



## Masks Are Not All The Same

submitted by John L. Henshaw

The Centers for Disease Control and Prevention (CDC) issued recommendations recently that the general public wear a cloth face mask in public where other social distancing measures are difficult, such as at grocery stores and pharmacies. This recommendation was initiated because recent studies have shown that a significant portion of individuals infected with COVID-19 lack symptoms (asymptomatic) or are in the early stages of the infection (pre-symptomatic). These individuals unknowingly can transmit the virus either through droplets or aerosols during speaking, coughing or sneezing. The wearing of cloth masks is intended to reduce the risk of the transmission (broadcast) of the virus, but these cloth masks, old T-shirts or bandanas have very significant limitations when it comes to preventing the inhalation of the bioaerosols and subsequent infection. Hence CDC continues to insist that masks are not a substitute for following CDC guidelines, including social distancing.

The two most critical factors in any device in preventing the inhalation of an infectious agent like an aerosolized virus



**A homemade mask** photo by Logan Hart

is the filtration efficiency of the media and the seal or fit between the face and the filtering material. Filtration is best achieved through impaction, interception and diffusion. Surgical masks meeting ASTM specifications and respirators like the filtering facepiece N95 are designed and manufactured to rigid filter media specifications. In the case of the N95, the filter media and design have been tested and certified by the National Institute for Occupational Safety and Health (NIOSH). The N95 filtering facepiece respirator, if worn correctly, is at least 95 percent efficient in filtering out select particles and bioaerosols.

While there is merit in wearing a homemade cloth mask to prevent the expulsion of bioaerosols from an infected

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## Social Media Campaign To Stay At Home

Hundreds of Lee County residents are joining their neighbors to Take the Pledge, a social media campaign to encourage residents to #stayhomeSWFL and employ best practices to stop the spread of COVID-19.

Lee County Government launched the campaign and enlisted the partnership of the Florida Department of Health-Lee County, Lee Health, School District of Lee County, Lee County Sheriff's Office and United Way of Lee, Hendry, Glades and Okeechobee Counties.

A video that introduced the effort is available at [www.youtube.com/watch?v=rdFLQYZBzE&feature=youtu.be](https://www.youtube.com/watch?v=rdFLQYZBzE&feature=youtu.be).

By joining Lee County to Take the Pledge, residents promise:

To social distance during the need to leave home for any reason.

To stay home as much as possible.

To practice proper handwashing techniques.

Not to gather in groups of more than 10.

To stay calm, stay kind and stay safe.



image provided

For all of us.

To Take the Pledge, go to [www.lee.gov.com/pledge](http://www.lee.gov.com/pledge).

In that spirit, representatives of the partner organizations joined first responders, community and business leaders and others to get the campaign rolling. Lee County will continue the campaign as the community commits to helping each other. Join in to keep it growing.

When participants sign up, they will receive an email with graphics attached to take an "I Took the Pledge" photo or video and share on social media using #ITookthePledge and #StayHomeSWFL. Participants are asked to share their photo or video via the provided link in the email as well posting to their own social media pages.

The website and campaign also

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**What Color is Your Sky** by Leila Mesdaghi

images provided

## Artists Selected For Billboard Campaign

The Alliance for the Arts recently announced the 12 participating artists of Art Lives Here. The campaign transforms billboard space throughout Lee County into public art. It is made possible by Alliance season sponsor Carter Outdoor.

Of the submitted works, the Art Lives Here committee juried in local artists Tania Begg, Donna Chase, Stephen Hayford, Bruce MacKechnie, Nance Marsden, Leila

Mesdaghi, Eric Riemenschneider, Whit Robbins, Myra Roberts, Carolyn Steele, Alyssa Stoff and Barbara Weems.

"Our vision is to bring artwork outside of the traditional context of museum and gallery walls, while bringing attention to emerging local artists' work," said gallery director Ehren Gerhard.

The following are the 12 works and artists that were selected:

*Where the Heart Is* by Tania Begg (acrylic, 48 by 24 inches) – With music playing in the background, my black ink pen dances across the canvas: the movement creating line and shapes... that interconnect... bright colors define each



**You Never Know What You're Going to Get** by Steven Hayford

area and perform a symphony. And within this symphony... is my heart.

*Touch* by Donna Chase (acrylic, 16 by 40 inches) – A simple touch can calm a tortured soul, convey emotions... even heal. Our hands are an extension of our humanity, regardless of color, age, strength or ethnicity. In our new world of social distancing, we long for a real hug, a kiss or a simple handshake. Touch is part of the basic human experience.

*You Never Know What You're Going to Get* by Stephen Hayford (diorama and photography, 25 by 15 inches) – When

I was in photojournalism, I frequently covered tarpon fishing tournaments off of Boca Grande. In every tournament, without fail, some unlucky angler would be reeling in a prize-contender only for it to be snatched by a shark before it got to the boat. I also would often witness casual anglers who let their rods sit while they took a nap. *You Never Know What You're Going To Get* is what I imagine when both those scenarios collide.

*Jazz Dreamscape* by Bruce MacKechnie (acrylic, 20 by 16 inches) – Going to jazz

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Historic Downtown Fort Myers, Then And Now:

# Pioneer Builders Reunion



by Gerri Reaves, PhD

If history lovers could time travel and choose one day in local history to experience, a strong contender would be April 8, 1929.

That day the first – and apparently the only – Pioneer Builders Reunion was held in Evans Park.

In 1929, people who remembered the town in the 1870s and 1880s were still alive, so the early days were still living memory. And the events program was jam-packed with pioneer luminaries.

Evans, or City Park was on McGregor Boulevard, west of Heitman Street between the boulevard and the Caloosahatchee,

where a bank is today. The riverfront was yet to be filled and West First Street constructed.

The reunion was the brainchild of Mina (Mrs. Thomas A.) Edison, who, the previous year, had founded the Round Table. That group drew on the leadership of both men’s and women’s civic organizations and clubs.

Its general focus was city beautification and cleanup, and was planned around National Garden Week in late April 1928.

Possibly because of Mrs. Edison’s standing, not to mention her and the table’s leadership and knowhow, the group accomplished a lot in short order. Having the support of city and county government certainly helped too.

The following year, Mrs. Edison had the idea of a program honoring Fort Myers’s older citizens. Reminiscences were to be shared, and the Fort Myer Band, organized in 1885, would play.

“Old timers” were scheduled to give three-minute talks, and just about every aspect of pioneer life and the development of the town was to be addressed.

Mina Edison was to speak about the first visit she and her famous inventor husband



The 1929 Pioneer Builders Reunion took place in Fort Myers’ first public park, Evans Park, created in 1921. The photo was taken after the Civilian Works Administration (CWA) constructed amenities such as shuffleboard courts in the 1930s.

photo courtesy SWFL Historical Society (Sara Nell Hendry Gran Collection)



Four of the women pictured circa 1929 spoke at the 1929 Pioneer Builders Reunion. From left, Mary Florence Compton Hill, Minnie Gardner, Julia Allen Hanson, Olive E. Stout and Mary Laycock. Hill’s daughter, M. Flossie Hill, spoke on her mother’s behalf. In addition to other substantial contributions, all these women were instrumental in establishing the public library system in Fort Myers.

photo courtesy SWFL Historical Society

made to Fort Myers 43 years previously on their honeymoon.

Two members of the legendary Menge family, known for the steamboat line, would contribute to the program too – Capt. J. Fred on early railroad transportation and Capt. Conrad on early boat travel on the river and on boat building.

Julia A. Hanson, president of the Fort Myers Woman’s Club, was to discuss the history of that organization that had been so influential in local community and cultural life.

Judge Nathan G. Stout was to draw on his experiences as an early editor of the *Fort Myers Press*, founded in 1884, to discuss the newspaper business. His parents, Frank and Olive Stout, had bought the *Fort Myers Press* in 1886 from Mrs. SC Cleveland, widow of the newspaper’s founder.

Other well-known people in the lineup included James A. Hendry, a member of one of the town’s earliest and most influential families; Capt. George Kinzie, cofounder with brother Andrew of the Kinzie Brothers Steamer Line; renowned seaman Capt. Nick Armeda; developer John M. Dean; and women’s clothing store owner M. Flossie Hill, who would talk about Hill House, the hotel founded by her mother, Mary F. Hill, in the 1880s.

Builder Carl F. Roberts, who had served on the county’s first school board, would cover education.

The program also featured tributes to several recently deceased pioneers. HB Hoyer, a highly successful grocer, was scheduled to pay tribute to a legendary businessman for whom he once worked, the late Harvie E. Heitman.

Prof. FW Perry, well-known as a musician, composer, reorganizer of the Fort Myers Concert Band as well as Florida state representative, was to reminisce about the flamboyant doings of Capt. William H. “Wild Bill” Towles and his days as a powerhouse of the Lee County Board of Commissioners.

The long-serving county sheriff, Frank B. Tippins, would recount the exciting days of law enforcement in the cow-town days. Pioneer merchant and local and state politician Robert A. Henderson, Sr. was scheduled as well.

Prominent pioneer women familiar to any student of local history were on the

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## Local COVID-19 Nonprofit Survey Results Released

In order to understand the economic and social impact of the COVID-19 pandemic, a survey was conducted in late March targeting the nonprofit sector in Southwest Florida.

Funders in Southwest Florida collaborated to launch a short poll to assess the needs of the nonprofit community amid the COVID-19 outbreak. Partners included Central Florida Behavioral Health Network; City of Cape Coral; Lee County Human and Veterans Services; Lee Health; Richard M. Schulze Foundation; United Way of Lee, Hendry, Glades, and Okeechobee; and Southwest Florida Community Foundation.

The nonprofit survey collected data from more than 200 organizations from Lee, Collier, Charlotte, Hendry and Glades counties. Respondents represented health and safety; arts, community and culture; education; equity and empowerment; environmental; climate change and animal organizations.

Disruptions to programs and projects, health and safety of staff and community, and fundraisers being canceled were the top three concerns voiced by respondents. These were closely followed by concerns about impacts on staffing as well as loss or funding from major funders, donors and/or sponsors.

Sixty-four percent of respondents reported seeing increased or stable demand for their services since the COVID-19 outbreak began. Simultaneously, 98 percent of respondents reported that the pandemic would either somewhat or severely impact their budget negatively. A significant number of respondents realize they must adapt to serving existing or new clients with fewer financial resources available. Ninety-seven percent of respondents anticipated seeing a medium or high likelihood that COVID-19 will negatively impact their programs and services. Almost 50 percent of respondents reported having three months or less saved in operating reserves.

"This information is vital to help us understand how to come out of this pandemic and be better prepared for the next unforeseen disaster," said Jeannine Joy, president and CEO of United Way of Lee, Hendry, Glades, and Okeechobee counties. "It's important to continue to gather data and share these findings with our region so we can understand community needs and inform regional funders and donors about where their investment is needed."

The Southwest Florida Emergency Relief Fund was established in March and is collecting private funds to be used in the Southwest Florida region to help neighbors with food, shelter and basic human needs due to the economic challenges caused by COVID-19. The fund will complement the work of public health officials and expand local capacity to address the outbreak as effectively as possible. The Southwest Florida Community Foundation is administering the fund and partnering with the United Way of Lee, Hendry, Glades and Okeechobee Counties to distribute the funding to nonprofits on the front line

working with those most affected.

Funders are relying on surveys to supplement that information they are gathering in the field to make well-informed decisions about supporting the community at this time. For example, initial findings showed the greatest need was access to food resulting in the Southwest Florida Emergency Relief Fund making its first distribution of \$30,000 to the United Way for food distribution to the nonprofits serving the public.

Donors can give online at [www.floridacommunity.com](http://www.floridacommunity.com) or text GIVESWFL to 444999. Contributions are tax deductible as allowed by law. One hundred percent of the funds donated through the Southwest Florida Community Foundation will be used to provide emergency funds to directly help people in Southwest Florida.

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

The nonprofit survey results can be found by visiting [www.floridacommunity.com/covid-19](http://www.floridacommunity.com/covid-19).

This initial survey and analysis of the results are the first step in what is planned to be an ongoing monthly exercise to understand the continuing and changing impact this pandemic will have on the community.\*

## LeeTran Makes Further Adjustments

Lee County Transit (LeeTran) have adjusted fixed-route schedules to operate a Sunday service-only schedule. LeeTran will operate the modified schedule seven days a week as the county responds to Gov. Ron DeSantis' 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, beach trams and trolleys – will remain in operation. Any routes that do not normally offer Sunday schedules will not be in service until further notice.

Riders can access schedules for each route at [www.leegov.com/leetrans/covid19modifiedschedules](http://www.leegov.com/leetrans/covid19modifiedschedules).

Riders are asked to observe recommendations from the Centers for Disease Control for social distancing. LeeTran wants to remind riders that fares are waived, and riders are asked to enter from the rear doors of the bus to limit person-to-person contact.

These route adjustments are not only due in part to diminishing ridership as the community stays home, per the governor's Executive Order. LeeTran anticipates limitations in staffing because some of its bus drivers fall into categories of individuals the order directed to stay home.

To follow service related updates or learn more about LeeTran, visit [www.RideLeeTran.com](http://www.RideLeeTran.com).\*

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Fort Myers Art:

# The Loss Of An Adored American Playwright



by Tom Hall

The coronavirus has dealt a double blow to the cast of New Phoenix Theatre's production of *The Full Monty*. First, the theater was constrained by the pandemic to cut the production

short, eliminating the show's final four performances. Then COVID-19 claimed the life of 81-year-old *Full Monty* playwright Terrence McNally. A lung cancer survivor living with chronic obstructive pulmonary disease (COPD), the cherished American playwright died March 24 at Sarasota Memorial Hospital.

McNally celebrated his 80th birthday last year with his 25th Broadway production. In addition to *The Full Monty*, his repertoire included *Anastasia* (2017), *Mothers and Sons* (2014), *Catch Me If You Can* (2011), *Master Class* (2011, 1995), *Ragtime* (2009, 1998), *The Ritz* (2007, 1983, 1975), *Frankie and Johnny in the Clair de Lune* (2002, 1982), *Love! Valour! Compassion!* (1995), *Kiss of the Spider Woman* (1993), *Lips Together, Teeth Apart* (1991), *The Rink* (1984) and *Things That Go Bump in the Night* (1965). In all, McNally's body of work



The late Terrence McNally

photo courtesy www.artswfl.com

encompassed some four dozen plays and musicals, many of which went to Broadway.

In addition to four Tonys, McNally received the Tony Award for Lifetime Achievement in the Theatre last year. Among his other awards were an Emmy, two Guggenheim Fellowships, four Drama Desk Awards, two Obies and an induction into the American Academy of Arts and Letters.

"The great works of Terrance McNally have been a constant in my life," said Scott Carpenter, who played the part of Harold Nichols in New Phoenix Theatre's production of *The Full Monty*. "His plays and books for musicals were driven by the human journey through life. His characters encountered great challenges and adversity and were the roles most actors yearned to play."

Carpenter's first brush with McNally was *The Ritz*, a wild, eye-opening comedy taking place in a bath house.

"The TV film of the play *Andre's Mother* left an imprint on my heart," Carpenter said. "It was so poignant and real for so many gay men that had survived and lost during the AIDS crisis. He wrote the books for so many of my favorite musicals."

Gerri Benzing put an even finer point on that sentiment. "One minute we're singing the songs of this wonderful prolific author, and the next minute he's dead because of this dreadful virus. Who knows how much longer he would have lived, what other wonderful plays he'd have written and how many more Terrence McNally openings there would have been."

For Benzing, who played liberated, fun-loving Susan Hershey in the show, losing

McNally to COVID-19 was tantamount to losing a member of her own family.

"When you perform somebody's show – say their lines and sing their songs – you know them in a very intimate way. You hear about people dying and it's awful, but suddenly, boom, this is someone you know. It really underscores just how deadly serious, just how really awful, this is."

For Kristen Wilson, it's a triple whammy. First, *The Full Monty* closed early. Then Artistic Director Brenda Kensler had to cancel New Phoenix's next show, McNally's *Lips Together, Teeth Apart*. And now, McNally's demise. "It made it really hit home," said Wilson.

It really hits home for members of our local LGBTQ community and LGBTQ people across the United States.

In the shadow of the AIDS epidemic, McNally (who lost his longtime partner, Gary Bonasorte, to the disease in 2000), met the demands of that critical time with warm, Tony-winning works like *Love! Valour! Compassion!* and *Master Class*. And *Mothers and Sons* represented the first time a legally wed gay couple was portrayed on Broadway.

"Terrence McNally was a legend among legends on Broadway," George Takei tweeted. "If you are an actor, there's a good chance you have performed one of his works. If not, you surely will in your career, he was that prolific and gifted. Ah, my heart breaks at the news."

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



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## Locals Busy Making Masks In Time Of Need

When they first heard about COVID-19 in Southwest Florida, Elke and Brian Podlasek, owners of The Island Cow on Sanibel, and their two daughters, began sewing protective face masks for their close friends who work at Lee Health.

As the situation progressed, Sanibel businesses began to close and the couple's popular family restaurant temporarily closed its doors as well.

While observing the stay-at-home recommendations, the Fort Myers Beach family had materials shipped to their house and quickly produced more than 1,000 masks.

They were even able to secure the precious N95 protective material to place inside the masks, ensuring they are safe for use in the healthcare setting.

"The nurses, doctors and healthcare workers at Lee Health are on the front lines exposed to the coronavirus every day, so when we heard their supplies were limited, we grew concerned for their health and safety," said Elke. "We love arts and crafts and have the resources to assist, so we jumped in to help. It's important for our children to learn how they can proactively and productively help others at a time when we might be feeling helpless."

Helping those in crisis is a common thread for the Podlasek family. In October

2018 after Hurricane Michael hit the Florida Panhandle, the couple supported their 14-year-old daughter, Kristina, in founding a nonprofit organization, Kids' Care Disaster Relief. After engaging her classmates and friends at Canterbury School in Fort Myers to create and sell custom artwork, tile coasters and solicit donations, support grew, and so did the needs. From the California wildfires to Hurricane Dorian, Kids' Care Disaster Relief mobilized donations and fundraisers, donating 100 percent of the proceeds to disaster support services. The children and their families even took a field trip to the Panhandle to present their donations. The group now includes 21 students, and has raised \$45,000.

Today, with COVID-19 at the forefront of concerns locally and around the world, Kids' Care Disaster Relief is once again mobilizing and seeking support. Support for the organization will help fund the materials for making more masks. As the situation continues, future needs will be addressed.

In the meantime, the Podlasek family continues to focus on the critical needs locally by making masks, some might say, until the cows come home.

"As long as there's a need and our Island Cow remains closed, we remain committed to supporting our community, especially our friends and healthcare workers," said Elke.

For more information or to support Kids' Care Relief, visit [www.kidscaredisasterrelief.com](http://www.kidscaredisasterrelief.com) or call 848-5533.✴



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## Virtual Mental Wellness Series Resumes Monday

Kids' Minds Matter has announced experts and topics for Mental Health Mondays, a virtual series on [www.facebook.com/kidsmindsmatter](http://www.facebook.com/kidsmindsmatter), that connects Lee Health partners and Southwest Florida mental health advocates with the region's families to share expert advice, resources, as well as at-home activities for kids. The weekly segments are less than an hour and will feature psychologists, therapists, physicians, child advocates as well as other art, mind and body professionals to help caregivers with their child's mental health.

Experts will speak on a different aspect of mental health and answer questions from viewers. Community advocates, partners and viewers are encouraged to create "watch parties" to join the experience and share the live stream with friends and family.

On April 20 at 2 p.m. Laura Grabinski, a certified yoga teacher, will lead a live yoga session and speak on Creating Unity and Mindfulness Through Family Yoga. Children are invited to take part in this live stream with their parents to learn about the mental health benefits of yoga.

Techniques performed will include:

Magic Breath – easy breath techniques that help to calm the mind and body for kids and adults

Gratitude Flow

Stillness and Rest – are you healthy enough to sit completely still for 3 minutes?

For those unable to watch during the schedule time, past segments are available to view on the Kids' Minds Matter Facebook page after the live stream has ended.

"This is an especially vulnerable time for all of us, particularly for children who no longer have structure in their lives, who may be confused about social distancing and experiencing anxiety over losing someone they love or getting sick themselves," shared Dr. Simeone. "With our partners in the community, we are finding new and innovative ways of coming together, reaching families that are stressed, and working hard to meet the pediatric mental healthcare needs in our region."

Lee Health anticipates the potential long-term effects of the COVID-19 pandemic and are taking steps to get ahead of the aftermath. The virtual series will run through May, Mental Health Awareness Month, and into the summer months.

The goal of Kids' Minds Matter is to raise awareness about the need for pediatric mental and behavioral health care services and to raise the funds required to make these services available in the region through Golisano Children's Hospital of Southwest Florida and Lee Health. An estimated 46,000 Southwest Florida children are impacted by mental and behavioral health disorders like anxiety, depression, eating disorders, psychosis, substance abuse, autism and attention deficit hyperactivity disorder. As part of the region's strategic solution to the children's mental and behavioral health epidemic in

Southwest Florida, Kids' Minds Matter is dedicated to fostering partnerships that support existing services, identifying and filling gaps in the continuum of care, and innovating new treatments.

Philanthropic support for Kids' Minds Matter has allowed Lee Health and Golisano Children's Hospital of Southwest Florida to: implement a tiered model of care that clinically aligns community, inpatient and outpatient care; hire additional psychiatrists, child advocates and other mental health professionals; offer Mental Health First Aid training to local pediatricians, emergency service providers and others who work directly with children; renovate an outpatient center in Fort Myers where a child's needs can be addressed in a therapeutic setting; and launch a first-of-its-kind Pediatric Digital Cognitive Behavioral Health diagnostic and treatment protocols interlaced with Tele-Psychology support to treat anxiety, depression and trauma. Most recently, Kids' Minds Matter introduced mental health care navigators into Lee and Collier County schools who will help families find resources and care to address their child's mental healthcare needs.✱

## IMAG Virtual Birthday Parties

Birthdays are always a time of celebration with birthday cards, gifts, cake and parties, even if the birthday party is virtual. The IMAG History & Science Center announces its new Virtual Birthday Parties, giving your birthday child and 15 party guests a fun, unique and very exciting experience using Zoom for your video and audio party connection.

IMAG is bringing the history and science center to your birthday party and it's free. Here's how it works. IMAG offers various birthday party themes such as Mad Scientists, Wizard Training, Space Cadets and Jurassic Adventure. You pick a theme, schedule your party, and leave the rest to IMAG. Using the IMAG TV studio green screen, costumes and props, the IMAG staff puts on an interactive science-themed show for your party. Following the show, the staff leads your birthday child and guests in a hands-on activity that is sure to be sensational and entertaining, making your birthday celebration one to remember. The IMAG staff ends the Virtual Birthday Party singing Happy Birthday in an online sing-along. Each IMAG Virtual Birthday Party usually runs for about 20 minutes.

Once you have scheduled your party, IMAG will send you an email with party information and a Zoom invite as well as directions and a list of items found around the home for the hands-on activity or, if you prefer, you can purchase IMAG Virtual Birthday Party To-Go Kits already containing the items you will need for your activity. Although IMAG Virtual Birthday Parties are free, donations are always welcomed to help manage expenses. Finally, don't forget to get your daily digital dose of history and science from IMAG@HOME available on Facebook at [www.facebook.com/imaghistorysciencecenter](http://www.facebook.com/imaghistorysciencecenter) and on YouTube at: [youtube.com/user/Imaginariumftmyers](http://youtube.com/user/Imaginariumftmyers). For more information, visit the IMAG at [www.theimag.org](http://www.theimag.org).✱

## Positive Vibes In Challenging Times

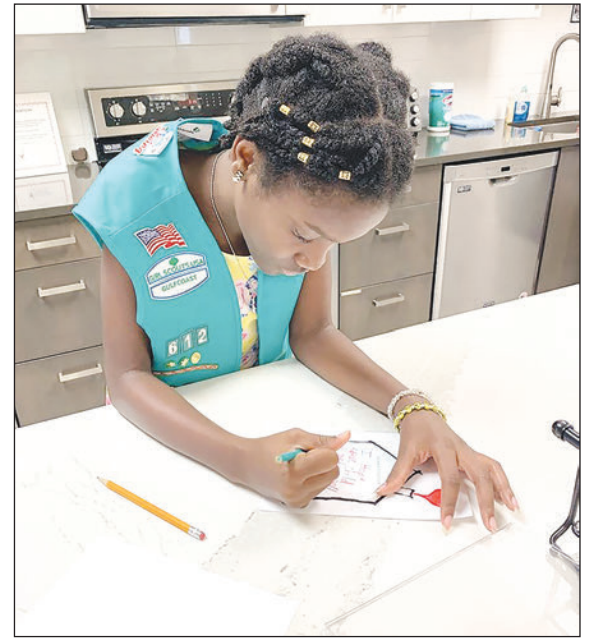
Due to COVID-19, Ronald McDonald House Charities Southwest Florida (RMHC SWFL) understands that many people are looking for fun and meaningful activities to keep them busy. The staff at RMHC SWFL invites families to create Positive Notes to pass along to families with sick children at Golisano Children's Hospital. Positive Notes are included in every bagged lunch from the Ronald McDonald Family Room.

Whether it's an encouraging thought, motivational quote, song lyric, religious or spiritual verse, or even just a happy drawing, the note should be anything that can help lift the spirits of families going through a difficult time.

Positive Note templates can be found at [www.rmhcswfl.org/positive-notes](http://www.rmhcswfl.org/positive-notes).

In 2019, over 6,491 patient families visited the Ronald McDonald Family Room for a bagged lunch, snack, beverage, or just to utilize the facility.

To learn more about RMHC SWFL and how to get involved, visit [www.rmhcswfl.org/get-involved](http://www.rmhcswfl.org/get-involved).✱



A Girl Scout of Gulfcoast Florida puts the finishing touches on her Positive Note photo provided

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# Red Sox Celebrity Golf Classic Raises \$525,000

The 27th annual Boston Red Sox Celebrity Golf Classic and Tee Party in February offered baseball fans the opportunity to meet players from the Red Sox and raised more than \$525,000 for Kids' Minds Matter. Both events were held at The Forest Country Club, while the party included food, entertainment, as well as silent and live auctions.

Celebrity Red Sox participants included Andrew Benintendi, manager Ron Roenicke, Jason Varitek and Hall of Famer Jim Rice. Golisano Children's Hospital "celebrities" included Jack Bell, who was diagnosed with Stage 4 rare liver cancer in 2008. His cancer had metastasized to both of his lungs. After treatment at Golisano Children's Hospital and a liver transplant in Cincinnati, he has been cancer-free for almost 12 years. Felix Diego Santiago Colon was diagnosed with Ewing Sarcoma in November 2018 when he was 12. He has since returned to Gateway Charter School, where he is in sixth grade.

Major sponsors included Boston Red Sox Foundation, WebTPA, Marcoaldi Management, Price Waterhouse Coopers, Stephenson Giving Fund, Florida Radiology Consultants, The Salty Crab Bar & Grill, USI Insurance Services. The Forest Country Club volunteers and staff have made the event a success for the last 27 years.

The 2020 Dinner on the Diamond event, which rounds out the Boston Red Sox Celebrity Golf Classic series each year, was canceled due to the coronavirus pandemic.

Proceeds from events will support Kids' Minds Matter, the hospital's pediatric mental and behavioral health fund. Kids' Minds Matter advocates for the estimated 46,000 Southwest Florida youth who are struggling with mental and behavioral health disorders like anxiety, depression, eating disorders, psychosis, substance abuse, autism and attention deficit hyperactivity disorder. Funds raised help align community, inpatient and outpatient care, provide proper screening, hire additional mental health professionals, and train physicians, parents, educators and caregivers.✧



From left, Maddie Sexton, Jason Powella, Katy Martinez and Ken Shoriak  
photos by Michael Caronchi



From left, Dale and Lynn Carlson with Trey Draper



Dr. Chris Simoneau and Lucy Costa



Jeff Daly and Joe Simard

## Churches/Temples

### ALL FAITHS UNITARIAN CONGREGATION

Service 9, and 11 a.m. Children's RE, Adult Education Forum 10 a.m., [www.allfaiths-uc.org](http://www.allfaiths-uc.org), 2756 McGregor Boulevard, 226-0900.

### ALL SAINTS BYZANTINE RITE CATHOLIC

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

### ANNUNCIATION GREEK ORTHODOX

Sunday 9 and 10 a.m., [www.annunciation.flgoarch.org](http://www.annunciation.flgoarch.org), 8210 Cypress Lake Drive, 481-2099.

### BAT YAM-TEMPLE OF THE ISLANDS

Friday Shabbat at 7 p.m. [www.batyam.org](http://www.batyam.org), 2050 Periwinkle Way, 579-0296.

### BETH YESHUA MESSIANIC SYNAGOGUE

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

### BIBLESHARE

10 a.m. Sunday and 7 p.m. Tuesday, [www.simplysimpleworship.com](http://www.simplysimpleworship.com), 7050 Winkler Road, Suite 121, 437-8835.

### BREAD OF LIFE MINISTRIES

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

### CHABAD LUBAVITCH ORTHODOX

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

### CHAPEL OF CYPRESS COVE

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

### CHURCH OF THE CROSS

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

### CONGREGATIONAL

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

### COVENANT PRESBYTERIAN

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

### CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

Sunday 8 and 10:45 a.m. Jan 1 - Easter; 9 a.m. after Easter - Dec 31. [www.crownoflifelutheran.com](http://www.crownoflifelutheran.com). 5820 Daniels

Pkwy, 482-2315.

### CYPRESS LAKE BAPTIST

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

### CYPRESS LAKE PRESBYTERIAN

Sunday 8, 9, 10 and 11 a.m. [www.clpc.us](http://www.clpc.us), 8260 Cypress Lake Drive, 481-3233.

### CYPRESS LAKE UNITED METHODIST

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

### FAITH UNITED METHODIST

Sunday 8:45 and 10:30 a.m., 15690 McGregor Boulevard, 482-2030.

### FIRST CHURCH OF CHRIST, SCIENTIST

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

### FIRST CHURCH OF THE NAZARENE

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

### FIRST UNITED METHODIST CHURCH

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

### FORT MYERS CHRISTIAN

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

### FORT MYERS CONGREGATIONAL

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

### FIRST PRESBYTERIAN CHURCH OF FORT MYERS

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

### IONA-HOPE EPISCOPAL CONGREGATION

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

### JESUS THE WORKER CATHOLIC

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

### KINGDOM LIFE

Sunday 10:30 a.m., 2154 McGregor

Boulevard, 218-8343.

### LAMB OF GOD

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

### NEW BEGINNINGS CENTER

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

### NEW COVENANT EYES

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

### NEW HOPE BAPTIST

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

### NEW HOPE PRESBYTERIAN

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

### PEACE COMMUNITY

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

### PEACE LUTHERAN

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

### REDEEMER LUTHERAN

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

### RIVER OF LIFE ASSEMBLY OF GOD

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

### SAMUDRABADRA BUDDHIST CENTER

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

### SAINT COLUMBKILLE CATHOLIC

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

### ST. FRANCIS XAVIER CATHOLIC

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

### SAINT JOHN THE APOSTLE

### METROPOLITAN

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

### SAINT MICHAEL LUTHERAN

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

### SAINT NICHOLAS MONASTERY

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

### ST. VINCENT DE PAUL CATHOLIC

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

### SOUTHWEST BAPTIST

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

### TEMPLE BETHEL SYNAGOGUE

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

### TEMPLE JUDEA (CONSERVATIVE)

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

### THE FAITH CENTER

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

### THE NEW CHURCH

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

### UNITARIAN UNIVERSALIST

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

### UNITY OF FORT MYERS

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

### WESTMINSTER PRESBYTERIAN CHURCH

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

### WORD OF LIFE

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

### ZION LUTHERAN

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





From left, Marie Sherrer, Lucy Costa and April Higgins



From left, Michelle Dean, Roger Gudobba and Jane Friel



Nadge Pierre and Therese Everly



From left, Sergeant Alan Confield, Matt Gaudet, F. Pisano and L. Mitchell



From left, Susan Cunningham, Joann Roy, Barbara Donovan and Joann Hogan



From left, Tim Lambert, Dennis Drinkwater, Bill Burke and Mike Rahme



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# Wind Is The Enemy Of Tarpon Anglers



by Capt. Matt Mitchell

A days weather along with wind direction is never more important than when you're tarpon hunting. If you pick the right day with smooth water and light winds, it's easy

to spot these fish from a mile away. Once you find them, it's amazing how many fish there are. Get that windy rough day and you can look all over and never see a single fish. During rough periods, especially during strong northwest winds, these tarpon simply disappear.

Depending on the day's wind, I plan my trip's circuit accordingly. I spend my time moving between these tarpon spots that are in the lee and usually at least calm enough to see if they are holding fish. Just like hunting, locating tarpon is the first part of the equation. Different locations often require different methods of fishing to be successful. Many bay spots work best with cut baits while spots on the beach require threadfins and crabs.

During periods of east wind, you should look on the eastern side of the sound from Regla Island north to Rocky Channel along with out on the beaches

from Knapps Point north and along Fort Myers Beach. West wind means tucking away from Blind Pass to Cabbage Key and everything in between. South wind can work out well for anglers fishing the southern end of the sound getting tucked up close to Sanibel from the lighthouse to the powerlines. North wind forces anglers to fish from the lighthouse to Knapps Point along with the southern end of Matlacha Pass.

Strong winds from any direction are the enemy of tarpon fishermen. It's not unusual to be sitting in tarpon for several days and have the wind change direction then pick up. This can and will quickly shut the tarpon fishing down until conditions stabilize. During periods of strong winds and far from perfect weather, a tarpon angler's options quickly narrow. Spending your time sitting in a confidence spot is often all you can do in poor conditions.

After sitting in hundreds of tarpon in slick water for a few mornings this week, it was mesmerizing. Watching tarpon after tarpon show themselves is as good as it gets. Once the wind switched up with an approaching front to northwest, these fish relocated and the frustration level climbed as the hunt began again. I often tell my clients when tarpon fishing, "All of this waiting will be quickly forgotten once you're hooked into one of these incredible fish."

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



A tarpon comes up before being released

photo provided

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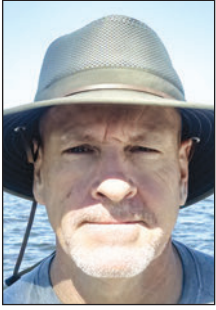
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## CROW Case Of The Week:

## Baby Bird Season



by Bob Petcher

During springtime, the air is filled with the sounds of life, including many songbird species courting each other, and hungry baby birds in the nest. These newborns are delicate little peepers.

At this time of year, CROW admits hundreds of baby birds that fall from their nests or have their nests knocked to the ground by Mother Nature, or by accident. In other cases, they are fledglings that are just learning to fly and wind up on the ground.

On March 25, an entire nest of common grackles fell when the branch it was on broke. The newborns were unable to be re-nested, so they were brought to CROW. This is a common seasonal occurrence.

"In March and April of 2019, we admitted over 150 baby birds that had fallen from their nests," said Dr. Mariah Lancaster, CROW veterinary intern. "In many cases, the reason why the bird is out of the nest is unknown, but reasons can include their nest being knocked down by



Two common grackle nestlings cry out at the Sanibel clinic photo by Dr. Mariah Lancaster

strong winds, predator attacks, or their nest being knocked down on accident by tree trimmers. We also see a number of cases where the baby is learning to fly and has ended up on the ground in the process."

Of the four common grackles that were admitted to the clinic, two survived. One of the four nestlings did not survive the first night in the hospital while another developed a pox lesion and had to be humanely euthanized.

"(Patient) #20-1006 presented with no obvious signs of trauma and was treated

with supportive care. Unfortunately, it likely had internal trauma and succumbed to its injuries overnight," said Dr. Lancaster. "(Patient) #20-1003 was noted to have a lesion on its leg which was consistent with Avian Pox Virus. It was humanely euthanized due to significant contagious risk to its sibling nestlings and the rest of our hospitalized patients."

The other two healthy babies have since been raised at CROW and are now in an outdoor enclosure. Once they have demonstrated good flight skills and are eating well on their own, they will be released.

"Time to release depends on the species of bird and how old they were when admitted to the hospital. Some birds require multiple months to reach an age

at which they are capable of foraging and surviving on their own, however, common grackles are fairly precocial and are usually released within one to two weeks of moving from our indoor enclosures to our outdoor enclosures," said Dr. Lancaster. "Adults are nearly always released into the area in which they were found, however, our younger birds don't have the same need to return to a previously known habitat. Some species need to be released into a place away from others of their species in order to establish their own territory, however, grackles are highly social birds so the fledglings are released into an existing wild flock."

Before transporting baby birds to CROW, finders are asked to call first.

"Many people have been told that if they touch a baby bird, the parents can smell humans and will abandon the baby. This is actually a myth and parents will continue to care for their young if they are returned to the nest," said Dr. Lancaster. "If the nest is destroyed, a faux nest can be used to return the baby to the parents, which is always the best option for a baby bird unless it is injured from the fall. If you find a baby on the ground, a call to CROW or another licensed wildlife rehabilitator can help determine if the baby needs help and walk you through the process of re-nesting the baby if possible."

CROW (Clinic for the Rehabilitation of Wildlife, Inc.) is a non-profit wildlife hospital providing veterinary care for native and migratory wildlife from our local area. The hospital accepts patients seven days a week from 8 a.m. to 5 p.m. Mail donations to P.O. Box 150, Sanibel, FL 33957. Call 472-3644 or visit [www.crowclinic.org](http://www.crowclinic.org).

From page 1

## Billboard

clubs and listening to recordings of various greats like Billy Holiday, Thelonious Monk and many others, I wanted to create an image that captured the dreamy rhythms, the varied and colorful abstract quality of the musical notes, and the range of feelings the music and the artists inspire. My composition is sort of a dream team of jazz greats who have given me, and millions of others, hours of pleasure and entertainment over the years.

*Summer Practice* by Nance Marsden (oil and pastel on canvas, 30 by 40 inches) – Some of my fondest memories of when I was young are of playing instruments and singing with my friends. It took practice to make beautiful music together. And now, it still takes a lot of practice to make beautiful music together, whatever kind of music we are making.

*What Color is Your Sky* by Leila Mesdaghi (digital collage, 12 by 24 inches) – I asked my friends around the world to look up at the sky, capture it and send it to me. There is a Persian proverb that says: wherever you go the sky is the same color! Through these photos, I am able to see what they see, and by sharing it in an art form, others can see it too.

*No Snitches* by Eric Riemenschneider (oil, 78 by 36 inches) – As an art and design teacher, every day I attempt to open my students' senses to new experiences and challenge their way of thinking. These three young men are former students that challenged me quite a bit as a new instructor. Their pose represents the potential obstacles in communication but also celebrates the breakthrough and permanent bond of teacher and student.

*Greening of Florida* by Whit Robbins

(acrylic, 30 by 40 inches) – When I put my brush to the canvas to paint for this project about Florida, what came to mind was Green! Having grown up in snowbelt areas, that's what I hungered for during the long winters. Now, here I am in Florida which is a non-stop green paradise. Thank you, Florida!

*Dive In* by Myra Roberts – (acrylic, 24 by 36 inches) – *Dive In* was painted at a challenging transition time in my life. The diver represents that inner strength to take the leap of faith when life feels uncertain.

*Bejeweled* by Carolyn Steele (acrylic, 30 by 22 inches) – The combination of fascinating detail, texture and color are what inspired me to paint this iguana portrait. I was especially intrigued by the beauty of the large subtympenic shield on his lower jaw that reminded me of an Ethiopian opal, my favorite gemstone.

*Water and Stone* by Alyssa Stoff (acrylic, 72 by 42 inches) – The inspiration for this painting comes from having artist's block. At the time, I didn't like anything I was making and really needed to do something fresh. It actually started out very different, and I wasn't enjoying the process. Once I stopped overthinking it and just focused on my movements and feelings, it really came forward on its own. For me, it's nice to know that even when I get stuck, I can still find my way back. I think this painting represents that realization.

*Orient Express* by Barbara Weems (mixed media, 34 by 36 inches) – This abstract painting began with mark making and my ubiquitous circles. I noticed what looked like olives and eggs on a plate and then followed tablecloths and the thought of luxurious dining on the Orient Express.

For more information, call 939-2787 or visit [www.artinlee.org/artliveshere](http://www.artinlee.org/artliveshere).

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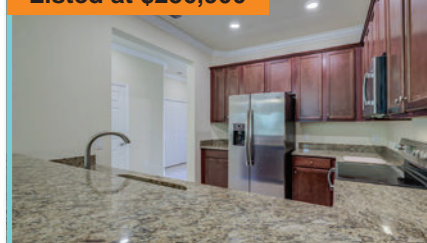
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## Plant Smart

## Dense Gayfeather

by Gerri Reaves

**D**ense gayfeather (*Liatris spicata*) is a member of the aster family and native not only to Florida but the entire eastern U.S.

In the wild, it's found in various habitats, wet or dry, from flatwoods and swamps to scrub and sandhills.

Among its many common names are dense blazing star, marsh blazing star and marsh gayfeather.

The stunning flower is a valuable nectar source for butterflies and also attracts birds and bees, so it's a good choice for a wildflower or butterfly garden.

This erect perennial grows to a height of three to four feet with a showy flower cluster at the top.

The stalks sometimes end up falling to the ground due to excessive weight or height, so staking them is an option.

The flowers in the dense spike range in color from rose to purple and sometimes white. Groups of four to 10 florets bloom from summer to fall, starting from the top of the spike down.

The protruding styles in each rayless flower create a feathery or fringy look, thus the term "gayfeather." *Spicata* refers to the flower spike.

The linear grass-like alternate leaves are more plentiful at the base of the plant but extend up the stem. The lower leaves can be up to a foot long, the others much shorter.

This wildflower prefers full sun and well-drained sandy soil. Highly drought tolerant but not salt tolerance, it will grow even in nutrient-poor soil.

It's shown off to best effect in a mass planting.

In the colder months, it will go dormant, dying back on the ground, but will reseed next season. Those seeds also provide food for birds.

This long-lasting flower can be



Native dense gayfeather provides nectar for butterflies and other pollinators

photo by Gerri Reaves

propagated with seeds collected from dry spent flowerheads.

The flowers hold up well as cut flowers, another reason to have them in the yard.

Tea made from the roots is used in traditional medicine.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *Gardening for Florida's Butterflies* by Pamela F. Traas, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, [www.fnps.org](http://www.fnps.org), <https://gardeningsolutions.ifas.ufl.edu>, <http://plants.ifas.ufl.edu>, [www.regionalconservation.org](http://www.regionalconservation.org), and [www.wildflower.org](http://www.wildflower.org).

Plant Smart explores the diverse flora of South Florida.★

## Make Every Day Earth Day For Manatees

**T**his April 22 marks the 50th anniversary of Earth Day, a worldwide movement to support environmental protection, as well as the first Digital Earth Day, promoted by global organizer Earth Day Network. Amid the current coronavirus global pandemic, Earth Day participants are encouraged to mobilize digitally to care for the planet, in order to protect health and safety.

At Save the Manatee Club (SMC), members are often asked how to help manatees and their aquatic habitat, even while social distancing and staying home during this challenging time. This Earth Day, there are plenty of ways to stay connected to the home we share with manatees.

**Learn About Manatees At Home** – One of SMC's goals is to increase public awareness and education about manatees. While in-person events and speaking presentations are being postponed, there are plenty of ways to learn online. The SMC website has plenty of educational resources, from unique manatee facts, to live webcams, to printable activity books for youth. Visit [www.savethemanatee.org/manatees](http://www.savethemanatee.org/manatees). Follow Save the Manatee Club on Facebook, Twitter and Instagram to tune in to livestreams, ask questions to manatee experts, and share photos and videos with your network. SMC offers livestreaming Manatee question-and-answer sessions on Facebook every Thursday at 11 a.m. EST.

**Advocate Online** – Join SMC's grassroots effort to inform policymakers about issues facing manatees. Contact Florida's governor and your U.S. senators and representatives to tell them you support strong manatee protection measures. The SMC team advocates for these measures, and takes legal action when appropriate, but your help is needed. Join the Email Action Network at [www.savethemanatee.org/signup](http://www.savethemanatee.org/signup) to be notified of manatee issues, and get more ideas on ways you can help at [www.savethemanatee.org/moreways](http://www.savethemanatee.org/moreways). And those who can donate space in publications or on their website can request custom-sized manatee public

continued on page 12

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Today, most of the original Evans Park is privately owned by a bank. The view is toward the Caloosahatchee, and Heitman Street is on the right. photo by Gerri Reaves

From page 2

## Historic Downtown

roster: Mary Perry (Mrs. HA) Laycock, Ola McLeod (Mrs. Nathan G.) Stout, Carrie Belle Hendry (Mrs. Edward L.) Evans, Olive E. Gardner (Mrs. Frank H.) Stout and Miss Minnie Gardener, whose family started the town's first commercial electric and ice plants and were major players in the area's horticulture industry.

Like many reunions, be they for high school classes or families, superlatives were chosen from attendees. The two citizens deemed to be the oldest, Julia Hanson and Capt. Ed House, were awarded a free sightseeing tour of the city by air, something special for anyone in 1929.

The tour was given by Airway Transport, an aviation company visiting Fort Myers, whose slogan was indeed appropriate for this occasion: "You are never too old to fly."

The reunion was so successful that the Round Table committee immediately began planning for an expanded event the following year. Mina Edison would continue to serve as honorary chair, with Sallie Shands (Mrs. Conrad) Menge as active chair.

Plans for 1930 included an all-day outdoor picnic with speakers, the formation of a permanent Pioneer Builders association and recordkeeping on citizens who had settled in the town prior to 1900.

However, there doesn't seem to have been another reunion. One can only speculate that the stock market crash the following October 29 and the ensuing Great Depression disrupted life as planned.

Fortunately, the Round Table did survive and continued its good work for years.

Today, one can't help but see the

Pioneer Builders Reunion as a precursor to the Pioneer Club's Pioneer Picnic, held each April for "old timers" who want to get together, catch up, trade memories and eat a good lunch.

That event also honors "superlatives," such as oldest person, longest married couple, etc.

Just recently, however, the 71st annual picnic scheduled for April 25 had to be cancelled due to the coronavirus pandemic.

Walk down to Evans Park and imagine time traveling to a 1929 reunion where pioneers share first-hand knowledge of early Fort Myers.

Then visit the following research centers to learn more about how the Great Depression temporarily or permanently derailed so many local events and plans.

The Southwest Florida Historical Society is an all-volunteer, nonprofit organization open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m. It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 for more information.

The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park. Hours for the nonprofit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only. For more information, call 332-8778 or visit [www.leecountyblackhistorysociety.org](http://www.leecountyblackhistorysociety.org).

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

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

## National Health Care Decisions Day Recognized

As the community rises to meet the challenge of the coronavirus pandemic, people are likely spending more time than ever communicating with their families, whether they're sheltering in place together or calling loved ones regularly to check in. This unprecedented time and focus on healthcare provide opportunities to make connections and start conversations – including a discussion about your healthcare plans should you become unable to make your own decisions.

Hope Healthcare has been the local resource in facilitating the advance planning discussion in the community by providing resources and education events. On April 16, Hope recognized National Healthcare Decisions Day – a nationwide initiative that encourages adults of all ages to consider the care they may want or may not want, discuss it with family members, document the plan in writing, and choose a healthcare surrogate.

Sadly, the consequences of delaying the discussion and not communicating your thoughts, concerns and desires can affect loved ones in unintended ways. Heartbroken families can fall apart, wracked with confusion and guilt. Sometimes, the emotional intensity of

this situation can overtake a lifetime of great memories.

Creating a plan gives loved ones a map to follow, confident in knowing your intentions. Hope officials recommend reviewing Five Wishes – an easy-to-use guide that provides direction and guidance to discuss your personal, emotional and spiritual preferences. The form legally documents desires for future medical care and provides information for family and physicians, such as: Who should make care decisions on your behalf if you're unable? What kind of medical treatment options are acceptable or desired?

It is also an opportunity to share other important details. Do you want to be surrounded by family and friends, or do you want only your closest loved ones nearby? Which are your favorite hymns and flowers? Do you want friends to honor your passing by contributing to your favorite charity in your name?

As a community service, Hope Healthcare is offering complimentary copies of Five Wishes, which is considered a legal document in Florida as well as 41 other states. To request a complimentary copy by mail, call Hope at 482-4673 or visit [www.fivewishes.org/redeem](http://www.fivewishes.org/redeem) and enter promo code APRIL2020. There, you can either print a Five Wishes document to complete by hand, or enter your information on screen and print a completed document to sign. You can return to your Five Wishes online to edit and reprint it for a full year.✧

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## Book Review

## The Red Lotus



by Di Saggau

**T**he Red Lotus by Chris Bohjalian is a twisting story of love and deceit and, of all things, rats. More on that later. Alexis, an emergency room doctor, is the main character and she worries about what

happened to her boyfriend Austin, whom she met when she fixed a bullet wound in his arm. He is missing in Vietnam. They both went there on a bicycle tour, or so she thought. One day, Austin doesn't return from a bike ride. We soon learn that he is dead, supposedly struck by a car. His battered body is found by the side of the road. However, a nasty puncture wound and broken bone on his hand lead Alexis to think he may have been tortured first. This plunges Alexis into a fearful situation as she delves into finding out what really happened to Austin.

Alexis is smart and level headed and not about to waste her time ignoring the truth. When she finds out her cute, loving boyfriend has told a few lies about his reasons for going to Vietnam, she is thrown into a world of uncertainty and danger. We soon learn more than Alexis does about what led to Austin's death, and then we learn what is going on with the rats. As disgusting as they are, the information is often intriguing. For example: "One rat mom can give birth to

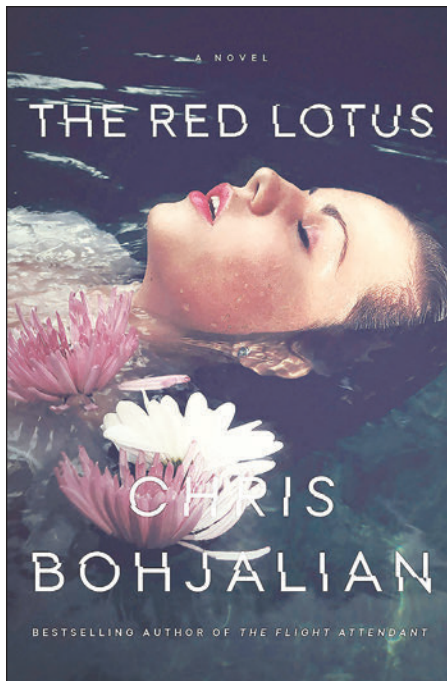


image provided

10 to 12 litters a year, and the litters are 15 to 20 baby rats."

The only clue Austin leaves behind is a bright yellow energy gel dropped on the road. Alexis wonders about the significance of those little packets of energy gel Austin always had with him in Vietnam. And the marks on his fingers that he claimed were cat bites. Were they? Worst of all, why did his backpack contain a dress for a woman who was size zero, when there is no way it would fit Alexis?

Bohjalian gives us many unsettling characters, including Douglas Webber,

champion darts player and rat enthusiast, and Oscar Bolton, his nervous, younger sidekick. Ken Sarafian, a private investigator and ex-cop who served in Vietnam, is another. The book is a pleasure to read including the climactic episode set inside a rat research lab where three characters are incapacitated in different ways.

Considering the fact that this book was written many months ago, this passage is prophetic, "Got to be ready for the next

pandemic. Got to have new antibiotics. Got to know what we're up against. I mean, it's coming, and New York City is the perfect place for a catastrophe: we have lots of people living in very close quarters." *The Red Lotus* is not just suspenseful, it's also about friendship and the love of parents for children and of children for parents. Don't let the rats keep you from reading this one. It's a breathless thriller than keeps us guessing until the very end.\*

## School Smart



by Shelley M. Gregg, NCSP

**D**ear Readers, Most parents have seen their children have a meltdown or tantrum. We expect them from toddlers and know that typically, as a child

reaches school age, emotional outbursts are infrequent, and kids learn how to manage and control their behavior. In other words, children learn to self-regulate their emotions and behavior in accordance with the demands of the situation. That includes being able to resist highly emotional reactions to upsetting stimuli, to calm yourself down when you get upset, to adjust to a change in expectations and to handle frustration without an outburst. It is a set of skills that enables children, as they mature, to direct their own behavior towards a goal, despite the unpredictability of the world and their feelings.

In our current situation, on lockdown, with the unpredictable future that we are all experiencing, many children are quite stressed and are having difficulty self-regulating. For most children, this decrease in their ability to manage their emotions will be temporary. For some it may take a longer time to regain their skills, however, you as parents can provide significant comfort and guidance for them as your children experience emotional distress.

Here are some suggestions on how to help your children regain their equilibrium.

When children are emotionally stressed, it is much harder for them to listen, comprehend and cope. The first thing you can do is focus on soothing your child. Make them feel calm, safe and loved. A simple hug, a few quiet minutes together reading a favorite book or any actions or words that you know your child enjoys will engender positive feelings. The next step is to validate their feelings with your words and tone of voice. Focus on connecting with your child by making comments such as, "I know you're upset right now," or "This is a hard time for you," to make that connection.

Once your child is calm, it is the time to talk with them about alternative ideas that could be helpful. This could be as simple as rearranging their study schedule to provide for more play and physical activity or a more in-depth discussion to process what they are feeling and how to help. Remember until a child is regulated, their ability to reason is impaired and they are unlikely to feel connected and comfortable with you.

Give your children the time needed to gain a sense of calmness – it might take a while. Reassure them that you love them and help them process their feelings so they can feel better about themselves and regain their self-confidence.

Shelley Gregg is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.\*

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## Manatees

service ads to help spread the word. Visit [www.savethemanatee.org/psas](http://www.savethemanatee.org/psas) to make a request.

Watch For Manatees While Social Distancing – While many public boat ramps and parks are closed at this time, those who can still access the water may be spending their social distancing time outdoors by boating or jet skiing. It is especially important to obey posted speed zones and watch out for manatees, even if there are less boats on the water. Slow down, avoid shallow areas and seagrass beds where manatees might be feeding, and keep a sharp eye for manatee snouts, tails, or circular "footprints" on the water's surface. Remember, if you see an injured or dead manatee, report it right away to Florida Fish and Wildlife Conservation Commission (FWC) by calling 1-888-404-FWCC (3922), texting or emailing tip@myfwc.com, or using VHF Channel 16 on your marine radio. If you're staying on land, you can also report manatee injuries, or join the Manatee Sighting Network to provide information to researchers at [www.savethemanatee.org/rescue](http://www.savethemanatee.org/rescue) or [www.savethemanatee.org/sightings](http://www.savethemanatee.org/sightings).

Support Manatees During Challenging Times – SMC partners with several agencies and organizations to support manatee rescues, rehabilitation and releases. This work never stops, even as human and financial resources wear thin and facilities close their front doors to the public. Support manatee care during this trying time by donating to SMC's Emergency Rescue Fund at [www.savethemanatee.org/emergencyrescue](http://www.savethemanatee.org/emergencyrescue), or adopting a manatee from our Adopt-A-Manatee program. Proceeds from support efforts in rescuing sick or injured manatees, rehabilitating them and releasing them back to the wild once healthy. Manatee adoptions make thoughtful gifts and assists SMC in education, public awareness and advocacy efforts. Visit [www.savethemanatee.org/adopt](http://www.savethemanatee.org/adopt) to get started.\*

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THOMAS P. HALL  
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Will Power

## Health Care Surrogate Particulars



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

In my last column, I reviewed living will particulars. The living will, you'll recall, is the document detailing your end-of-life instructions after your attending physician and one other certifies that life prolonging procedures are only artificially delaying the process of dying. Nothing can be done at that point to save you.

The Designation of Health Care Surrogate, in contrast, names someone to make healthcare decisions for you if you can't do so yourself. It can encompass your personal care, residential placement and medical treatment.

Many healthcare surrogate forms are rather short. The Florida law compliant document that we created in my office (and is available free for a limited time during the coronavirus epidemic at [www.floridaestateplanning/healthcare](http://www.floridaestateplanning/healthcare)) delves into a variety of other situations, including:

- Long-term or hospice care situations;
- Whether to maintain you in your residence during a prolonged illness;
- Grant your surrogate access to your medical records;
- When and how to employ healthcare personnel;
- Directions regarding pain relief;
- Consent to psychiatric treatment; and
- Coordination with your living will.

These are all details that you should discuss with whomever you name in this important role. For married couples, this is usually the spouse. If, however, your spouse suffers from an impairment such as dementia or Alzheimer's, it's vitally important that you sign a new healthcare surrogate and living will, putting someone else in the primary position of authority.

Each state, Florida included, has a different designation of healthcare surrogate law. If you are a resident of Florida and haven't yet updated your document to Florida law, you should do so. Even if you have a summer residence somewhere else, if you are a Florida resident, you should have a Florida compliant document. Your Florida document is valid in all 50 states because you are a Florida resident.

I also suggest a serious discussion with your loved ones about your wishes in a variety of situations. Americans tend to shy away from conversations regarding our health or end-of-life decisions. You don't want to leave your loved ones guessing as to what your intent may be. That's what led to the Terri Schiavo situation, where she laid comatose in a hospital bed from 1990 to her death in 2005.

Some of my clients decide to name all their adult children in the role of healthcare surrogate. This can become a problem if the hospital won't act without all their consents. An unavailable party can become a big problem. Also, when you require a unanimous consent, one party holds incredible veto power.

Beyond end-of-life decisions, there are situations that can last years, such as the tortuous decline from diseases like ALS or Alzheimer's. In such cases, it's important for your loved ones to know how you want to be cared for once you are no longer able to voice direction. Your surrogate should also be familiar with your finances, budgets and long-term care insurance policies.

Finally, don't wait until a crisis arises to update your estate plan. During this coronavirus epidemic, we've fielded many calls, with some clients requesting drastic changes. When this happens en masse, it puts a strain on any office, especially when many work remotely. Further, radical changes made during a crisis might call into question the mental acuity of the party making those changes, or whether he was unduly influenced.

In any event, Florida compliant Designation of Health Care Surrogate and Living Will legal documents are a must for any Florida resident. If you haven't updated yours, please feel free to visit the website I cited at the beginning of this article. Clients of my firm should look to our client portal for their own updated documents.

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## First COVID-19 Economic Impact Survey Results

Small businesses are suffering the most due to COVID-19, according to an initial survey conducted to understand the economic impact of the coronavirus pandemic on Southwest Florida.

The COVID-19 Economic Impact Survey was designed to allow company executives to voice concerns about the impact of the pandemic on their business. The 22-question internet survey was sent to various chambers of commerce, economic development organizations, and visitor and convention bureaus scattered across Lee, Charlotte and Collier counties on March 23, along with the request that they distribute the survey to their contact list. The survey also was distributed by *Southwest Florida Business Today*, a multi-platform business communications company that focuses on the three coastal counties. By March 28, 947 executives completed the survey.

Among the findings:

61 percent of respondents reported that their sales revenue has declined by more than 50 percent because of COVID-19. The loss is even higher for businesses with less than 25 employees.

59 percent of business respondents said they believed the effects of COVID-19 would be temporary and not permanent.

65 percent of respondents said they have laid off less than 20 percent of their employees.

21 percent of the small firms (fewer than 25 employees) laid off more than 80 percent of their employees compared to

17 percent of the large firms.

60 percent of large firms had developed a disaster plan to deal with the coronavirus compared to just 32 percent of the small firms.

The full business study can be downloaded from the Regional Economic Research Institute's website at [www.fgcu.edu/cob/reri/studies/coronavirus\\_economic\\_impact\\_survey\\_report.pdf](http://www.fgcu.edu/cob/reri/studies/coronavirus_economic_impact_survey_report.pdf).

"We now have a baseline to work from as we closed the end of March," Lee County Commissioner Ray Sandelli said. "Data such as this will help the commission make informed decisions related to our business community as we move ahead in the coming months."

The report was produced for the Lee County Economic Development Office, the Horizon Council, Horizon Foundation and by Florida Gulf Coast University's Regional Economic Research Institute (RERI).

The COVID-19 Economic Impact Report represents the first part of a multi-part project to estimate the economic impact of this virus on the economy of Southwest Florida. The project originated through a request from the Lee County Economic Development Office (on behalf of the Lee EDO and the Horizon Council), to conduct a broad study of the region at a time when businesses were shuttering and many area residents were voluntarily quarantining themselves in response to threats posed by the spread of COVID-19 in Southwest Florida.

Follow-up surveys will be conducted around the last weeks of April, May and June, and possibly through the end of 2020, to track changes in the economic baseline established in late March, around the time of the beginning of the coronavirus' adverse social and economic effects in Southwest Florida.

FGCU economist Amir Neto and Collier County-based economist Joseph

Burke joined the RERI to develop a three-part plan for the study. The first part of the plan established an initial survey of area businesses in order to create baseline economic conditions. The second part will require follow-up surveys to track how his baseline changes over the months that follow. The third part utilizes some of the information from the surveys to conduct a more in-depth economic impact analysis that will apply either computable general equilibrium or standard input-output analysis.

"In Southwest Florida, the coronavirus is also an anti-small-business virus. Its effect on small business is pretty significant," said economist Christopher

Westley, dean of the Lutgert College of Business at FGCU and director of its Regional Economic Research Institute.

"They were less prepared to weather an event like this. The data puts numbers to that more than anything."

The Regional Economic Research Institute studies, analyzes and reports on the regional economy encompassing Collier, Lee, Charlotte, Hendry, and Glades counties. Established in 2005, it serves as a public service and economic development unit of the Lutgert College of Business' Dean's Office and strives to connect Southwest Florida to the resources of Florida Gulf Coast University.✴

## County Extends Vacation Rentals Prohibition

Lee County Manager Roger Desjarlais recently signed an order extending the prohibition on short-term vacation rental properties that was part of Gov. Ron DeSantis' March 27 Executive Order.

The statewide order was set to expire and has not been extended by a subsequent order.

The order, which Desjarlais signed under his authority within the Board of County Commissioners' State of Local Emergency, means the prohibition within Lee County will remain in effect until Thursday, April 30 and may be extended.

Under the order, vacation rentals are prohibited from making new reservations or bookings.

"Lee County has not yet peaked in the number of anticipated COVID-19

cases," Desjarlais said. "This county order is consistent with the board's policies and steps taken to limit the risk of exposure to the coronavirus."

The order will be posted at [www.leegov.com/covid-19](http://www.leegov.com/covid-19) under the "documents and resolutions" section. Visit [www.leegov.com/covid-19/documents](http://www.leegov.com/covid-19/documents).✴

From page 1

## Social Media

feature a video in Spanish, which is available at [http://youtu.be/yr9iRZ\\_JeOE](http://youtu.be/yr9iRZ_JeOE).

To date, there have been more than 3,600 social media engagements with the campaign, including social media shares. The county encourages friends and family to Take the Pledge.

For more information about COVID-19 response in Lee County, including closings, operational adjustments, news conferences and news releases, visit [www.leegov.com/covid-19](http://www.leegov.com/covid-19).✴



## Superior Interiors

## Tips For An Efficient Home Office



by Trinetta Nelson

Whether you work from home daily, every so often, or just have a space to catch up on bills and correspondences, a home office makes it so simple to let the creative juices flow and get

down to work. Having a place in your house solely dedicated to working frees you from distractions that can make it difficult to concentrate, and it gives you another space to decorate and have some fun. There are, however, certain tricks to designing a home office; when there's too much going on, it can start to feel cluttered and less like a workspace.

Set yourself up for success. Without going into your existing home office, close your eyes and think about the ideal workspace. What furniture set-up makes you most comfortable? What kind of decorations are inspiring and don't come with distraction? These are great ideas to think through that will set you up for success in the home office.

When it comes to furniture in the home office, utilize multipurpose furniture. You know a desk and comfortable, ergonomic chair takes top priority, but don't take a seat when it comes to the other furniture you plan on placing here. Whether you plan on using bookshelves, vertical shelving, side tables or ottomans in the home office, keep storage in mind and make organization a top priority. Multipurpose furniture makes for total efficiency in the home office and provides comfort and style as well.

The home office should be the space your mind can run wild. Where there's nothing nearby to distract you from the hard work and creativity you're about to put forward. When there's clutter all over the desk, books scrambled all over the side table and toys and trinkets from the playroom all over the floor, you may find it more difficult to get in the right mindset. When organization is a major priority, your mind will feel less cluttered as well. Reserve a drawer for paperwork as opposed to leaving it in piles on top of the desk so that the mess can go away (at least visibly) at the end of the workday.

Take a look at your home office. When was the last time you went through the clutter and reorganized the space? If your office is feeling less inspirational than usual, it's time to consider a redesign. A design professional can assist you with explore options to best utilize your space for the projects ahead.

Trinetta Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at [linda@coinciden.com](mailto:linda@coinciden.com). ✨

## Parkinson's Teleconference Support Groups

Each April, Hope Parkinson Program commemorates Parkinson's Awareness Month as a highlight of its robust, year-round schedule that provides education, socialization and support to more than 2,000 active participants.

While Hope Healthcare has postponed regularly scheduled events as part of the safeguards recommended by the Centers for Disease Control and the Florida Department of Health due to COVID-19, the program is offering regular emails, social media updates and new teleconference support groups.

"Since its inception in 2009, a goal of our Parkinson program has been to use the power of community to bring people together to share their experiences," said Samira K. Beckwith, president and CEO of Hope Healthcare. "Although they are not able to gather in person, Hope Parkinson Program participants can still benefit from the connections and support of our caring PD (Parkinson's Disease) community."

Throughout April, Hope Parkinson Program teleconference support groups will also help connect members to resources to help manage COVID-19 anxiety. To participate, members must RSVP 24 hours prior to the teleconference by contacting Hope Parkinson Program Manager Michelle Martin at 985-7727 or [michelle.martin@hopehcs.org](mailto:michelle.martin@hopehcs.org).

The two remaining teleconference support group talks in April are as follows:

The Monthly Ladies with PD Group will be held on Friday, April 24 at 1 p.m.

An Open Support Group for those diagnosed with Parkinson's and care partners will be held on Thursday, April 30 at 2 p.m.

The Hope Parkinson program works closely with like-minded community organizations to provide a network of resources and education for people affected by Parkinson's disease and related movement disorders. As a community service provided by Hope Healthcare, the program is offered at no charge to participants and care partners. For more information, visit [www.hopeparkinson.org](http://www.hopeparkinson.org). ✨

## Muscle Relaxer Warning

Many people would find this very surprising, but Soma abuse is actually very common and being prescribed by tons of pain management clinics. Narconon officials warn people to be cautious of the effects this medication could have on you or someone else. A person abusing Soma also builds a tolerance and dependence for the drug. In a study of 20 Soma users, 13 of them admitted to using more than prescribed.

To learn more about soma abuse, visit [www.narconon-suncoast.org/drug-abuse/soma-effects.html](http://www.narconon-suncoast.org/drug-abuse/soma-effects.html). Narconon can help you take steps to overcome addiction. Call 877-841-5509 for free screenings or referrals. ✨

## Burmese Pythons Book On Efforts To Save Ecosystem

The Conservancy of Southwest Florida's groundbreaking research into Burmese pythons is featured in a newly released book that documents the species' emergence as Florida's apex predator.

Written by author Kate Messner, *Tracking Pythons: The Quest to Catch an Invasive Predator and Save an Ecosystem* explains how Burmese pythons began breeding in Florida and are impacting the state's native species. The book, geared for students ages 8 to 14, also explores how the Conservancy is attempting to thwart the python's reign in the Everglades through research and decisive action.

The Conservancy, a national authority in python research, launched its Burmese Python Radio-Telemetry Study in 2013. Conservancy researchers have been documenting the python's biology, behavior and breeding habits to develop a database of python activities in Southwest Florida. Research findings help land managers create management strategies to control the invasive species.

A key component of the research study is surgically implanting male pythons with a radio-transmitter before releasing "scout snakes" that lead researchers to other pythons during the breeding season. This tracking method helps the team to gain a better understanding of pythons' movement patterns while sending



Kate Messner

photo provided

researchers directly to the female pythons before they can lay their eggs. The captured pythons are humanely euthanized before Conservancy biologists perform a necropsy, log data and collect genetic samples for further studies.

"We not only are removing Burmese pythons from the wild, but also disrupting the breeding cycle of female pythons, which is helping slow the python's growth in our region of Florida," said Ian Bartoszek, environmental science project manager at the Conservancy. "Burmese pythons have been eating their way through the Everglades ecosystem, so it's

continued on page 16

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# Frankly Speaking



by Howard Prager

Sports are a welcome distraction to many, the chance to root for our favorite teams and players, and the uncertainty of the outcome. Replacing the sportless void in which we currently find

ourselves by watching favorite moments and games from the past only goes so far. Reading about former great athletes and biographies (I'm currently reading a Jackie Robinson bio by his teammate Carl Erskine) is fun and informative, but no replacement for the excitement and tension, if not the occasional boredom, of an actual game. (With fast forwarding, a two-hour football game can be seen in less than 30 minutes).

Most medical professionals say that a fast-tracked vaccine may not be publicly available before Spring 2021. Health care workers may have access to a vaccine this fall. Should it also be made available to athletes? If so, what sports should be allowed to be played? Every sport involves some type of physical contact, some much more frequent (football, basketball, hockey) than others. Even baseball, with far less contact than other sports, still has tags and contact on the bases, the pitcher going to his mouth frequently, and occasional outfield collisions. Tennis has a ball going at 120 miles per hour back and forth with whatever virus germs a player

may inadvertently have. Golf? Maybe solo matches without caddies? Sports competition is just that, competition, playing against other individuals and teams. When will it be safe for athletes to play? All we know is not now. And I'm predicting not until next year.

What would it be like playing in empty stadiums and arenas? The *Chicago Tribune* cited a Seton Hall survey that reported 72 percent of respondents would not attend sporting events if they resume before there is a vaccine for the coronavirus. And 74 percent feel that sports should not start-up before 2021.

I haven't even mentioned college sports, high school and grade school sports, even gym classes. What do they do? Even individual events are being cancelled. My daughter was supposed to compete in her first full Ironman in Mont Tremblant, Quebec in August. The province of Quebec just cancelled all festivals and events through August 31. When does football training camp and college ball start? Right, same time frame. I don't believe it's going to happen at all. Illinois Governor JB Pritzker wants all festivals and events cancelled this year. Doubtful if any Chicago team will play before spectators this year, even if they figured out how to come back. And I'm sure New York Governor Andrew Cuomo believes the same thing.

To fill the void, let's create contactless sports. Maybe it's all done on computer games (John Madden, you were ahead of your time). Maybe it's individual athletes power lifting from their homes. The NBA is already trying a professional "HORSE" competition. What's cool is it includes WNBA players and some former NBA

players. It was kind of fun to watch and cool to see some of these athletes' homes. (My wife observed that the best WNBA player's home is a far less cry than the NBA players.) The contest was this past week – if the ratings were good, I'm sure they'd like to continue it with other players in this single elimination at-home tournament. Let's just hope they can send some tips to those filming the matches. Video was very uneven and at times unsteady.

Sports innovation is what we need at this time as long as the athletes can get in shape to play. How about baseball outfielders nailing a throw to the plate with or without a simulated swipe by the catcher? That's pretty exciting during games. Or a home run derby off a pitching machine. Field goal kicks in football off a tee – and see who can kick the farthest – stadiums are available. Maybe even include retired players and college athletes too like the NBA is doing. What about hockey and soccer? Slapshots and free kick competitions in hockey and soccer, with or without a goalie, from various distances? What ideas do you have that will keep you entertained while providing some outlets for these star athletes?

Speaking of creativity, and I still think playing this season is doubtful, but what do you think of the two potential baseball alignments suggested last week? All teams in Arizona or a split Grapefruit/Cactus league schedule with new alignments of five teams each. I like the latter the best. The question is and this may settle it once and for all, DH or not? As I've said I'm

more of a traditionalist in baseball, so I say no DH. And no seven-inning games, as one proposal suggests. The game was designed for a reason. Let's play full games, and maybe the season is much shorter and we're more innovative about playoffs, but don't change the nature of the game just to get more games played.

Here's to hoping we have some type of heathy, appropriate social-distanced sports competitions this year, whether it's full games or specialized competition, to enjoy.

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

## University Waives Application Fees

New and returning students to Hodges University will not pay application fees for undergraduate, graduate, or English as a second language (ESL) programs through April 30.

"We believe in our students, and for the month of April, the application fee they would normally pay when they apply is being waived," said Dr. John Meyer, president of Hodges University. "We've been teaching online since 1995, so a lot of our programs are already online. Even during these challenging times, our students can continue to achieve their academic and career goals."✱

## SPORTS QUIZ

1. What former U.S. Men's National Soccer Team goalkeeper plays for and partly owns the USL Championship league's Memphis 901 FC?
2. In 2004, then Major League Baseball Commissioner Bud Selig declared April 15 to be celebrated as what?
3. In 1980, Rosie Ruiz was stripped of her title eight days after it was discovered that she cheated at what event?
4. What former NFL player and TV sportscaster – announcer of 16 Super Bowls and 26 Masters golf tournaments – died on April 16, 2013, at the age of 82?
5. What basketball great became the first African-American head coach in the NBA when he took over the Boston Celtics in 1966?
6. The 2011 Animal Planet TV series *Taking on Tyson* was about boxing legend Mike Tyson's involvement in what sport?
7. Though he played his entire career with the New York Giants, quarterback Eli Manning was selected No. 1 overall in the 2004 NFL Draft by what team?

## ANSWERS

1. Tim Howard. 2. Jackie Robinson Day. 3. The Boston Marathon. Ruiz entered the race about a half-mile from the finish. 4. Pat Summerall. 5. Bill Russell, who won two NBA championships as player-coach from 1966-69. 6. Pigeon Racing. 7. The San Diego Chargers.

From page 15

## Burmese Pythons

critically important that we follow the science to develop effective removal strategies."

Burmese pythons are generalist predators and have been found to eat 24 species of mammals and over 43 species of birds. They can even eat and even alligators!

In addition to the Conservancy, current research partners in the tracking study include Big Cypress National Preserve, Rookery Bay National Estuarine Research Reserve, Collier Seminole State Park University of Florida, Florida Gulf Coast University and the United States Geological Survey.

The research project is primarily funded through private philanthropic support and

receives additional funding through the Naples Zoo conservation fund and from support through the Fish and Wildlife Foundation of Florida.

Messner's book explains how a species native to Southeast Asia was discovered dead alongside a Florida highway in 1979. From there, pet pythons that escaped or were released by their owners started breeding in the wild, quickly becoming the apex predator and destroying the natural food chain that existed for centuries.

*Tracking Pythons: The Quest to Catch an Invasive Predator and Save an Ecosystem* is available in both a Kindle and hard copy version through Amazon at [www.amazon.com/tracking-pythons-invasive-predator-ecosystem/dp/1541557069](http://www.amazon.com/tracking-pythons-invasive-predator-ecosystem/dp/1541557069). Digital readers can watch video clips and see additional photographs of scientists in the field.✱

## 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.



Ross Hauser, MD

Learn more at [CaringMedical.com](http://CaringMedical.com) and contact our team to review your case!

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HELPING THE WORLD SEE CERVICAL INSTABILITY WITH 2020 VISION!



dearRPharmacist

# Skullcap Root For Immunity, Sleep

by Suzy Cohen, RPh



**Dear Readers:** Now is a good time to share what I know about a plant called *Scutellaria baicalensis*, which is available worldwide in a wide variety of supplements, tinctures and teas.

The common name is Chinese skullcap or Baikal skullcap.

You may not have heard of it until today, but this plant has grown on Earth for eons. It has well-documented medicinal actions on the body. It's a potent antioxidant, anti-viral and anti-inflammatory agent. Some of the compounds induce sleep. It's like a nightcap for your skull. That's an interesting side effect because it provides neuroprotective effects while you sleep, the time that the immune system renews itself. Mother Nature makes no mistakes.

Before I share information about this herb, I need to make one important distinction. There is an herb called American skullcap (*Scutellaria lateriflora*) and I am not discussing that one. Today, I am discussing *Scutellaria baicalensis*. This distinction is important because some of you are holding dietary supplements in your hand and reading the labels on them. So I want you to know which version I'm referring to here.

In 2019, extracts of Chinese skullcap were studied in both rodents and test tubes. It was shown to fight influenza virus A, which causes an upper respiratory illness. One of the root extracts called "baicalin" was extracted from Chinese skullcap and evaluated. Researchers concluded that it could inhibit H1N1 (swine flu pandemic) and H3N2 influenza viruses, at least in cell cultures.

This skullcap plant withstands very harsh climates. Thousands of years ago, doctors used various parts of the plant to heal people, without fully understanding the chemistry. Thanks to modern science, we now know how to extract the major biologically active constituents and study them in a lab, and on people. Look up three important active constituents in skullcap: Baicalin, wogonoside and baicalein wogonin. Wogonin was studied and found to help osteoarthritis by suppressing a cytokine, IL-1B.

In China, the herb is known as Huang-Qin and used for many ailments including diarrhea, hypertension, anxiety, insomnia, cancer, heart disease and respiratory infections. It's also a strong antioxidant so it can help neutralize free radicals.

In an article just published in the *International Journal of Biological Sciences*, skullcap was listed because it is part of a bigger formula found to be helpful with SARS-CoV-2 (also abbreviated as COVID-19). There is some evidence about its impact on lung health, allergies, bronchitis and influenza. It also has shown promise for multiple myeloma, asthma and heart disease.

Excessive amounts may harm the liver and is not recommended for women who are pregnant or nursing. Do not take or consume any new drug or natural medicine without your physician (practitioner) advising you. Finally, skullcap may slightly reduce blood sugar, and this effect may be enhanced if you take medications. Finally, American skullcap and Chinese skullcap are two different species with very different actions on the body. They are not interchangeable. The article that I've written today and the research I have cited is only about Chinese skullcap. If you'd like more information about immune system benefits that herbs can offer, sign up for my free newsletter at [www.suzycohen.com](http://www.suzycohen.com), and I will send you a longer version of this article.

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

From page 1

## Masks

person, they generally have a very low filter efficiency for preventing the inhalation of bioaerosols. Studies have shown that the best filtration efficiency of cloth materials is 38 percent, and bandana or handkerchief range from 2 percent (single layer) to 13 percent (four layers). Generally speaking, the denser the material, the more impaction, interception and diffusion is achieved, which in turn usually means higher resistance in airflow.

The second factor associated with the efficacy of a mask or respirator is its fit, or the seal between the face and the filtering device. During inhalation, air drawn in from the nose or mouth will follow the path of least resistance. Filtering media by design restricts airflow, and if the filter media or respirator is not tight around the nose and mouth, incoming air with the bioaerosols will bypass the filter and enter the nose or mouth. Where respiratory protection is needed to prevent the

inhalation of hazardous agents, NIOSH approved respirators, and fit testing protocols are required to assure the filtering facepiece or respirator properly fits the person relying on the device for protection.

Bottom line, do not relax compliance with social distancing because you are wearing a cloth mask. There is merit in wearing a cloth mask to prevent the transmission of COVID-19 when worn by infected persons shedding the virus, but they are not effective in preventing the inhalation of the virus. The best way to avoid the inhalation of the virus is to follow CDC guidelines and exercise social distancing. If you choose to wear a cloth mask, wear it tightly and cover the nose and mouth. Avoid readjusting the mask once on and avoid touching your face and eyes. After every use, consider it to be contaminated and wash and disinfect after every use.

*John L. Henshaw, MPH, CIH, is an occupational safety and health professional, and former administrator of the Occupational Safety and Health Administration (OSHA).* ✨

Doctor and Dietician

# One Day At A Time



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

**H**ow are you doing out there? We know that these have been very trying times for everyone.

As we think about the impact this quarantine has had on each of us, we wanted to talk about some of the lessons learned through the process. Good things have happened as a result of the quarantine.

The main lesson that we have learned is that no matter how much we think we are in control, we are not. Right?

Therefore, focus on today. God will take care of tomorrow. He told us this in the Bible. Yet, we plan, we organize, we strategize, and we expect things to go as planned. We are planners too. We must be planners in order to be successful in business. We can't just sit back and hope everything works out.

However, we approach solutions to problems through our faith in God.

Beautifulife:

## The Upside



by Kay Casperson

**A**s we sit here in the midst of a crisis that can cause worry and disappointment, I am certain that there is light at the end of the tunnel. This light is what gives us a glimmer of hope for an upside to the downside of any situation.

We need to keep in mind that there will always be downsides in life. From crises to an end of a chapter or relationship. From sickness to the loss of a loved one. From disappointment to dreams delayed. There will always be something that stops us in our tracks now and then, enough to take a look at what is real, what is lasting and what is meant to be.

These downsides are the juice that gives us the determination to keep going, knowing that the only way to go is up. Without loss and failure, how would we know and appreciate what we have, what we are working for

From our perspective, when we choose to worry, we are removing God from the equation of our lives. We are placing our trust in ourselves to deal with the future the way we want it to go. We are, in essence, saying that our way of solving issues is better than God's way. And truly, we end up missing the blessings of today because we are worried about tomorrow.

We do not know how long this quarantine will continue. We do know, however, that we are going to continue to trust God for amazing things. For example, many people are now disconnecting from their devices (thank you!) and actually talking to one another. They are spending time with their families and having meals, playing games and discovering new things together. Parents are discovering that teaching their children is hard work, growing their appreciation for the wonderful teachers out there. People are cooking meals (another thank you!) and experiencing the joys of cooking. We see more people appreciating the amazing gift we have been given to live in Southwest Florida by getting outside and taking walks, riding bikes, or catching a sunrise/sunset.

When this is all over (and it will be over), let's not forget the amazing things that we have learned! Let's live changed lives for the better.

*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](mailto:info@caringmedical.com).* ✨

and our successes? Without crises and disappointment, how would we truly appreciate our surroundings and all that we are blessed with?

Can you really appreciate love if you have never been lonely? Can you really appreciate having money if you have never been broke? Can you really appreciate health if you have never been sick? The answer is, maybe, but I happen to believe that your appreciation is much bigger when you have experienced the other side of any situation.

Yes, there is definitely an upside to everything and I am hoping and praying for this one to show up soon in all of our lives. Maybe it will bring a new lesson, a new outlook, and a new way to move closer to living our most balanced and beautiful life.

My affirmation for you this week is: "I am looking for the upside in my current situation and will learn and grow from all of life's important lessons."

*Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva islands and manufactures beauty and lifestyle products sold across the country. To stay inspired, visit [www.kaycasperson.com](http://www.kaycasperson.com) or follow on social media @kaycasperson.* ✨





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
<b>ARTS</b>	
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
<b>CLUBS &amp; ORGANIZATIONS</b>	
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
<b>AREA ATTRACTIONS</b>	
Bailey-Matthews National Shell Museum	395-2233
Burrough's Home	337-9505
Calusa Nature Center & Planetarium	275-3435
Edison & Ford Winter Estates	334-7419
Fort Myers Skate Park	321-7558
Imaginarium Hands-On Museum & Aquarium	321-7420
JN "Ding" Darling National Wildlife Refuge	472-1100
Koreshan State Historic Site	239-992-0311
Langford Kingston Home	239-334-2550
Ostego Bay Foundation Marine Science Center	765-8101
Skatium	321-7510
Southwest Florida Historical Society	939-4044
Southwest Florida Museum of History	321-7430
True Tours	945-0405

To be listed in calling card email your information to: [press@riverweekly.com](mailto:press@riverweekly.com)

My Stars ★★★★★

FOR WEEK OF APRIL 20, 2020

**Aries** (March 21 to April 19) A problem in getting a workplace project up and moving might upset the Lamb, who likes things done on time. But be patient. The delay could turn out to be a blessing in disguise.

**Taurus** (April 20 to May 20) Your instincts are usually on the mark, so if you feel uneasy about being asked for advice on a certain matter, it's probably a good idea that you opt not to comply with the request.

**Gemini** (May 21 to June 20) You might have two minds about a proposed change (which often happens with the Twins), but once all the facts are in, you'll be able to make a definitive decision. Good luck.

**Cancer** (June 21 to July 22) The Crab's frugal aspect dominates, so while you might be reluctant to pay for technical repairs, the time you save in getting things back on track could be well worth the expense.

**Leo** (July 23 to August 22) While you Leos and Leonas continue to concentrate on doing well in your work-related ventures this week, consider reserving the weekend for sharing good times with family and friends.

**Virgo** (August 23 to September 22) This is a good week to take stock of the important personal, professional or familial relationships in your life and see where you might need to do some intense shoring up.

**Libra** (September 23 to October 22) Your sense of justice makes you the likely person to help deal with a work- or family-related grievance. But you need to have any doubts about anyone's true agenda resolved first.

**Scorpio** (October 23 to November 21) The Scorpio passion for getting things done right and on time might rattle some folks. Never mind them. Others will be impressed, and they're the ones you want in your corner.

**Sagittarius** (November 22 to December 21) Finances could be a mite tight this week. And, while things will ease up soon enough, you savvy Sagittarians will want to keep a prudent eye on your expenses at this time.

**Capricorn** (December 22 to January 19) Although a technical malfunction could cause a temporary delay in getting things up and running, you could use the time to recheck your operation and make changes where necessary.

**Aquarius** (January 20 to February 18) You might find it difficult to resist making a snap judgment about a colleague's behavior. But stick with your usual way of assessing situations and wait for the facts to come out.

**Pisces** (February 19 to March 20) Asking for help with a family situation might be the wisest course to take right now. Just be sure you turn to someone you can trust to do and say the right thing for the right reasons.

**Born This Week:** People see in you a born leader whom they can follow and put their trust in.

MOMENTS IN TIME

• On April 23, 1564, the great English dramatist and poet William Shakespeare is born in Stratford-upon-Avon, the son of a leather trader and the town bailiff. At age 18 he married Anne Hathaway, who was eight years his senior.

• On April 21, 1918, in the skies over France, Manfred von Richthofen, the notorious German flying ace known as "The Red Baron," is killed by Allied fire. Richthofen was the top ace on both sides of the Western front, downing 80 enemy aircraft.

• On April 24, 1945, President Harry Truman learns the full details of the Manhattan Project, in which scientists are attempting to create the

first atomic bomb. The project was so secret that the former vice president only learned of it after President Franklin Roosevelt's death.

• On April 26, 1954, the Salk polio vaccine field trials, involving 1.8 million children, begin in McLean, Virginia. A year later, researchers announced the vaccine was safe and effective, and it quickly became a standard part of childhood immunizations in America.

• On April 22, 1970, Earth Day, an event to increase public awareness of the world's environmental problems, is first celebrated in the U.S. Millions of Americans, including students from thousands of universities, participated in rallies, marches and educational programs.

• On April 20, 1980, the Castro regime announces that all Cubans wishing to emigrate to the U.S. are free to board boats at the port of Mariel west of Havana, launching the Mariel Boatlift. The first of 125,000 Cuban refugees from Mariel reached Florida the next day in about 1,700 boats, overwhelming the U.S. Coast Guard.

• On April 25, 1990, the crew of the U.S. space shuttle *Discovery* places the Hubble Space Telescope, a space-based observatory about the size of a bus, into a low orbit around Earth. The solar-powered telescope remains in operation to this day.

TRIVIA TEST

1. **U.S. Presidents:** Which president had an estate called The Hermitage?
2. **Advertising:** Which soft drink used the ad slogan, "Just What the Doctor Ordered"?
3. **Movies:** Which James Bond movie introduced the villainous character Oddjob?
4. **General Knowledge:** How long was the wall that separated East and West Berlin for 30 years?
5. **U.S. States:** Which state was the 49th added to the United States of America?
6. **History:** Which ancient empire had a capital called Tenochtitlan?
7. **Astronomy:** Which planet in our solar system has the most gravity?
8. **Mythology:** What was Cassandra's unique power, which was given to her as a gift?
9. **Famous Quotations:** Which 20th-century poet once said, "You can cut all the flowers, but you cannot keep spring from coming"?
10. **Literature:** Which novel introduced the character of Holden Caulfield?

TRIVIA ANSWERS

1. Andrew Jackson 2. Dr Pepper 3. "Goldfinger" (1964) 4. 27 miles 5. Alaska 6. Aztec 7. Jupiter 8. Prophecy 9. Pablo Neruda 10. "The Catcher in the Rye"

NOW HERE'S A TIP

• Spice racks can pull double duty on the walls by your vanity. They are the perfect size for toiletries and makeup items. They also work very nicely for nail polish bottles.

• "To get the best reading on meat using a meat thermometer, try sticking it in from the side. It can go in further, and to me it feels like I get a

continued on page 22



PUZZLES

Answers on page 23

MIXED BLESSING  
Super Crossword

- ACROSS**
- 1 Emmy, e.g.  
6 Explorer — Polo  
11 Milne's bear  
15 Hospital VIPs  
19 Spanish man  
20 It's made of milk, flour and butter  
22 Sharing the secret of  
23 "The Matrix" star Reeves  
24 Unit equal to 0.338 fluid ounce  
25 Knock off  
26 Stage muggers  
28 Beating the former best  
30 4x4, briefly  
32 Lousy  
34 Ian Fleming's alma mater  
35 Jaded  
36 Online comparison shopping site  
42 More nasty  
43 Dance in Rio  
44 Has a bawl  
45 Prenatal chambers  
47 Locker, e.g.  
54 U.S. enlistees
- 57 Arrest, as a perp  
58 Tiddlywink or Frisbee  
59 How- — (DIYers' books)  
60 Jurist Scalia  
63 Novelist Graham  
66 Camphor or fructose  
69 Need-for-speed adage adapted from the Bible  
72 Road salt  
73 "It's about time!"  
74 Separates after a multiplayer tackle  
75 Edifice extension  
76 Debate side — Khan (Islamic imam)  
78 Wide shoe spec  
79 Building up to the loudest point  
88 Parliament's House of —  
89 "With a Little — Luck"  
90 Piece-of-cake class
- 94 Fold, spindle or mutilate  
97 Bottle near a salad bowl  
99 Smell  
100 Cannonballs and such  
103 Pro-learning union: Abbr.  
104 Healthful getaway  
105 Backlash  
111 Banks of modeling  
113 Catch with one's ears  
114 "Viva Las Vegas" co-star  
116 Ancient Greek colony  
119 — Stanley Gardner  
120 Not trued up  
121 Kids' caretaker  
122 Changed the color of  
123 Favorable votes  
124 Actor Mike  
125 Meal blessing that's "mixed" and hidden in seven answers in this puzzle
- 2 Itsy-bitsy  
3 Disneyland's city  
4 Barrett of gossip  
5 Snare sound  
6 DC doubled  
7 Warlike deity  
8 Thinker  
9 Carrie Chapman —  
10 Drop  
11 Latex, e.g.  
12 Money spent  
13 Sailor's site  
14 German man  
15 Deny  
16 Borrowed  
17 Not smooth  
18 — of Berlin (snack brand)  
21 More crafty  
27 Get less taut  
29 Late film critic Roger  
30 Happy times  
31 — -la-la  
33 Sitcom psychiatrist  
37 "2 Broke Girls" airer  
38 Steed breed  
39 Sizable  
40 Comb insect  
41 Key near F1  
42 Sea, to Gigi
- 45 Flustered  
46 Tic-toe link  
48 Chilling, as champagne  
49 Playwright Clifford  
50 City in North Dakota  
51 Star, in Nice  
52 Having no service charge  
53 — fly (African pest)  
54 Congregate  
55 Gobble down  
56 — Artois  
61 "... — will!" (threat ender)  
62 — Geo Wild  
63 Must, slangily  
64 Holy artifact  
65 José's "that"  
66 "— & Kel" (teen show)  
67 Psychic skill  
68 Prefix with light  
70 Turf groups  
71 Real aficionado  
76 So-so link  
77 Slip — (mess up)  
80 Made a racket  
81 Hulk of a wrestler?
- 82 Furiousness  
83 Slugging stat  
84 Essen "a"  
85 Enhaloed Fr. lady  
86 Deteriorating  
87 Paddled tool  
91 Girl told not to cry in song  
92 "Uh-huh"  
93 "I'm — loss for words"  
94 Ran quickly  
95 Carotid, e.g.  
96 A pep talk may boost it  
97 Outspoken  
98 Receiving a pension: Abbr.  
100 Golf's Palmer, to pals  
101 High-IQ crew  
102 The — & the Papas  
106 Like venison  
107 Quick haircut  
108 Punker Pop  
109 Alençon's department  
110 At no time, in verse  
112 Mimic a tiger  
115 Saints' stats  
117 Yellow pages abbr.  
118 Favorable vote

1	2	3	4	5		6	7	8	9	10		11	12	13	14		15	16	17	18	
19						20					21						22				
23						24											25				
		26			27		28									29					
30	31			32		33					34					35					
36			37				38	39	40	41					42						
43						44							45	46							
			47		48						49	50					51	52	53		
54	55	56			57						58						59				
60			61	62				63	64	65					66	67	68				
69							70							71							
72							73							74							
75						76							77					78			
79			80	81	82						83	84	85				86	87			
			88							89							90		91	92	93
94	95	96							97							98					
99						100	101	102						103				104			
105					106						107	108	109	110		111		112			
113					114										115		116			117	118
119					120												121				
122					123					124							125				

King Crossword

- ACROSS**
- 1 Radius neighbor  
5 Letterman's network  
8 Atlantic food fish  
12 Public disturbance  
13 Have a bug  
14 Dumbo's "wings"  
15 Pace  
16 Also  
17 Greek vowels  
18 Proofreader's finds  
20 Lava rock  
22 Army rank (Abbr.)  
23 Cul-de- —  
24 Make fun of  
27 Small caterpillar  
32 Literary collection  
33 Actress  
34 Vardalos  
34 Cattle call  
35 Braised beef  
38 Help in crime  
39 Swiss river  
40 Spring mo.  
42 Walk quietly  
45 Lengthy list  
49 Defeat decisively  
50 Bashful  
52 Pelvic bones
- 53 "— do for now"  
54 Not neg.  
55 Punch  
56 Partner  
57 Nevertheless  
58 Golf gadgets
- 7 Unkempt one  
8 Playground favorite  
9 Subterranean passage  
10 Caspian feeder  
11 "Hey, you!"  
19 Gift-tag word  
21 Baseball bat wood  
24 Treasure hunter's aid  
25 Yoko of music  
26 Grenade hurler  
28 Serbian city
- 29 Stimulus of a kind  
30 Fish eggs  
31 Witticism  
36 Baby's toy  
37 Acapulco gold  
38 Sculptor, e.g.  
41 "Life of —" (2012 movie)  
42 Decorate  
43 Tittle  
44 Catch sight of  
46 Lotion additive  
47 Pleasing  
48 Tibetan herd  
51 Weeding tool
- DOWN**
- 1 Incite  
2 Taleteller  
3 Bleak, in Hollywood  
4 Assault  
5 California island  
6 Resume

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: GROUND AND SIFTED WHEAT

- Bread  
Cakes  
Cookies  
Croissants
- Displays  
Doughnuts  
Eggs  
Loaves
- Milk  
Mixers  
Muffins  
Oil
- Pies  
Sugar  
Yeast



PUZZLES

Answers on page 23



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!

Ripen  
**RUMATE**

Chance  
**FEAT**

Widen  
**TILDAE**

Span  
**CHEAR**

TODAY'S WORD

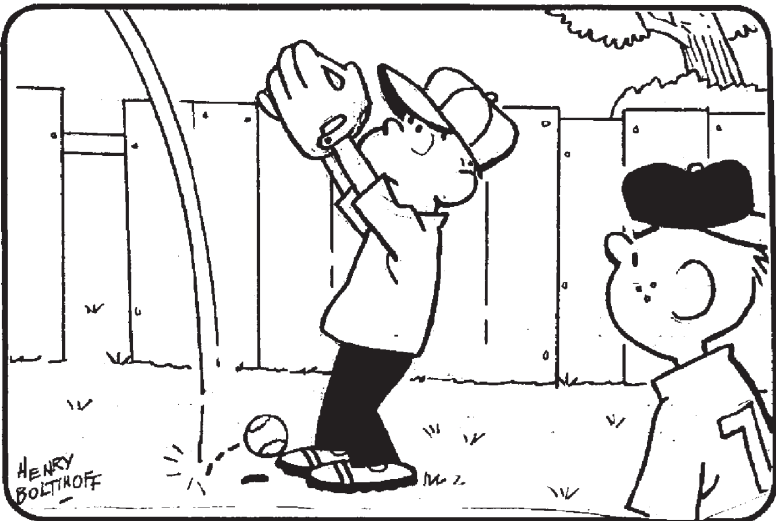
2			5			6	3	
		1		4				8
	5	9			6		1	
		7	3			2		
9					8		7	
	2			7				4
		8	4			7		
	3				1		9	2
1				6				5

SUDOKU

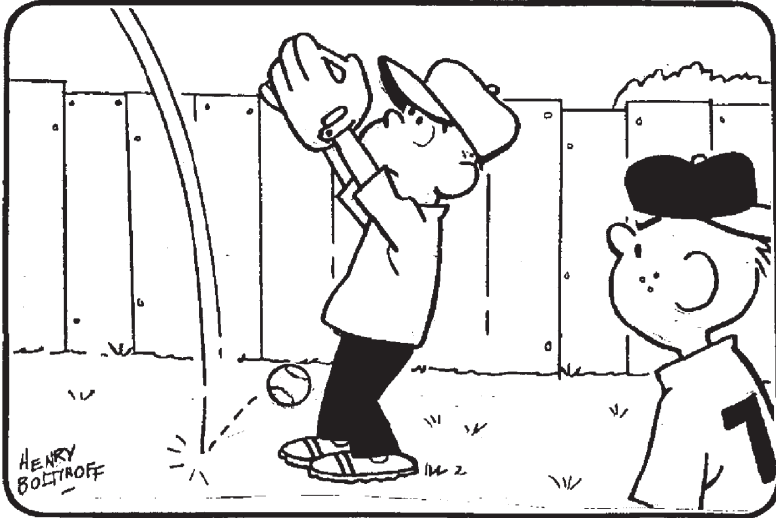
To play Sudoku: Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Fence is mended. 2. Ball is higher. 3. Hat is different. 4. Shoes are different. 5. Tree is gone. 6. Seven is black.



Strawberry Stuffed French Toast

- 2 cups strawberries, diced
  - 8 ounces goat cheese, softened
  - 3 tablespoons brown sugar
  - 2 tablespoons vanilla extract
  - 1 loaf brioche bread, sliced 1½-inch thick
  - 1 cup whole milk
  - 3 eggs
  - 4-6 tablespoons unsalted butter
  - Toppings (such as honey, strawberries, powdered sugar, or syrup)
  - Pinch of sea salt
- In a small bowl combine softened goat cheese, brown sugar, and 1 tablespoon vanilla. Mix thoroughly and set aside. Prepare bread by making a pocket in each slice (do not cut all the

way through). Using a small spoon fill each slice of bread with 1 tablespoon goat cheese mixture, spreading evenly. Add 1-2 tablespoons diced strawberries and seal by pressing edges together. Continue until all slices have been stuffed. Reserve 1/2 cup strawberries for toppings. Place into a baking dish.

In a small bowl whisk together milk, eggs, 1 tablespoon vanilla, and a pinch of salt. Pour mixture over stuffed bread slices and allow to soak for a minimum of 10 minutes, flipping halfway through.

Preheat a large sauté pan over medium-high heat with 2 tablespoons butter. Cook each slice of bread on both sides until golden brown, about 2 minutes per side. Serve immediately with toppings of your choice. Serves four.

Fresh tip: Any variety of bread will work using this recipe to include: sourdough, whole wheat, or French bread. You can also substitute cream cheese for goat cheese.\*



Strawberry Stuffed French Toast

photo courtesy Fresh From Florida





**FRIDAY**  
Mostly Cloudy  
High: 83 Low: 74



**SATURDAY**  
Cloudy  
High: 82 Low: 73



**SUNDAY**  
Mostly Cloudy  
High: 83 Low: 74



**MONDAY**  
Cloudy  
High: 82 Low: 73



**TUESDAY**  
Mostly Cloudy  
High: 83 Low: 74



**WEDNESDAY**  
Few Showers  
High: 81 Low: 72



**THURSDAY**  
Mostly Cloudy  
High: 78 Low: 69

**Redfish Pass Tides**

Day	High	Low	High	Low
Fri	12:23 pm	4:38 am	10:36 pm	4:46 pm
Sat	12:35 pm	5:19 am	11:40 pm	5:37 pm
Sun	12:47 pm	5:52 am	None	6:16 pm
Mon	12:32 am	6:19 am	12:58 pm	6:51 pm
Tue	1:17 am	6:42 am	1:07 pm	7:24 pm
Wed	1:58 am	7:01 am	1:18 pm	7:55 pm
Thu	2:38 am	7:17 am	1:33 pm	8:28 pm

**Point Ybel Tides**

Day	High	Low	High	Low
Fri	11:28 am	4:40 am	9:41 pm	4:48 pm
Sat	11:40 am	5:21 am	10:45 pm	5:39 pm
Sun	11:52 am	5:54 am	11:37 pm	6:18 pm
Mon	12:03 pm	6:21 am	None	6:53 pm
Tue	12:22 am	6:44 am	12:12 pm	7:26 pm
Wed	1:03 am	7:03 am	12:23 pm	7:57 pm
Thu	1:43 am	7:19 am	12:38 pm	8:30 pm

**Punta Rassa Tides**

Day	High	Low	High	Low
Fri	12:16 pm	4:32 am	10:31 pm	4:44 pm
Sat	12:19 pm	5:19 am	11:29 pm	5:35 pm
Sun	12:32 pm	6:00 am	None	6:19 pm
Mon	12:12 am	6:35 am	12:50 pm	6:57 pm
Tue	12:49 am	7:06 am	1:10 pm	7:33 pm
Wed	1:22 am	7:33 am	1:27 pm	8:08 pm
Thu	1:56 am	7:56 am	1:39 pm	8:43 pm

**Cape Coral Bridge Tides**

Day	High	Low	High	Low
Fri	2:33 pm	7:54 am	None	8:02 pm
Sat	12:46 am	8:35 am	2:45 pm	8:53 pm
Sun	1:50 am	9:08 am	2:57 pm	9:32 pm
Mon	2:42 am	9:35 am	3:08 pm	10:07 pm
Tue	3:27 am	9:58 am	3:17 pm	10:40 pm
Wed	4:08 am	10:17 am	3:28 pm	11:11 pm
Thu	4:48 am	10:33 am	3:43 pm	11:44 pm

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From page 18

## Now Here’s A Tip

better reading than poking it in all over a steak.” ME in Florida

- Things you can freeze in small portions using an ice cube tray: tomato paste, coffee, coconut milk, broth or stock, wine, herbed butter or herbed olive oil.

- “If you have trouble holding your cat still to clip his claws, sneak up on him while he’s asleep. You might only get a couple done before he catches on and wriggles away, but you’ll get there.” PL in Oklahoma City (This great tip works for babies, too. JoAnn)

- If you fill a flowerpot with clean sand, you can use it to store your garden hand tools. It looks cute, and they are accessible, too!

- “To get the dog to stop eating his food so fast, my daughter puts dry food in a silverware sorter – the plastic insert that holds cutlery in a drawer. Their dogs have to work at it, and it has helped them slow down so they don’t get sick. She can just toss it in the dishwasher to clean, too!” UE in Ohio

### STRANGE BUT TRUE

- Artist Salvador Dali had a unique way of occasionally avoiding the bill for drinks and meals – he would draw on the checks, making them priceless works of art and, therefore, uncashable.

- The governor of China’s Hunan Province banned Lewis Carroll’s *Alice in Wonderland* because he believed that animals should not be given the power to use the language of humans, and to put animals and humans on the same level would be “disastrous.”

- When the ancient Greeks staged plays, their costumes enabled audiences to identify characters. Tragic actors wore raised platform shoes called buskins to symbolize their superiority over comic actors, who would wear plain socks.

- A researcher in Madagascar was so interested in sand flea development that she let one of the bugs live inside her foot for two months.

- George Washington died after his doctors removed 40 percent of his blood (80 ounces) over a 12-hour period to cure a throat infection. While critics have claimed for decades that he was bled to death, the exact cause of his demise is still debated among scholars.

- The longest time between the births of twin siblings is 87 days. Amy Ann Elliot debuted prematurely on June 1, 2012, and Kate Marie Elliot followed on August 27, at Waterford Regional Hospital in County Waterford, Ireland.

- When the mummy of Ramses II was sent to France in the mid-1970s, it was issued a passport. Ramses’ occupation? “King (deceased)”.

- In the early stage version of *The Wizard of Oz*, Dorothy’s faithful

companion, Toto, was replaced by a cow named Imogene.

- Enjoy looking after kids? Consider attending Kentucky’s Sullivan University, where you can major in nannying.

### THOUGHT FOR THE DAY

“Love is much like a wild rose, beautiful and calm, but willing to draw blood in its defense.” – Mark Overby

## Beach Chamber Events Policies

The Fort Myers Beach 2020 Swing Into Summer Golf Tournament that was scheduled for June 5 has been postponed with a new date to be determined.

The following events have also been either canceled or postponed:

April Business After Hours at Marina Village scheduled for April 16 - canceled  
Business Referral Group social scheduled for April 21 - canceled

Mini-Masters scheduled for April 23 - canceled with the possibility of being rescheduled

Taste of the Beach Scheduled for May 3 - postponed with date to be determined

May Coffee Connection at Mariner’s Lodge scheduled for May 7 - canceled

May luncheon at Shell Point scheduled for May 14 - canceled✱

## Energy And Safety Equal Win-Win

Electricity cools our homes, heats our food, powers our electronics, and lights up our lives in more ways than one. But with the convenience of electricity comes the need to be extremely cautious. To keep yourself, your loved ones and your home safe from energy hazards, it is essential to remember the following five tips:

1. Discard damaged power cords – If you notice that the protective coating on power cords has been stripped away or is damaged in any way, it is essential to replace it ASAP. If you must keep the cord until a new one can be purchased, be sure to cover it with electrical tape immediately.

2. Never overload outlets – Outlets are designed to deliver a specific amount of electricity. Plugging too many things into an outlet can cause a number of things including a fire. Consider using a power strip if you need to plug in multiple devices.

3. Avoid extension cords – Extension cords are not intended for permanent use and can result in trips or even Fido getting hurt from nibbling the cord if they are not properly secured. If your home doesn’t have enough outlets for

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3/27 ✱ 4/17

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### PSA

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To learn more about fentanyl abuse and how to help your loved one, visit <http://www.narconon-suncoast.org/blog/fentanyl-what-you-need-to-know.html>

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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.



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