instruments in place will allow marine lab staff to continue their work from a distance until it is safe for them to return to the lab.✧

Architecture Firm Raises Funds For Heart Association

Studio+, an architecture and interior design firm, recently met their goal in raising \$5,000 to match their own donation of \$5,000 for the 2020 SWFL American Heart Association Heart Ball in honor of National Heart Month.

"We've supported the American Heart Association for several years and this year we are very excited to have met our goal, raising \$10,000 for this organization," said Damon Romanello, CEO of Studio+. "Our company believes in paying it forward and supporting deserving organizations and causes."

According to the American Heart Association, heart disease and stroke are the first and fifth most common causes of deaths among Americans. By donating to the American Heart Association, supporters help fund critical research and programs to prevent heart-related illnesses.✱



From left, Chris Ressler, Damon Romanello, Nancy De La Vega, Dexter Foster, Abby Combs of Terra Smart, Logan Tackmann, Mike Lendino, Tanner Rice, Lorrie Bennett, Matthew Leger, Gennifer Hunt, Mark Shannon, Valerie Marino, Sandy Troffer, Vanessa Peña and Maria Villa photo provided

LARC Update During COVID-19 Pandemic

submitted by Kevin Lewis,
Executive Director of LARC

As our community (and the world) works to respond to the COVID-19 pandemic, LARC staff are working around the clock to help people and families stay safe. We believe these challenging times require us to continue to focus on the needs of those we serve to best support their successes each and every day.

Like many businesses, LARC's business model has been forced to change in response to COVID-19. Our Adult Day Training (ADT) services is entering the third week of temporary closure in a parallel action to the Lee County School District's effort to reduce the risk of spreading COVID-19 and will remain closed through April 14.

This was not an easy decision, but one we are confident is best for our participants, staff and families. A disruption to LARC services means a disruption of a person's routine,

social network, community interaction, training and paid work to the people we serve. We do not take this lightly, which is why we want you to know what we are doing every day to keep moving forward.

With board approval, we are using cash reserves while working tirelessly to navigate state and federal funding that will support this vulnerable population through this difficult time.

LARC's group homes are operational with restricted visitors and are employing a shelter-in-place strategy.

Our Community Support Services team continues to serve participants who live independently in the community, counseling for appropriate limitations on community activities, visitors, social distancing and seeking to assure health and safety needs are being met.

LARC staff is staying in contact with ADT program participants during the closure and are providing materials for learning when desired. Staff is also exploring potential internet-based interactions for those interested and capable – more details to come.

LARC has not laid off any staff as a result of COVID-19 as staff are the "secret ingredient" that make LARC an

asset to our community and those we serve. We value our staff greatly and are appreciative of their dedication to their work.

Our day program facilities are closed, and only very limited staff access is being granted for business-critical activities; others are working remotely.

These times pose challenges for all segments of our community, and we all

need to determine how and where we can pitch in to support others. If you wish to support LARC and the work we are doing, here is a list of ways we could use assistance:

Cash donations – As with many businesses, we're starting to see the financial implications the coronavirus will have on our organization and those we serve. Currently, LARC's cash

continued on page 13



**ISLAND
INSURANCE
SERVICE**



Mark O'Brien
Owner/Agent



Susan Barnes
Personal Lines



Trish Barbone
Agent



Justin Wheeler
Agent

Call our office today
for a new Auto
quote.

We are **HERE**
for all your insurance needs

Have an insurance question?

703 Tarpon Bay Rd, Sanibel, FL (239) 472-3022

Looking For A Repair Shop You Can Trust?

Free Pick-Up & Delivery Options

Digital Payment Options

LEGENDARY

★★★★★ AUTOMOTIVE & TRUCK SERVICE

Touch Free Service: Complete clean/disinfect before and after service
Communication via text & email for photos & video to client

Google rated: 4.8 ★★★★★

We service all makes and models, both foreign and domestic.

Highly trained, Professional, and caring staff.

3 year/ 36,000 mile nationwide warranty.

Same day service in most cases.

239-277-1004

1921 Courtney Drive • Fort Myers 33901

OPEN Monday - Friday 8am to 5:30pm • Saturday 8am to 4pm • Sunday Closed

www.LegendaryFL.com

\$25 Off

any service

that we offer!

Limit one per customer, no cash value, cannot be combined with any other offer or discount.

Book Review

Shell Shocked



by Di Saggau

Shell Shocked is the fifth book in Jennifer Schiff's Sanibel Island Mystery Series. I read it in one day, because reading is mostly what I do these days. I truly enjoyed the book. *Shell*

Shocked again features local reporter Guinivere Jones, who everyone calls Guin. The 81st annual Sanibel Shell Festival is about to begin, and Guin is interested in an interview with Sam (Samantha) Hutchins, a shell artist who has been commissioned to design a sculpture for the city. She hops in her purple Mini Cooper and heads for East Rocks where Sam has rented a house to work on her sculpture. She has a crew on hand to assist.

Everyone has to sign non-disclosure agreements (NDA) to keep the sculpture a secret until it is unveiled. This includes Guin; Rita, sister of Sam's boyfriend Denny; Cici, a young woman who does most of the cooking for the group; and Marta, a shell artist in her own right. This tight knit group is a combination of interesting personalities.

One of the fun things about Schiff's books is the way she works in so many businesses on the island and some off island. The familiarity allows those of us who live here to know exactly where she

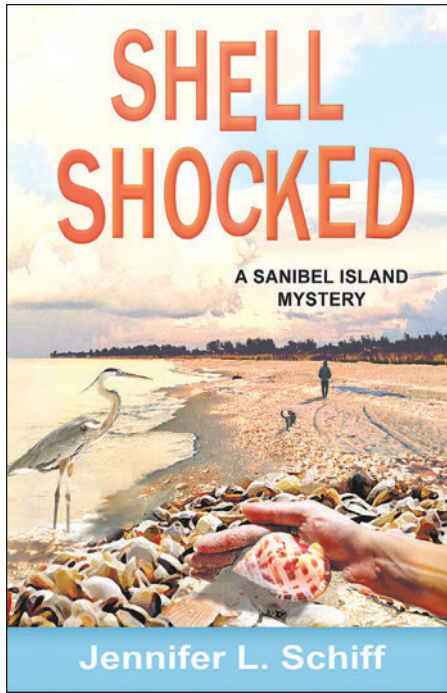


image provided

is as she covers her stories and meets up with many friends and foes. Her conversations with Flora and Fauna, her two cats, are also amusing.

The sculpture is a beautiful, large fountain with a dolphin in the center surrounded by images of sea turtles, manatees and sea shells. The dolphin shoots water into the air. One member of the crew decides a Scotch bonnet shell is needed to complete the work and knows just where to find one. She finds it, but also ends up dead, clutching the shell in

her hand. Guin is the one who finds her body. She and her detective friend, William O'Loughlin, start putting the pieces together to find out who is the murderer.

Guin's boyfriend Ris, a college professor known as Dr. Heartthrob, is involved in the plot, and there is a real twist to things as the book draws to a close. Schiff's characters are all believable and well-developed. *Shell Shocked* held my interest throughout and kept me guessing who did it until the end. All of Schiff's books are available online, in paperback and Kindle.

Schiff will be doing a Facebook Live

session from the Sanibel Island Mysteries Facebook page (www.facebook.com/SanibelIslandMysteries) from noon to 12:30 p.m. on Monday, April 13, answering questions from readers, which they should send via Facebook message to Sanibel Island Mysteries before the Live Chat.

Signed copies of *Shell Shocked* and Schiff's other books are available from MacIntosh Books on Sanibel, which MacIntosh will deliver on island or ship to customers. For more information, call the store at 472-1447.✱

School Smart



by Shelley M. Greggs, NCSP

Dear Readers,

Here are a few more suggestions for some fun ways to teach important skills to your children without a textbook or a computer

screen while they are learning at home during this crisis. Kids love to play games, and board games are an excellent way to improve skills, from math to critical thinking. Playing board games will capture your child's attention, sense of humor and imagination while furthering learning. Here are some suggestions for board games for middle school and high school kids that may increase their critical thinking abilities.

Time's Up – This game is played in teams of two and is similar to charades. Each team has a deck of 40 cards that name famous people. One player gives clues to get his teammate to guess the person on the card.

Here's where critical thinking comes in: In each round of play, there are increasingly tougher restrictions on the clues players can give. In Round 1, players can say anything. In Round 2, players are only allowed to use one word to describe each person. In Round 3, players can only act out clues.

The Settlers of Catan – This award-winning game teaches your child to plan and strategize. Players are settlers in a new land and need to build the most successful society. Each player begins with two roads and two settlements.

They roll dice to gain resources, including lumber, stone, wool and brick, that can be used to build roads and homes and other things needed for the settlement. Those resources can also be traded with other players. Kids have to keep track of their resources, settlements and what other players are doing.

Fact or Crap – You may not like the name, but this game is a great way for your child to learn how to figure out what's true and what's not. (If you want, you can always call it "Fact or Fiction.") Once the reader picks a card and reads the statement, each player has to decide as quickly as possible whether the answer is real or not. The questions open up discussion and provide ways to research new things.

Scattergories – In this game, your child's team must come up with as many appropriate words as they can for a certain

category. The catch is that the words have to start with the letter rolled on the die. There's also a time limit.

For example, your child picks the category "vegetables" and rolls a "S." His team now has to come up with as many appropriate words as possible before the timer runs out. Multi-word answers get more points. So "summer squash" is worth more than "spinach."

Moods – This is a great game for tweens and teens who aren't always confident in their ability to figure out tone of voice and emotions. On the surface, it's simple. Each player chooses a card with a phrase and then rolls a die to get a "mood."

Then the player has to say the phrase in that mood. (For example, "I love chips" in a bossy way.) Other players have to guess the mood. They aren't all easy to show and guess. The die includes tough emotions, such as "sneaky" and "dazed."

Adapted from Six Great Board Games by Amanda Morin

Shelley Greggs 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 6

Diaper Mission

child's name on a sheet of paper so we can keep track of who has been served," said Ally Tate, site manager for Baby Basics at Habitat for Humanity.

In March, Baby Basics was able to get diapers to all 500 babies in its program. Additional supplies have been ordered but pickup dates depend on suppliers' timelines. The non-profit hopes to engineer a solution to set up pick-up locations like the one on April 1 at Habitat for Humanity. With the help of its site managers and volunteers, families enrolled in the program will be notified when and where to pick up the diapers.

"Getting these diapers from Baby Basics is a huge help for us, especially now," noted the father of Marcus J., who was able to receive a month's supply of diapers at the Habitat for Humanity site on Wednesday.

To date, Baby Basics of Collier County has supplied over 10 million diapers to low-income families. Building awareness in our community is essential in scaling the mission of Baby Basics to be able to serve more families in Southwest Florida.✱

EPIC FIRES OF FORT MYERS

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



THOMAS P. HALL
ROBIN C. TUTHILL, EDITOR

Available at
www.Amazon.com
www.OutSkirtsPress.com

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



Angela Page

Free Five-Week Virtual Poetry Workshop

Love Your Rebellion (LYR) has developed Poetry for the People, a free virtual workshop that refines poetry skills and connects poets. Led by LYR Founder Angela Page, Poetry for the People will be hosted via Zoom every Thursday at 8 p.m. until May 7.

Each 60-minute virtual course will focus on a different poetic technique, provide exercises to develop that technique and workshop one poet's work per class meeting. Classes 1 to 3 will focus on poetic devices: imagery, simile and metaphor, and juxtaposition. Class 4 will focus on sound, specifically slant rhymes, and Class 5 will focus on the rhythms created by line breaks.

photo courtesy Jesi Cason Photography

Although each class session will be capped at roughly 15 people, Poetry for the People will be recorded, and then uploaded to LYR's social media channels. No sign-up will be required. Simply join via the link in the Facebook event and on the LYR website. While the workshop is free, donations are encouraged to support this and other LYR nonprofit arts programs.

Page, who will be leading each Poetry for the People class session, holds a bachelor of arts degree in creative writing from the University of Central Florida and a master of fine arts degree in poetry and critical writing from Goddard College. She is the editor of the LYR zine, and has published several works of poetry in literary journals and magazines. In 2019, she published a full length poetry collection titled *Speaking with My Second Mouth*, available via Amazon.

Learn more about Poetry for the People at www.loveyourrebellion.org/poetry-for-the-people.✧

From page 11

LARC Update

reserves are being used. Any monetary donation, large or small, is greatly appreciated and will help us to keep moving forward.

Meals for our group homes – Our two homes house two “families” who are used to going out for a meal and interacting with the community. If you would like to support your favorite restaurant and send a meal to one of our homes, contact Angela Katz at angelakatz@larcleecounty.org for more information. This can be a fun way for residents to feel as if they are “dining out” while supporting our local businesses.

Wish list items – The people we serve are struggling with much needed supplies. For many individuals, their benefits barely cover their monthly expenses. If they are unable to work or unable to afford to purchase items they normally do not use (or at least not in quantity), this is a hardship. If you can donate items, such as Brita Water Filter Pitchers, Tylenol, toilet paper, anti-bacterial wipes, hand sanitizer, individual craft kits, word search books, or puzzles, contact Angela

Katz at angelakatz@larcleecounty.org and we will make arrangements to get them safely from you. We also have a wish list on Amazon at www.amazon.com/hz/wishlist/ls/5FF0J8CKAJG?ref=wl_share.

Should any LARC employee, program participant or LARC visitor come in personal contact with someone who has been diagnosed with COVID-19 or personally begin exhibiting symptoms consistent with COVID-19, we ask that you follow the CDC guidelines and protocols and report this information to LARC management immediately at 334-6285 ext. 231. Leave a message; messages are being retrieved daily.

We do not know what will come in the next weeks or months, but I do know together we will all come through this crisis as we pull together with compassion, generosity and fortitude.

A community of people built LARC in 1954, and it is a community of people who continue that legacy today. Thank you for believing in LARC, for believing in people's abilities and for helping us to keep moving forward.

For more information about COVID-19 and what you can do to keep healthy and safe, visit www.cdc.gov.✧

Big-Hearted Bins Campaign To Help Seniors

Old Time Pottery recently launched its Big-Hearted Bins campaign in partnership with over 40 assisted living facilities and senior centers in 11 states. This campaign provides critical home essentials to improve quality of life for community residents temporarily socially distanced from family and friends to protect their health and reduce their risk of contracting coronavirus, while also allowing them to help others in the community already stricken with coronavirus.

“With their higher risk of coronavirus complications, many senior community residents have little choice but to shelter-in-place and that has a strong negative impact on their mental health,” said Jason Schmitt, CEO of Old Time Pottery. “We wanted to be able to partner with our customers in these difficult times to bring a ray of hope and help put a smile on their faces.”

Old Time Pottery will be donating Big-Hearted Bins loaded with essential supplies for these facilities and providing customers who want to donate an extra discount off their purchases for the bins. In addition, Old Time Pottery will be coordinating efforts for facility residents to write well-wishes greeting cards for coronavirus patients in community hospitals.

“We cannot thank Old Time Pottery and the community enough for this great act of kindness,” said Beth Winter,



image provided

engagement director for Maybelle Carter Living. “Caring for our seniors and lifting their spirits during this time of social distancing is such a blessing to us.”

Big-Hearted Bins is part of a broader campaign to assist the community during this uncertain time. Old Time Pottery is also partnering with Singer to provide sewing space, Heavy Duty sewing machines and fabric for customers and community members to create masks that will be donated to local health care facilities for protecting workers.✧

ARE YOU PREPARED? GET YOUR FREE EMERGENCY HEALTHCARE DOCUMENTS TODAY

Serving Southwest Florida since 1924

www.floridaestateplanning.com/healthcare

Our Law Firm has been assisting Southwest Floridians for nearly a century. During this difficult time we're here for our community. Everyone should have proper legal documents should they need them. For your free Healthcare Surrogate and Living Will, visit the link above.



SHEPPARD, BRETT, STEWART,
HERSCH, KINSEY & HILL, P.A.
Attorneys at Law



Main/Mailing Office: 9100 College Pointe Court, Fort Myers
www.floridaestateplanning.com/healthcare

Will Power

Living Will Particulars



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

In this scary time of “stay in place” orders issued by Gov. DeSantis, I’ve received several questions about living wills. Living wills are not documents that leave assets and property to your loved ones. Those are “Last Will and Testaments,” or “Revocable Living Trusts.”

In Florida, a living will is an end of life directive document that describes the medical procedures that you would want performed as well as those you wouldn’t want performed if you satisfied the statutory precondition.

You may recall, for example, the Terri Schiavo case. Terri Schiavo was a 26-year-old woman who went into an irreversible persistent vegetative state as a result of a 1990 heart attack. She lay unresponsive in a hospital bed for years.

In 1998, her husband petitioned a Florida court to remove her feeding tube. Her parents fought the lawsuit, arguing that Terri was responsive and would not have wanted feeding tubes removed.

The feeding tubes were removed after state and federal court appeals processes at the end of March, 2005. She died shortly thereafter.

Terri Schiavo did not have a living will. A major controversy during her case was whether food and water tubes should be considered life-prolonging measures that can be discontinued once two physicians certified that she was trapped in a persistent vegetative state with no reasonable medical probability of recovering.

A major component of that question lies in what Terri’s intent would have been had she signed a living will. The majority of her case centered on what she would have wanted had she been able to direct.

The living will document, therefore, allows you to direct your medical treatment if you should be dying, and the artificial means would only prolong death rather than save you from dying. The actual language states that you can direct life prolonging procedures to be withheld and withdrawn if you are dying and incapacitated, and are in a “terminal

condition,” and/or “end-stage condition,” and/or “persistent vegetative state.”

The threshold is high. It’s not as if someone has cancer, which is a terminal condition, and will die at some point in the future. Under the living will, the patient is usually incapacitated, so can’t speak for him or herself, and death would occur but for life prolonging procedures that are only artificially prolonging the process of dying.

If you are a Florida resident, you should have a Florida compliant living will. You do not need a living will in other states where you have residences if Florida is your primary residence. If anything, having other living wills whose language may conflict with the living will of another state could only cause problems.

Because of comity of law between the states, your Florida living will is valid in all of the states, as well as U.S. territories.

In the Florida living will document, you designate someone to carry out the provisions of the declaration. Typically, this is also the person that you designate in your health care surrogate. I’ll review that document in detail in next week’s column. If the health care surrogate disagrees with the two physicians who declare the patient to have met the living will preconditions, then there could be additional determinations.

The major choice you have in Florida’s document is whether you want food and water withheld and withdrawn. This is usually referring to the feeding tubes. The language in Florida’s living will statute states that the patient (you) should always receive medical procedures or medication to provide comfort, care and to alleviate pain.

Some people don’t want to direct that food and water should be withheld and withdrawn. For those people, I remind them that food and water tubes kept Terri Schiavo in a hospital bed for over 16 years.

You should discuss your intent with those close to you, as well as with your primary physician. The surrogate you name in the document should have similar end of life attitudes that you do, or in the alternative provide you comfort that he or she will follow your wishes.

If you don’t have an up-to-date, Florida compliant Living Will and Designation of Health Care Surrogate, my firm offers free versions online. Simply log onto www.floridaestateplanning.com/healthcare. During this scary time of “stay in place” we wanted to do our part for the community. If you are a client of my firm and have signed your estate plan within the last few years, there is no need for you to download these forms as your documents are likely up to date.

Stay safe everyone.

©2020 Craig R. Hersch. Learn more at www.sbslaw.com.✱

Lee County Clerk Of Courts Service Updates

Lee County Clerk of Court officials have announced more changes following Florida Gov. Ron DeSantis’ statewide stay-at-home order, which expires on April 30, unless extended.

The clerk’s office works in support of essential county government and court functions and therefore will continue providing services, but without face-to-face interactions. All but 25 clerk team members are working from home. Those remaining 25 reporting to the office are checking mail, drop boxes, attending court, scanning, printing, etc. as necessary.

The following are essential services provided by your clerk’s office and where to find those services:

Court-related services – Court records and court dates can be found online at www.leeclerk.org.

Court payment due dates have been extended 60 days.

Documents and payments can be mailed, submitted online, e-filed or left in the drop-box in the lobby of the Justice Center.

Mail to Clerk of Court’s Office, P.O. Box 2507, Fort Myers, FL 33902. The drop-off location is Justice Center at 2075 Dr. MLK Boulevard in Fort Myers.

For online services and e-filing, go to www.leeclerk.org.

All jury duty is canceled through April 30.

Self help center is closed and legal aid appointments are suspended until further

notice.

Tax deed sales are suspended through April 30.

For court questions, call 533-5000 or email leeclerk_info@leeclerk.org

Official records services and recording documents – Recording transactions can be eRecorded, mailed or dropped off with payment and a self-addressed stamped envelope.

Mail to Tourist Development Tax Collections, P.O. Box 2257, Fort Myers, FL 33902-2257. The drop-off location is City/County Annex Building at 1825 Hendry Street, 1st Floor, in Fort Myers.

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

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

Drop off your documents in a sealed envelope with your name, address and phone number on the outside of the envelope. You will be called with an amount (including postage if not including a self-addressed stamped envelope).

For online services and e-Recording, go to www.leeclerk.org. Select one of the eRecording third party vendors to eRecord.

Marriage licenses were suspended as of April 3. This service will resume once a video signature verification process has been established for applicants to access from their home. Check the website for updates on this service.

Wedding ceremonies have been suspended until future notice.

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

For questions regarding the recording office, call 533.5007 or email to

leeclerk_info@leeclerk.org

Tourist development tax payments – Payments can be submitted online, mailed, or dropped off. For online payments, go to www.leeclerk.org.

Mail to Tourist Development Tax Collections, P.O. 2257, Fort Myers, FL 33902-2257. The drop-off location is City/County Annex Building at 1825 Hendry Street, 1st Floor, in Fort Myers.

For questions regarding inspector general or tourist tax, call 533-2190 or email touristtax@leeclerk.org.

Lee County Clerk of Court branch offices in Cape Coral and Bonita Springs are closed until further notice.

For questions, email leeclerk_info@leeclerk.org. For updates on services, visit www.leeclerk.org.✱

LCEC To Return \$12 Million In Member Equity

The decisions of the LCEC Board of Trustees to retire up to \$12 million in member equity and return it to past and current customers could not have come at a better time amidst the COVID-19 financial impact on customers.

Equity is the ownership interest of LCEC members’ in the total assets of the electric cooperative. As a not-for-profit electric cooperative, assets are funded by margins and debt. Net margins are allocated to members annually in the form of a credit to their equity account.

“Net margins are not profit and do not benefit anyone other than members – they do not benefit LCEC management, employees, or trustees in

their management and oversight of the cooperative,” explained LCEC Chief Executive Officer Denise Vidal. When possible, a portion of equity can be converted to cash, retired and returned to members.

The retirement will provide some relief for customers feeling the economic strain of COVID-19 and unable to pay their electric bill. In April and May, inactive customers will receive a check for their portion of the equity return and active customers will receive a credit on their May bill, or a check if the amount is more than \$250. The amounts will vary based on the members’ contribution to revenues.

In addition to the \$12 million equity return, LCEC continues to encourage customers having difficulty making a payment to call for assistance. If already past due, customers are able to request an extension through the LCEC SmartHub app or online at www.lcec.net.

“We remain committed to delivering reliable power and quality service at the lowest rate possible and will maneuver through these uncertain times with all of our customers’ best interest in mind,” said Vidal. As a not-for-profit cooperative, LCEC relies on revenue to maintain the grid, purchase power, repay lenders, pay taxes and hire skilled workers. Revenue is earned strictly by billing and collecting for the electricity already used by customers.

LCEC also contributes funds to a short-term energy assistance fund, the LCEC Power to Share program, in partnership with the United Way. Employees and customers help fund the program that provides bill payment for customers experiencing hardship. Donations to the fund can be made at www.unitedwaylee.org/donate.✱

Superior Interiors

Create A Foyer That Says Welcome To All



by Marcia Feeney

No pressure, but when you invite guests over for the first time, your foyer is your home's first impression. It's your immediate chance to show off your personality through aesthetics and make

your home say "welcome." This spring, it's the perfect time to refresh and create a beautiful foyer and make your visitors feel right at home.

It's all about the lighting. Do you want your guests to feel like they're entering a creepy haunted house? Of course not! But they will feel that way if you have a dingy entryway. Lighting is one of the first things your visitors will notice, so be sure you pick out the perfect lighting fixtures. Guide your eye through plenty of selections from modern ceiling light designs to classic chandeliers, anything to accent your personal taste.

Take a moment to organize the clutter. Naturally, your own family members aid to that clutter when they run in and immediately drop off book bags, briefcases, keys or piles of mail. In the end, it all starts to add up, so look for solutions to help you manage the could-be mess.

Create a "drop zone." This is an area where you can store all the things you

take off or put down when you enter your home. Pick from a vast selection of chic entryway consoles or chests that double as a place for you to drop keys and store shoes and backpacks. This way, your guests never have to see your family's clutter. Or consider an armoire so your foyer has a stylish place to conceal coats. If your foyer already has a closet, custom organization can help you maximize that space as well.

Manage incoming and outgoing debris. Next, you must consider the fact that your foyer has the potential to be one of the dirtiest places in the house. Think about it, your guests are arriving and depending on weather, might be tracking in some dirt or debris. They'll take their jackets and shoes off, but if you don't have a place to store them, it could lead to a big mess. Style with a luxurious, plush rug to minimize the appearance of dirt. A rug is one of your foyer's must have items that will make your home more welcoming and add a bit of style.

No detail is too small when it comes to a welcoming foyer. Use mirrors to make your entryway appear bigger and to give your guests a chance to check their appearance when they walk in. However, you don't want to go overboard with your accessories, just add the right amount to customize your foyer with a few final touches. Add bright pieces of artwork with pleasing colors that evoke the feeling of happiness and can dually act as a lighthearted conversation piece.

Finally, don't forget to give your guests a fresh scent when they walk in. Arrange a bouquet of seasonal flowers like lilies or place a scented candle to give your home a nice clean smell that will make anyone who enters feel right at home.

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

How Do We Combat A Virus?

submitted by J. Bruce Neill, PhD

Let me start with a small moment of reflective joy in a trying time. Life is miraculous. We are so very fortunate in so many ways. That we have the luxury to write, read and ponder this musing is a gift we should all be grateful for, and spread with kindness.



The human body is a highly complex set of systems that carry out many amazing functions. The physical building blocks of living things are cells, and most cells have a fairly similar design that is somewhat consistent among different species of animals. However, each individual's cells have a unique signature created by combinations of proteins embedded in the external cellular membrane.

I suspect we're all aware that individual cells can be identified by DNA analysis, but that's not what I am referring to here.

The personal cellular fingerprint I am describing is on the outside surface of the cell. So, all of the cells in Bruce's body have a similar (and nearly unique) external chemical composition, which differs from that of (nearly) every other individual.

This is relevant to our discussion of viruses because almost all creatures have a system dedicated to detecting and destroying foreign cells or objects inside our bodies. The advantage of such a system is protection: most foreign cells or objects (think a splinter) that don't belong to us are likely neither friendly nor healthy.

But, in order to detect foreign cells, our bodies must first differentiate foreign cells from "self" cells. The network of cells that accomplishes this is called the immune system, which constantly monitors every cell in our body. When the immune system discovers non-self-cells, it musters a defensive counter attack to rid our body from the invading hoards. This counter attack is called an immune response, and in immunological terms, the foreign cell or body is known as an antigen.

The average human body is composed of 35 trillion cells, all constantly monitored by the immune system to assure they belong. There are approximately 7.5 billion people on Earth, so the cellular population of our

body is about 4,500 times larger than the human population, monitored constantly. That's a whole lot going on every second of every day in our bodies.

When foreign cells or bodies are identified, a generalized immune response is usually initiated. The goal of such a response is to make our entire body, or any localized part thereof (again, think of a splinter) less hospitable to foreign cells.

One of the physical aspects of an immune response is a cascade of reactions that ultimately increases body temperature – either locally, near the site of a foreign object, or globally, throughout the whole body. An increased overall body temperature is known as a fever.

Another facet of an immune response is to help flush particles out of our body. Our capillaries (the tiniest of tubes that carry blood) expand and become leakier; the blood cells don't leak out, but plasma (the water content of blood) does. The leaked fluid manifests either as a runny nose, watery eyes, or localized swelling.

The first written description of human immune response characteristics is attributed to the Roman scientist Aulus Cornelius Celsus around 30 BCE. We are only a small part of history – folks have pondered how the human body works for a long, long time.

So, 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 because of what we share (excluding the coronavirus).

Spread joy and love in every way, in

every moment that you can.

Wash your hands and face: right now. Get up and do it, then smile.

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.✱

Overcome Addiction, Get Your Life Back

In this time, everyone should encourage their loved ones, or maybe even themselves, to take the step to becoming healthy again without the use of alcohol or drugs.

At the Narconon center, officials are taking great precaution in using preventive measures towards the spread of the COVID-19 virus. There is still a commitment to helping addicts and alcoholics that are seeking treatment during this difficult time. The need is recognized for Americans to stay at home while also recognizing that there are still people suffering all over the country in need of care. Narconon staff can help.

To learn more about how addiction and this pandemic go hand in hand, visit www.narconon-suncoast.org/drug-abuse/soma-effects.html.

Narconon can help you take steps to overcome addiction in your family. Call 877-841-5509 for free screenings or referrals.✱

YOUR NEUROLOGICAL SYMPTOMS MAY HAVE A STRUCTURAL CAUSE!

- Balance problems
- Blurred vision
- Dizziness / vertigo
- Fainting / drop attacks
- Swallowing or speaking difficulties
- Tinnitus or hearing problems
- Torticollis / cervical dystonia
- And many more!

The Hauser Neck Center at Caring Medical Florida specializes in unique, dynamic diagnostic tests that find what traditional MRI scans can miss, and Comprehensive H3 Prolotherapy to treat the underlying structural cause of chronic neck pain, migraines, and neurological symptoms.

Learn more at CaringMedical.com and contact our team to review your case!



Ross Hauser, MD



Hauser Neck Center
Caring Medical Florida
9738 Commerce Center Ct.
Fort Myers, FL 33908
(239) 308-4725
DrHauser@CaringMedical.com

HELPING THE WORLD SEE CERVICAL INSTABILITY WITH 2020 VISION!

Frankly Speaking



by Howard Prager

First, a correction from an earlier column. I mistakenly called hockey great Ray Bourque from the Boston Bruins and Colorado Avalanche, Pat Bourque. Pat Bourque was a journeyman player

in the 1970s who played for the Cubs, the A's on their '73 World Series team and elsewhere. They are not to be confused except in my mind. Apologies to all Bruins, Avalanche and hockey fans.

For today's column, let's look at what needs to happen for athletes to prepare for a season and share a free resource for you for the next few months. Let's start there because who doesn't like something for free? Here's what *Baseball Digest* says on their website. "As fans await the return of baseball on the field, *Baseball Digest* has unlocked its archive and made its complete inventory of more than 800 issues from 1942 through 2019 available to baseball fans at no cost online. We hope during these unprecedented times this may, in some small way, help fill the void until we can all return to the ballpark." This generous offer is good through July 15. All you have to do is register at www.baseballdigest.com/free. So now you can relive stories about the players and teams you most enjoyed watching. Great deal – enjoy!

Many superstar athletes have their own weight rooms and training facilities at their homes. Even if they have to contact their athletic trainer or personal trainer online, they are good to go for staying strong. Practicing the game is a different story. Unless they have a court, diamond or hockey rink, they can't practice their sport, especially on their own. As reported by the Associated Press on this, "Atlanta Hawks rookie Cam Reddish and so many others live in apartments, and can't use the apartment's fitness center or weight room (if they have one), so they're stuck right now and try to get creative into how to stay in shape." It is just like the rest of us are doing, but we're not professional athletes who need to stay in top shape.

Marshall Kellner, media director of the Fort Myers Mighty Mussels in a recent interview with me said that, "Most of the minor leaguers are home – some are at the complex but the complex is closed." When asked what the teams are doing to say in touch with their players, he said, "Coaches are definitely in touch with their players including the strength and conditioning coaches. Wes Johnson, pitching coach of the Twins, gave all the pitchers a throwing program before they left." Marshall agreed with me that the more time players are away from the game, the more time they'll need to ramp up before starting back up.

When I was researching this article, several pieces from FIFPRO (professional soccer) popped up talking about the same things we are all being recommended to do during this pandemic to stay healthy: get plenty of sleep, eat nutritionally, follow a routine and stay distant and socially connected. The International Olympic Committee has even gotten into the act with a free app, Get Set-Train Smarter, for elite professional athletes.

What might be more intriguing for you and I is what the LA Dodgers are offering. "The Los Angeles Dodgers announced last Thursday that they will be offering free, live-stream workouts to fans twice a week. Dodgers director of strength and conditioning Brandon McDaniel will walk fans through a 30-minute workout where he'll teach viewers through a warmup, a strength training routine, a conditioning routine as well as a recovery portion, all while using minimal equipment. The Dodgers will be live-streaming the workouts every Monday and Friday at 11 a.m. ET, beginning Friday. The workouts will be available to stream on the Dodgers Twitter, YouTube or Facebook pages".

I wouldn't be surprised if your favorite teams started doing this. It could be a fun way to stay in shape with a baseball-themed workout. Or at least smile and say to yourself, "maybe I don't want to be a pro ballplayer at this point in time – but at least I can train like one!"

Let me conclude with some fun predictions from *USA Today* writer Eddie Timanus on what may happen when sports resume. The NBA tournament to be held, without fans, in a college-style single elimination tournament in Vegas. The Stanley Cup would be played with 24 teams (raise your hand if you're not in the tournament) and have shortened best

of three series. Major League Baseball after a compressed schedule will have a neutral site World Series in either a domed stadium or warm weather city. Finally, what about NCAA football? They predict a delayed start or shortened schedule. *Sports Business Journal* has a different idea – move the schedule up to the summer with games in July through September (because

the coronavirus may be back next fall). Or that it would be delayed until next spring. Ponder that while keeping healthy and fit.

Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments or questions to press@islandsunnews.com.✱



The CONRIC PR & Marketing team

photo provided

Campaign To Connect In Trying Times

In an effort to keep the Southwest Florida community positive, calm and strong, CONRIC PR & Marketing has developed and launched the #SWFLStrong campaign.

A SWFL Strong Facebook group has been set up to create a safe space online where all members of the Southwest Florida community can unite and connect to share good thoughts, community information, business developments and stories of goodwill. Members of the group can let the community know about businesses that are open or closed, what family activities you're enjoying while at home, or share an exercise routine, a special recipe, health tips, or even where to buy toilet paper. What won't be permitted is politics, negative comments or bullying.

"Our hope is to bring the entire community together on one platform to share positive news and thoughts," said Connie Ramos-Williams, president and chief marketing officer of CONRIC PR & Marketing. "It's difficult to stay calm, positive, healthy and strong if you are quarantined in your home and watching COVID-19 numbers go up minute by minute. Although we need to stay informed and be aware of the world around us, we also need a safe and happy place to help one another live a healthy life."

CONRIC PR & Marketing hopes to partner with other agencies, organizations and social influencers to help spread the message that we are SWFL Strong. People can also post these positive messages on their social media platforms with the hashtag #SWFLStrong

to show unity.

The SWFL Strong Facebook group will focus on group messages that help unite the Southwest Florida community each day of the week. Some of the topics and posts we ask the community to post and share are:

Share Kindness Sundays – Share photos, video or stories of a random act of kindness or tell someone something kind, using the hashtag #KindlySWFL

Meme Mondays – We all need a laugh, so start the week with a fun meme, using the hashtag #SWFLMemes

Positive Thoughts Tuesdays – Share positive thoughts about Southwest Florida or inspirational quotes, using the hashtag #PositivelySWFL

Wellness Wednesdays – Share a health or wellness tip, like workouts that can be done at home, healthy recipes or natural remedies for staying healthy, using the hashtag #StayWellSWFL

Thankful Thursdays – Show first responders, retail workers, healthcare workers and others your appreciation by going outside and making some noise (applaud, play an instrument, ring a bell, whistle or whatever makes you feel happy and shows your appreciation) at 7 p.m. every Thursday. If you don't want to step outside, simply share a post using the hashtag #SWFLHeroes

Family Time Fridays – Share fun things that can be done at home as a family or ask someone to read a story to a child and share it on video, using the hashtag #SWFLFamilies

Small Business Saturdays – To support the local business community, share a post featuring a local business that is doing something extraordinary, is open for business, has new hours, or is delivering meals by using the hashtag #SWFLBizness

For more information contact info@conricpr.com or call 690-9840 ext. 1001.✱

SPORTS QUIZ

1. Gary Player, who in 1961 became the first non-American golfer to win the Masters, hailed from what country?
2. What organization, founded in 2017, is the global governing body for the sport of urban axe throwing?
3. What NCAA Division I men's hockey team holds the record for consecutive Frozen Four appearances with 10 from 1948-57?
4. In August 2019, Golden State Warriors executive Jonnie West – son of NBA legend Jerry West – married what PGA Tour golfer?
5. Beginning in the fall of 1946, Major League Baseball great Jackie Robinson played for what short-lived professional basketball team?
6. Film and TV production company SpringHill Entertainment – whose credits include "Survivor's Remorse" and "Cleveland Hustles" – was founded by Maverick Carter and what NBA star?
7. What Chicago Bears player ran for a 1-yard touchdown in the 3rd quarter of the Bears' 46-10 win over the New England Patriots in Super Bowl XX?

ANSWERS

1. South Africa. 2. The World Axe Throwing League (WATL). 3. The University of Michigan Wolverines. 4. Michelle Wie. 5. The Los Angeles Red Devils. 6. LeBron James. 7. William "The Refrigerator" Perry.

deaRPharmacist

We Are Resilient Like Tulips



by Suzy Cohen, RPh

Dear Readers:

Last week, I received more than a dozen requests to write about stress and anxiety. One woman emailed me with, "I am having horrible anxiety right now." Another person wrote me and said, "I work in mental health care, and the rise in depression and anxiety is just overwhelming. Can you speak to this please?"

All of us are in this together. We need to shelter in place to minimize our exposure. I have many articles about natural remedies for anxiety, those are posted on my website. I want you to know that what you're feeling is completely natural. Feeling nervous and stressed is the normal response that occurs when the world is in this much upheaval. There is an invisible attack that has unleashed itself upon us, and our sympathetic nervous system is kicking in. That's what it's supposed to do. What you're feeling is normal and to be expected. But it will subside in time.

To help deal with the anxiety, I suggest we tune out the news for longer periods of time. I notice that on days when I'm connected for more than three hours,

I'm more stressed out than on days that I tune in for a few minutes.

Let's face it, the news is never good. And the way the curve is going, it's going to rise some more over the next month, so we will all become even more nervous. But try to become aware of your feelings, and try not to project the worst case scenario if, in fact, your life is okay. Perhaps your 'now' is good, and if it is, and everyone is safe and well, then try to disconnect from the 'what if' scenario.

I think we are resilient like tulips. I know, that's a little random. Let me explain. I live in Colorado, and we just had a cold snap with snow all night long. My lawn got covered in a blanket of white! Still, I dressed up and went outside to breathe in the crisp air this morning, and I saw that my tulips were still growing. In fact, they are even taller than the day before. These fragile bulbs had weathered the storms. They survived freezing temperatures from last October when I planted them, all the way to now. And here they are so lovely, strong and thriving.

Tulips are honestly amazing! Nothing can stop them from popping up through the ground to bloom and get a kiss from the sun. I want you to be reminded of their resilience. We can draw so much strength and peace from this analogy. Always remember: You are resilient like tulips.

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.✽

Support Needed For Virtual Learning

The Foundation for Lee County Public Schools has partnered with the School District of Lee County during this challenging time to provide resources to educators, students and their families. Distance Learning has now been put into place and the FLCPS wants to ensure that everyone is well equipped with proper tools to prosper while the education community teaches and learns virtually.

Due to the circumstances of the current pandemic, educators are playing an even more integral role in the community.

"The foundation has set up a COVID-19 relief fund, where business and community partners can donate to help continue to enhance and excel education within the School District of Lee County. Now, more than ever, the community needs to support and value our educators and the community's most important asset, our students," said President and CEO Marshall T. Bower, Esq.

For more information on what you can do to assist with relief efforts, visit www.leeschoolfoundation.org.✽

From page 1

Governor's Order

designed to help people understand how the different programs align to help various aspects of a business' situation in the midst of the COVID-19 pandemic.

The goal is to address specific business-related questions, such as how to apply for a Florida Small Business Bridge Loan or a Small Business Administration loan. The portal offers help on obtaining information on the federal stimulus package, which is commonly called the CARES (Coronavirus Aid, Relief, and Economic Security) Act. Help also is

available on how to direct employees to unemployment benefits.

The portal and hotline are a collaborative effort of Lee County departments, including human and veteran services, economic development, visitor and convention bureau, GIS, innovation and technology, libraries, parks and recreation, and sports development. Two dozen county employees have been trained to handle hotline calls.

The Business Assistance Hotline does not replace the United Way 211 Helpline, which continues to be available for community assistance questions by dialing 2-1-1 or 433-3900 daily from 8 a.m. to 6 p.m.✽

Doctor and Dietician

Are You Suffering From Locomotive Syndrome?

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

Do you suffer with moderate to severe knee and/or back pain and are losing your mobility and ability to work or function? Your adult children may be talking to you about considering assisted living one day in the future. Why? Because you are having difficulty moving and you may be on the verge of "Locomotive Syndrome."

Locomotive Syndrome is a condition that results in the inability to move pain-free, without frailty and instability due to impairment of "locomotive components" such as bones, joints, discs, muscles and nerves, which may result in pain, limitations in movement, malalignment, balance issues and difficulty walking.

Degenerative changes in our locomotive components begin at middle age. One study stated that approximately 40 percent of people younger than age 30 and 90

percent of people older than 55 show signs of intervertebral disc degeneration of the lumbar spine.

Some obvious causes of "Locomotive Syndrome" are degenerative joint disease, joint osteoarthritis and osteoporosis – which can make it difficult to walk. A January 2019 article from *Modern Rheumatology* found that aging, osteoporosis and low back pain significantly increased the risk of "Locomotive Syndrome" followed by knee osteoarthritis and lumbar spinal stenosis.

If this is not addressed, what may follow is immobility, depression, hypertension and other metabolic disorders, inability to perform activities of daily living and the eventual heading to a skilled care facility or nursing home.

In a study published in the *Journal of General Internal Medicine* in 2011, the authors reported that the ability to walk a quarter mile had a direct correlation with mortality, functional decline and health care utilization during the subsequent year. This demonstrates the critical importance of maintaining the ability to walk.

It starts with taking the first steps. Start moving! Start with walking more throughout your daily activities, then, get outside and take an actual walk. What a great place to walk around – Southwest Florida! If you are unable to walk, come in and see us at Caring Medical in Fort Myers and we'll help you get back out there.

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.✽

Hospital Proactive Measures To Combat Risks

Park Royal Hospital is closely monitoring developments associated with COVID-19, and officials are taking all necessary steps to ensure the continued well-being of patients and staff.

"We understand the potential threat that the coronavirus poses to communities throughout the nation, and we will continue to act with all due diligence to protect our patients and staff until this epidemic has been eradicated," said Chief Executive Officer Coleby Wright.

Efforts are guided by the information that is being disseminated by reputable and authoritative sources such as the World Health Organization (WHO) and the U.S. Centers for Disease Control and Prevention (CDC). As part of the Acadia Healthcare network, officials are also benefiting from continued guidance and recommendations from various corporate departments and leadership staff.

At Park Royal Hospital, efforts thus far have included steps such as the following:

Consistently monitoring CDC updates to ensure that all guidance followed is based on the latest information released. Increased measures and restrictions

concerning visitation in order to remain in compliance with updated state regulations.

Enhanced screening for infections such as the flu and COVID-19.

Assessing all resources and practices to ensure that current infection control plan has the required elements.

Increasing awareness with reminders and reviews of infection control and prevention practices and procedures with all staff members, and monitoring for compliance.

Communicating with local health department to receive important community-specific updates.

Posting additional informational signs such as hand-washing reminders to increase compliance.

Officials will continue to review all updates from our local health authorities as well as from the WHO and CDC. They will also continue to assess infection control and prevention procedures on an ongoing basis to ensure that they are effective and consistent with the best practices as established by these organizations.

For more information on the precautions implemented, visit www.parkroyalhospital.com.

For detailed information on COVID-19 and important tips from the CDC on how you can help prevent the spread of the coronavirus, visit www.cdc.gov/coronavirus/2019-ncov/index.html.✽



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 13, 2020

Aries (March 21 to April 19) You might be upset about having to deal with problems that are no fault of your own. But you can turn the annoyance into an asset by showing how quickly and how well you can resolve them.

Taurus (April 20 to May 20) The Bovine's fondness for tidiness pays off when you untangle a situation that seems hopelessly snarled. You might later be surprised to learn who will be expressing his or her gratitude.

Gemini (May 21 to June 20) Although you can tackle your assignment the way you prefer, it might be a good idea to at least ask for suggestions. Who knows? One or two might even turn out to be helpful.

Cancer (June 21 to July 22) Make all the changes in your plans or proposals that you feel are necessary before – repeat, before – you submit them to your colleagues. You'll come off looking more decisive that way.

Leo (July 23 to August 22) You might feel a mite intimidated in a new environment, be it a job, a classroom or meeting the future in-laws. But enter with a big smile, and everyone will see you as a real take-charge Cat.

Virgo (August 23 to September 22) This could be a romantic time for you if you can set aside your cynicism and let yourself believe that someone really cares. If you're already in a relationship, expect your partner to be extra-loving.

Libra (September 23 to October 22) It's a good time to shed any doubts about your abilities. You've proved yourself in the past, so why not accept that you'll do just as well, or better, in dealing with the new challenge ahead?

Scorpio (October 23 to November 21) Your suspicions might be on the mark, but unless you can prove what you assume, you need to exercise that Scorpion discretion and let events unfold without your assistance.

Sagittarius (November 22 to December 21) Be careful not to go over the top this week. Avoid overeating (especially of the wrong foods), or drinking too much, or working too hard. You can do it all, but in moderation.

Capricorn (December 22 to January 19) A family matter is given to you to resolve because you have the gift for bringing quarrelsome kinfolk together. But while you're playing Dr. Phil, don't neglect your career obligations.

Aquarius (January 20 to February 18) Someone of importance shares your goals but disagrees with your plan to achieve them. Never mind. Defending your methods with logic and facts earns you admiration and respect.

Pisces (February 19 to March 20) Consider getting away, perhaps for the weekend, despite all the demands made on your time and energies. You'll return refreshed and ready to tackle it all with your usual finesse.

Born This Week: You have a sense of honesty that makes people believe and trust in you.

MOMENTS IN TIME

• On April 14, 1818, Noah Webster, a Yale-educated lawyer with an avid interest in language and education, publishes his American Dictionary of the English Language. Webster's dictionary was one of the first to include distinctly American words, introducing more than 10,000 "Americanisms."

• On April 13, 1870, the Metropolitan Museum of Art is officially incorporated in New York City. The city stipulated that the collection be kept open to the public year-round and free of charge. The first object the Met acquired was

a Roman sarcophagus.
• On April 16, 1881, on the streets of Dodge City, famous Western lawman and gunfighter Bat Masterson fights his last gun battle. He would live another 40 years. Masterson had his first shootout in 1876 in Texas over the affections of a dance hall girl named Molly Brennan.

• On April 19, 1897, John J. McDermott of New York wins the first Boston Marathon, a measured distance of 24.5 miles from the Irvington Oval in Boston to Metcalf's Mill in Ashland. The marathon's distance was changed in 1908 to its current length of 26 miles 385 yards.

• On April 17, 1945, U.S. Lt. Col. Boris T. Pash commandeers over half a ton of uranium at Strassfurt, Germany, in an effort to prevent the Soviets from developing an A-bomb. Pash headed a group searching for German scientists to prevent the Soviets from capturing them.

• On April 15, 1959, new Cuban leader Fidel Castro visits the United States. President Dwight Eisenhower, however, had no intention of meeting with the communist revolutionary and instead went to the golf course.

• On April 18, 1983, the U.S. embassy in Beirut, Lebanon, is almost completely destroyed by a suicide car-bomb explosion that kills 63 people, including 17 Americans. The terrorist attack was carried out in protest of the U.S. military presence in Lebanon.

TRIVIA TEST

1. **Movies:** Which 1980s hit movie was originally titled *When I Grow Up*?
2. **Bible:** Which book of the Bible has the most chapters?
3. **Mythology:** What were the original names of our moon, according to the Romans and Greeks?
4. **Television:** What was the name of the president in the TV drama *The West Wing*?
5. **U.S. Presidents:** Which president and first lady hosted the first Easter egg roll on the White House lawn?
6. **Geology:** What is the most common volcanic rock?
7. **Geography:** Which range of mountains provides a boundary between the continents of Europe and Asia?
8. **Animal Kingdom:** What is a baby swan called?
9. **Literature:** In which 20th-century novel does the character of Nick Carraway appear?
10. **History:** Which treaty ended World War I?

TRIVIA ANSWERS

1. *Big 2*. 2. Psalms, 150. 3. Luna to Romans, and Selene to Greeks. 4. Josiah Bartle. 5. Rutherford and Lucy Hayes. 6. Basalt. 7. Ural Mountains. 8. A cygnet. 9. *The Great Gatsby*. 10. The Treaty of Versailles.

NOW HERE'S A TIP

- If you're able to, fold and hang clothing straight from the dryer. The warmth of a cycle can set wrinkles that occur from being stuffed into a laundry basket.
 - "I really abhor bar soap, but my husband
- continued on page 22

PUZZLES

Answers on page 23

THE THIN, THE FLAT, AND THE ROUND
Super Crossword

- ACROSS**

1 Reddish-brown pigment

7 Nitpicky know-it-all

13 Fleet leader

20 Instead (of)

21 Win over

22 Bishop's district

23 User's storage component

25 Gives approval

26 Rock's Brian

27 "My true love — see" ("Oh! Susanna" lyric)

28 Without, to Jean-Luc

30 Shrubby expanses

31 Disorder

33 NBAer — Gasol

34 Occasion to say "King me"

36 Pasty luau food

38 Baseball card stat

40 — flight (go by jet)

41 Zing

42 Ship-deck diversion

48 Sauce giant

50 Brew source
- 51 Hotsy- —

52 Crown

54 Diver's gear

59 "The Girl With the Dragon Tattoo" heroine

61 Prefix with dose or ton

62 Less lenient

64 "Entertaining Mr. Sloane" dramatist

65 Participant in the sport

68 Yellow transport

69 Draw — on (take careful aim at)

71 — Brothers ("It's Your Thing" group)

72 Hanof's home, briefly

73 It enables a motorist to stop

76 Bog bird

78 Naive

79 Brazilian soccer star

80 Tending to wear away

82 "Hmm, let — ..."
- 83 Former NBA star Ming

84 Spiro who served with Nixon

86 False tale

87 K-P hookup

91 45's place

94 "Mickey" singer Basil

98 Gives help

100 In the style of

101 "Try — might ..."

102 It includes the sacrum

106 Nellie of social reform

108 Film-rating org.

112 Paris' mother

113 Author Jaffe

114 He defeated Romney

116 Put- — (deceptions)

117 Like space debris

119 Commonality of seven

122 Turn loose

123 Gathering, as bees

124 Lie sheltered

125 Fair- — (blond)

126 Dictation-taking pros
- 127 Mad Hatter's party pieces

DOWN

1 Words to an attack dog

2 — ear and out the other

3 "St. — Fire"

4 Small swig

5 Nine, in Nice

6 Aviation aid

7 Agitates

8 Within: Prefix

9 Women's patriotic gp.

10 Mennonite subgroup

11 Bursting stars

12 GI's ditch

13 "The Piano" pianist

14 Kitchen cloth

15 Hurdler Edwin

16 Frigid stretch

17 With 65-Down, video store charge

18 Allergic affliction

19 Decrease

24 Special span

29 Hershey candy bar

32 Tanning lotion stat

34 Spy org.

35 Cleanup org.

37 Quite a lot
- 39 Tarzan's son

42 French battle site of '44

43 Clairol's area

44 Newly rich people

45 Ordinal suffix

46 GPS options: Abbr.

47 Wound from a mutt

49 With 65-Down, charge to log on

53 Bel — cheese

55 Witches

56 In a careless manner

57 Animated film featuring Seinfeld's voice

58 JFK landing: Abbr.

60 Fumble

61 Around June or July

62 Sault — Marie

63 Your, once

65 See 17- or 49-Down

66 Grating

67 Elegant tree

69 Smallish batteries

70 Bibliophile's love: Abbr.

73 It takes vids
- 74 Film holder

75 Wild plum

76 Wolf cries

77 — -do-well

80 Goal

81 Lender's expectation

84 Co. that owns

85 Potpourris

88 Discomfort

89 Cage of film, informally

90 Smell

92 Fire

93 Goal

94 Simple top

95 First act

96 Kidman of Hollywood

97 Accustoms

99 Sluggish tree-dwellers

103 PLO head

104 Missed, as a bull's-eye

105 Writer Binky

107 Loo, briefly

109 Mile markers

110 Body part below a shin

111 Useful thing

114 "This is bad!"

115 "Zip- — -Doo-Dah"

118 Knight of TV

120 Yang go-with

121 "That — lie!"

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																				
117																				
122																				
125																				

King Crossword

- ACROSS**

1 Uncategor-ized (Abbr.)

5 Web address

8 Portent

12 Maleficence

13 Menagerie

14 Scruff

15 Reading material

17 Matures

18 World-weariness

19 Salty solu-tions

21 Fix, in a way

24 Raw rock

25 Knighted woman

28 Nuisance

30 Kennedy or Koppel

33 Carte lead-in

34 Newton or Stern

35 Anger

36 Gasoline stat

37 Dilbert's workplace

38 Check bar codes

39 Born

41 Fourth dimen-sion

43 Marketplaces of old

46 Got up

50 Story

51 Belgian surre-alist Rene

54 Ear-related

55 Individual
- 56 List-ending abbr.

57 — moss

58 Workout venue

59 Sources for sauces

DOWN

1 Viral Internet phenom

2 Terrible guy?

3 Autograph

4 Contract sec-tion

5 Submachine gun

6 Reagan or Howard

7 Leopold's
- 8 co-defendant

8 Broadcasting

9 Attractive

10 Duel tool

11 Loch —

16 Speed along

20 Campus mil. org.

22 Church sec-tion

23 Leavening agent

25 Water barrier

26 Jungfrau, for one

27 Mississippi bloom

29 Munro pseud-onym
- 31 Historic peri-od

32 Hideaway

34 Concept

38 Episodic TV show

40 Put up

42 Scratch

43 On

44 Fence open-ing

45 Urban pall

47 Maestro

48 Go no farther

49 Congers, e.g.

52 Whatever

53 Jewel

MAGIC MAZE ● KEEPSAKES

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: OLYMPIC GOLD —

- Antique

Autograph

Diary

Gifts
- Jewelry

Locket

Necklace

Pendant
- Photos

Postcards

Relic

Rings
- Souvenir

Token

Trophy

PUZZLES

Answers on page 23



"I sometimes wonder if my husband ever gets this tired _____ the money."

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!

Attest
WARES _____

Correct
UNSHIP _____

Keen
TRADEN _____

Deduce
ANGEL _____

TODAY'S WORD

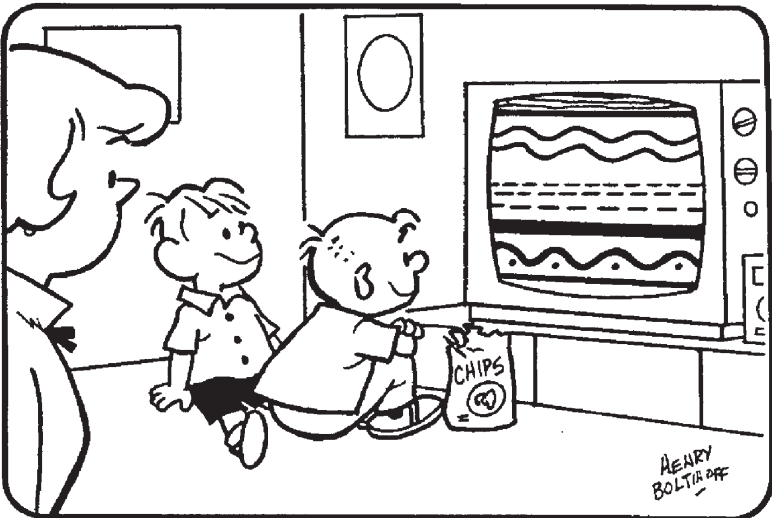
	6				1			9
3			5	2		4		
		7	8				3	
1			6			7		
		5		3				2
	4	2			5		1	
5				6				8
		6	9			3		1
	8				7		5	

SUDOKU

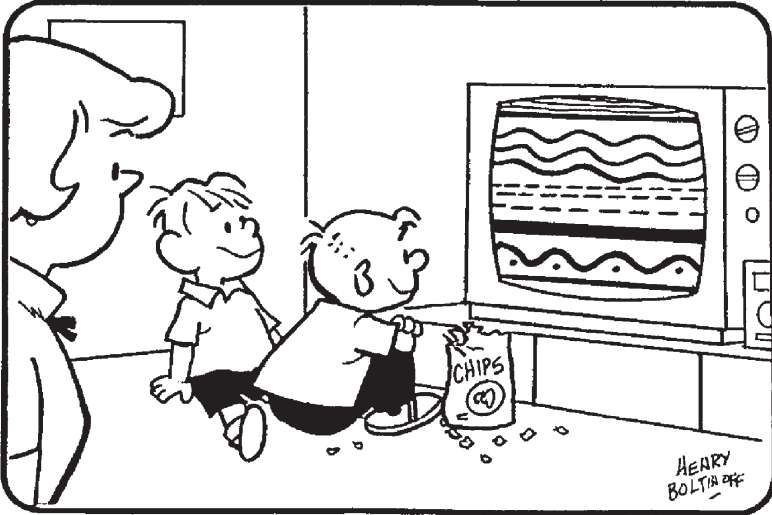
To play Sudoku: Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



1. Picture is missing. 2. Wave is added on screen. 3. Pants are different. 4. Chips on the floor. 5. Blouse is different. 6. Buttons are missing.



Grouper with Citrus Salad

4 (6 ounce) grouper fillets
3 oranges, peeled, seeded and segmented
2 grapefruit, peeled, seeded and segmented
1 tablespoon rice wine vinegar
1/4 cup fresh flat leaf parsley, chopped
1 bulb fennel, thinly sliced
1/2 cup jicama, peeled and julienned
Olive oil for cooking
Sea salt and fresh ground pepper, to taste
Combine the fennel, jicama, citrus segments, olive oil, vinegar and parsley in a large bowl. Season with salt and pepper and mix thoroughly. Store in the refrigerator until ready to serve.
Heat 3 tablespoons of oil in a large skillet over medium-high heat. Lightly season grouper fillets with salt and pepper. Carefully place the fillets into preheated pan. Sear for two to three minutes on each side or until completely done. Serve over chilled citrus salad.✱



Grouper with Citrus Salad

photo courtesy Fresh From Florida



FRIDAY
Mostly Sunny
High: 81 Low: 77



SATURDAY
Sunny
High: 84 Low: 79



SUNDAY
Sunny
High: 82 Low: 78



MONDAY
Partly Cloudy
High: 84 Low: 80



TUESDAY
Sunny
High: 83 Low: 79



WEDNESDAY
Sunny
High: 82 Low: 78



THURSDAY
Mostly Cloudy
High: 81 Low: 77

Redfish Pass Tides

Day	High	Low	High	Low
Fri	4:09 am	8:31 am	2:48 pm	10:04 pm
Sat	5:18 am	8:46 am	3:20 pm	11:03 pm
Sun	6:58 am	8:46 am	3:56 pm	None
Mon	4:39 pm	12:10 am	None	None
Tue	5:36 pm	1:25 am	None	None
Wed	7:08 pm	2:41 am	None	None
Thu	12:19 pm	3:46 am	9:08 pm	3:23 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	3:14 am	8:33 am	1:53 pm	10:06 pm
Sat	4:23 am	8:48 am	2:25 pm	11:05 pm
Sun	6:03 am	8:48 am	3:01 pm	None
Mon	3:44 pm	12:12 am	None	None
Tue	4:41 pm	1:27 am	None	None
Wed	6:13 pm	2:43 am	None	None
Thu	11:24 am	3:48 am	8:13 pm	3:25 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	3:40 am	9:14 am	2:30 pm	10:13 pm
Sat	4:41 am	9:47 am	3:02 pm	11:02 pm
Sun	5:41 am	10:19 am	3:44 pm	11:59 pm
Mon	6:48 am	10:46 am	4:40 pm	None
Tue	8:08 am	1:14 am	6:20 pm	10:56 am
Wed	11:59 am	2:36 am	8:10 pm	2:33 pm
Thu	12:09 pm	3:39 am	9:24 pm	3:46 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	6:19 am	12:26 am	4:58 pm	11:47 am
Sat	7:28 am	1:20 am	5:30 pm	12:02 pm
Sun	9:08 am	2:19 am	6:06 pm	12:02 pm
Mon	6:49 pm	3:26 am	None	None
Tue	7:46 pm	4:41 am	None	None
Wed	9:18 pm	5:57 am	None	None
Thu	2:29 pm	7:02 am	11:18 pm	6:39 pm

PROFESSIONAL DIRECTORY

ELECTRICAL

J.T.E. ELECTRIC
SERVICE • RESIDENTIAL • COMMERCIAL • REMODEL

Brady J. Rees
Generator and Service Expert
T | 239-368-9511
C | 239-980-1596

generator@jteelectricinc.com
204-B Waldo Avenue,
Lehigh Acres, FL 33971

STANDBY POWER
Authorized Dealer
Lee, Collier, Hendry,
Charlotte, Sarasota Counties
Lic.# EC-13002460

HOME SERVICES

YARD SERVICE • TREE SERVICE • POOL SERVICE
HOME WATCH • CLEANING SERVICE

JUERGEN SCHREYER
OWNER

ISLAND HOME SERVICE
P.O. Box 1050 • SANIBEL • FLORIDA 33957
WWW.ISLANDHOMESERVICE.COM
INFO@ISLANDHOMESERVICE.COM
PHONE: (239) 472-5247 • CELL: (239) 229-6366

TREE TRIMMING, ARBORIST

Arbor Specialist Since 1995 "Tell A Friend"

TREE WEST
• Tree Trimming • Tree Removal
• Stump Grinding
239-910-3256
info@treewestfl@gmail.com
www.treewestflorida.com
P.O. Box 564, Sanibel, FL 33957
Licensed, insured, workers compensation

CONSTRUCTION/REMODELING

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

REALTOR

"When Only The Best Will Do!"

JOHN NAUMANN & ASSOCIATES
real estate
www.alanfisher.jnarealestate.com

Alan B. Fisher
REALTOR®
c - 504-919-2770
alan131@icloud.com

1149 Periwinkle Way
Sanibel, FL 33957
o - 239-472-0176

AIR CONDITIONING

239-217-4111 www.AlliedAir.biz

ALLIED AIR SERVICES
HEATING • VENTILATING • AIR CONDITIONING
Home of The Comfort Club!
Over 34 years of trusted experience
10923 Kelly Rd, Ft. Myers, FL 33908

GENERAL CONTRACTOR

D.BROWN
GENERAL CONTRACTORS LLC
CGC1517615

NEW CONSTRUCTION & REMODELS
239-593-1998 | www.dbrowngc.com

HOME WATCH

RELIABLE, HONEST, TRUSTWORTHY

• 24/7 Customer Portal
• Real-Time Reporting
• Concierge Service
• & More!

FIRST RESPONSE HOME WATCH
Craig Shelby JR.
239.271.8071
Firstresponsehomewatch.com
FIRSTRESPONSEHOMEWATCH@GMAIL.COM INSURED & BONDED

IRRIGATION

Under New Ownership

Get a Complete System Check Today!
• Routine System Checks
• Repair of Current System
• New Installations
• Water Audits & Leak Detection
• Residential or Commercial
239-738-9970
AffordableIslandIrrigation@gmail.com

CLEANING SERVICES

Professional Cleaning Services
Residential & Commercial
Construction Clean Up
Interior Windows
Home Watch

Jennifer Watson
(239) 810-6293
brightntidy@gmail.com
Licensed & Insured

FISHING CHARTER

Light Tackle Sport Fishing
Tarpon • Snook • Redfish & More
CAPT. MATT MITCHELL

USCG Licensed & Insured
C: (239) 340-8651
www.captmattmitchell.com
email: captmattmitchell@aol.com



Harry Chapin Food Bank
OF SOUTHWEST FLORIDA

Mail your tax-deductible donation to:

The Harry Chapin Food Bank

3760 Fowler Street, Fort Myers, FL 33901

Call (239) 334-7007 or donate online at:

harrychapinfoodbank.org

From page 18

Now Here’s A Tip

prefers it. After cleaning the soap dish, I smear it with petroleum jelly. I do the underside too. There’s a little lip that will keep the soap from sliding off, but the petroleum jelly keeps the inevitable sludge from sticking to the soap dish, making my cleaning routine much easier!” AD in Idaho

- For maximum effectiveness, spray, then wait, then wipe. Spray cleaners need contact time to both cut through grime and to kill germs. Give surfaces a light mist, then wait up to 10 minutes before wiping clean.
- To make an avocado rose as a garnish, place half an avocado cut side down and slice. Fan the slices out into a long line, then wrap around into a spiral shape.
- Chef’s secret: If you sprinkle salt from 12-14 inches above the food you’re seasoning, it’s called “raining,” and it helps the salt crystals to distribute evenly across the food’s surface. Plus it will make you look cool.
- “If your pup has an upset stomach, you can try giving him kefir. It’s packed with probiotics and is especially good if Fido is on antibiotics or has a yeast problem. Not too much. Just a

tablespoon as a treat once a day.” BT in Texas

STRANGE BUT TRUE

- A World War I homing pigeon saved 194 men by delivering a message despite losing a leg and an eye, and having been shot through the chest.
- Before settling on the Seven Dwarfs we know today, Walt Disney also considered the names Chesty, Tubby, Burpy, Deafy, Hickey, Wheezy and Awful.
- A study showed that customers in a bookstore were 3.48 times more likely to peruse romantic books if the store smelled of chocolate, and 5.93 times more likely to buy them!
- Gaius Julius Caesar arrived in the world on July 13, 100 BC, but contrary to popular belief, it’s unlikely that the future Roman emperor was born by caesarean section. Although the procedure existed at the time, it was usually fatal to the mother and therefore only performed when a pregnant woman was dead or dying, in an effort to save the child. Caesar’s mother, Aurelia, lived until 54 BC – nearly half a century after her son’s birth.
- While the technique of flattening fabrics with hot pieces of metal was introduced in ancient China, the first actual ironing board (then called an

ironing table) was not invented until 1858, in New York.

- The Christmas song *Silver Bells* was originally called *Tinkle Bells* until co-composer Jay Livingston’s wife informed him that “tinkle” had another meaning.
- Future president Herbert Hoover was Stanford’s football team manager – a decision the school might have questioned when, at the first Stanford-Cal game in 1892, he forgot to bring the ball.
- Martial arts legend Bruce Lee was a cha-cha dance champion, winning a competition in Hong Kong in 1958.
- The lifespan of a taste bud is just 10 days.

THOUGHT FOR THE DAY

“Just living is not enough. One must have sunshine, freedom, and a little flower.” – Hans Christian Anderson

LCEC Lives United

Giving back to the community we live in and love is something that Lee County Electric Cooperative (LCEC) takes very seriously. Just one of the many ways LCEC gives back is by supporting the United Way of Lee, Hendry, Glades and Okeechobee

Counties. LCEC is extremely proud to be one of the top fundraisers for local United Way for decades.

“Part of the LCEC vision for 80 years has been to energize the communities we serve. We do this by delivering power and also through supporting the agencies in our community that offer a hand up to those in need,” said LCEC campaign chair Karen Ryan. In 2019 alone, LCEC raised nearly \$215,000 through fundraisers, employee contributions and a corporate contribution.

In the past 10 years, LCEC is extremely proud to have raised upwards of \$2 million for the United Way. Raising this much money takes a great deal of time, elbow grease and genuine care for the people LCEC serves. Within the 375 LCEC employees, 10 employees are Keel Club donors (contributing \$1,000 or more) and nearly \$34,000 has already been donated to the 2020 campaign through employee payroll deductions. In addition to giving out of the wallet, LCEC is proud to have 27 employees who participate on local allocation teams, and others who volunteer consistently at United Way programs and agencies like the Reading Pals program, Valerie’s House, the Alliance for the Arts and Meals of Hope.

“These are our communities. We live here, work here and raise our families

CLASSIFIED

COMMERCIAL RENTAL

POPULAR RENTAL LOCATION ON SANIBEL



Call Judy at 239-851-4073.
6/21 ★ TFN

PELICAN PLACE SHOPPING CENTER

Palm Ride Road on Sanibel
3 units available or combined 2,400 sq. ft.
(2 at 700 sq. ft., 1 at 1,000 sq. ft).
Call 703-593-7024
6/21 ★ TFN

VACATION RENTAL

EAST END ON CANAL GROUND LEVEL

3 BR, 2 BA, Sleeps 8
Large enclosed lanai and pool
Deep water access
Dog friendly
239-472-3458 or 319-651-9132
mknake@aol.com
1/31 ★ TFN



VACATION RENTAL



Cottages To Castles
Unique Vacation Rentals
2427 Periwinkle Way
Sanibel, FL 33957
Local: (239) 472-6385
Toll Free: (800) 472-5385
Fax: (239) 472-5858
www.cottages-to-castles.com
1/26 ★ TFN

Island Vacations

Of Sanibel & Captiva
Million \$ Views Await You!
• Cottages • Condos • Homes •
Miles of Beaches & Bike Paths
239-472-7277
1-888-451-7277
1/4 ★ TFN

ANNUAL RENTAL

EAST END ON CANAL

Beautiful 3 BR/2.5 BA home
Atrium LR w/hrdw flrs
25' deep-water dock w/boat lift
200 yd. straight shot to bay w/no bridges
Large enclosed/heated pool
2 car Garage, Home Office
No pets - \$3,750/mo
Lori - 770-596-8709
3/27 ★ 4/17

SERVICES OFFERED

ENVIROMOW

A Full Service Landscape Co.
• Landscape Design, Install & Maintenance,
• Tree Trimming by a Licensed Arborist
• Professional Irrigation Repair
• Licensed & Insured Home Watch Service
Residential & Commercial
239-896-6789
11/29 ★ TFN

SCARNATO LAWN SERVICE

Lawn Service, Shrubs and Tree Trimming
Weeding, Installation of Plants, Trees and Mulch (one month free service available)
Joe Scarnato (239) 849-6163
scarnatolawn@aol.com
1/25 ★ TFN

ROGER NODRUFF ELECTRIC

Dock Lighting, affordable LED conversion.
FPE panel replacement, Landscape Lighting, Generator Sizing, etc, etc, etc.
Call or text Roger 239-707-7203
State License #13002788
4/20 ★ TFN

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

SERVICES OFFERED

RON'S CLEANING SERVICE

Sanibel
Captiva
Fort Myers
Professional
Residential Cleaning & Misc. Services
Licensed
Sanibel & Lee County
Excellent References
Call Ron @ 239-463-4227 or 239-728-7206
3/27 ★ 4/17


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

Read us online at IslandSunNews.com

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.

here. We understand it is important for us to give back and help people who may be going through hard times,” Ryan said.

A focus on raising funds for the United Way and the many agencies they serve is just one of the ways in which LCEC energizes this community. Helping the United Way care for so many people in the community is part of the corporate culture, and employees feel truly honored to be able to make a difference.✧

Al-Anon Help Line

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

SCRAMBLERS

1. Swear; 2. Punish; 3. Ardent; 4. Glean

Today’s Word

EARNING



PUZZLE ANSWERS

SUPER CROSSWORD

SIENNA PEDANT ADMIRAL
INLIEU ENAMOR DIOCESE
COMPUTERDRIVE ASSENTS
ENO FORTO SANS HEATHS
MESS PAU CHECKERS GAME
SHUFFLEBOARD RAGU
TAP TOTSY TOP SCUBA
LISBETH MEGA STERNER
ORTON FRISBEETHROWER
CAB ABEAD ISLEY NAM
CARBRAKESYSTEM HERON
ARTLESS PELE EROSIVE
MESEE YAO AGNEW LIE
TONI LMNO RECORD PLAYER
SPINAL COLUMN BLY MPAA
HECUBA RONA OBAMA ONS
INORBIT THEY HAVEDISKS
RELEASE HIVING NESTLE
TRESSED STENOS TEASET

KING CROSSWORD

MISC URL OMEN
EVIL ZOO NAPE
MAGAZINE AGES
ENNUI BRINES
SPAY ORE
DAME PEST TED
ALA ISAAC IRE
MPG DESK SCAN
NEE TIME
AGORAS AROSE
TALE MAGRITTE
OTIC ONE ETAL
PEAT GYM SOYS

MAGIC MAZE

Diagram of a magic maze with letters arranged in a grid-like pattern for solving.

SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Sanibel	1976	2,947	\$5,100,000	\$4,550,000	57
Esplanade Lake Club	Fort Myers	2021	3,299	\$2,156,700	\$2,156,700	0
Tuscany Isle	Bonita Springs	2013	4,616	\$2,099,000	\$1,950,000	244
River Forest Island	Fort Myers	2007	4,499	\$1,795,000	\$1,562,500	357
Devonwood	Fort Myers	2018	4,334	\$1,699,000	\$1,570,000	41
Carolands	Bonita Springs	1985	4,200	\$1,550,000	\$1,375,000	354
Navona	Miromar Lakes	2014	2,959	\$1,480,000	\$1,445,000	78
Coral Park	Fort Myers	1910	3,728	\$1,399,900	\$1,050,000	90
Ridge	Bonita Springs	2000	4,877	\$1,300,000	\$1,235,000	33
Tidewater Island	Fort Myers	2005	4,615	\$1,175,000	\$1,125,000	13



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)



WWW.DOCFORDS.COM



Buy our
**YUCATAN
SAUCE**
by the bottle!



THE ORIGINAL
YUCATAN SHRIMP!

Visit Our Sister Locations on Ft. Myers Beach
The Dixie Fish Co. & The Whale