



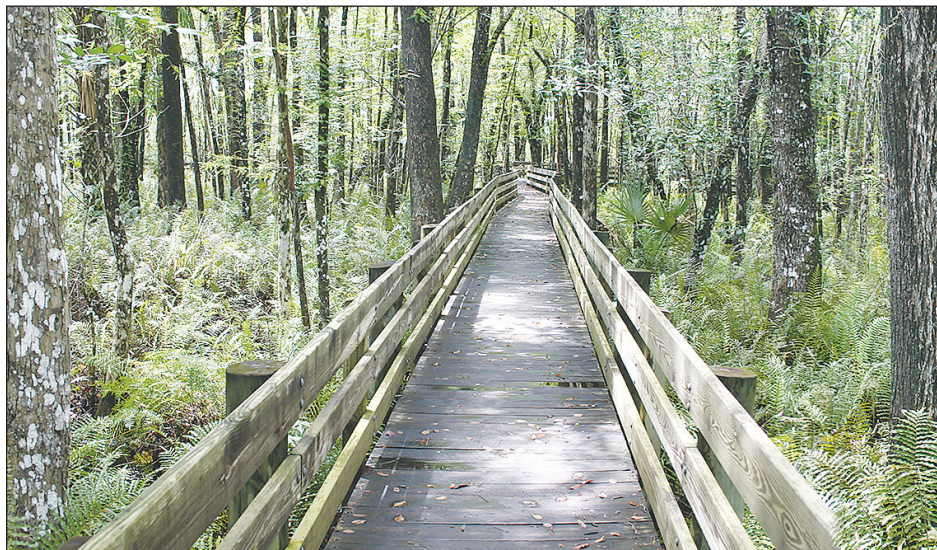
County Officials Reopen Park And Preserve Trails

Because of continued voluntary compliance and the community's greater awareness for Centers for Disease Control and Prevention (CDC) guidelines, Lee County officials have announced limited reopenings of trails and some services.

Some Lee County Parks & Recreation trails were scheduled to reopen on April 22, with staff on site to help encourage social distancing. Residents will now be able to use John Yarbrough Linear Park and Six Mile Cypress Slough Preserve in south Fort Myers as well as an array of additional park trails and Conservation 20/20 trails.

This move, approved at the regularly scheduled Lee Board of County Commissioners meeting on Tuesday, is part of the county's phased-in approach for residents to be able to recreate outside of their neighborhoods while still observing Gov. Ron DeSantis' executive order.

Although the county is beginning to



Six Mile Cypress Slough Preserve

photo courtesy www.leegov.com

assess and reopen sites, it is imperative that residents remain vigilant to continue to mitigate the spread of COVID-19.

Many county facilities remain closed, including Lakes Regional Park, many additional parks, ballfields, playgrounds, pavilions, county pools, recreation centers,

beaches and restrooms.

For announcements about future openings, check www.leegov.com/covid-19 or Facebook Lee County Government.

Also announced at the board meeting were modifications to Lee County Library System services. Exterior book returns

were scheduled to reopen on April 22 at all branches for patrons to drop off checked-out materials. No fines will be assessed for items overdue because of library closures.

The county is grateful to those in the community who have joined the "Take the Pledge" social media campaign to employ best practices to stop the spread of COVID-19. These practices include social distancing when away from home, staying home as much as possible, practicing proper handwashing techniques, refraining from gathering in groups of more than 10, and staying calm, kind and safe. Visit www.leegov.com/pledge.

County leaders continue to monitor data and work with its partners, Lee Health and Florida Department of Health, as it relates to the county's phased-in approach to reopening sites.

The following trail sites were scheduled to reopen on April 22:

Lee County Parks & Recreation sites with trails; Caloosahatchee Regional Park (north side only); Hickey Creek Mitigation Park; John Yarbrough Linear Park; Lehigh Acres Trailhead Park; Nalle Grade Park; Pineland Monument Park; Pinewood Trails Park; Six Mile Cypress Slough Preserve

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The Ronald McDonald Care Mobile of Lee County

photo provided

Infant Vaccines Provided By Care Mobile Program

Due to COVID-19, the Ronald McDonald Care Mobile (RMHC SWFL) program is operating a little differently these days. The 40-foot mobile units are temporarily providing important first-year vaccines, which will put new mothers at ease that their newborns will not miss their vaccines.

In Collier County, the care mobile can

be found outside Healthcare Network's Pediatric office in Immokalee, Monday through Thursday. In Lee County, Family Health Centers is providing the immunizations outside of its offices in Lehigh Acres on Mondays, downtown Fort Myers on Tuesdays and Thursdays, and Cape Coral on Wednesdays.

For more information regarding Collier County appointments, call 658-3000, and for Lee County appointments, call 800-4707.

To learn more about RMHC SWFL and how to get involved, visit www.rmhcswfl.org/get-involved.✱

Student Named Academic Team Gold Scholar

Florida SouthWestern State College student Kelly Maguire has been named a 2020 Coca-Cola Academic Team Gold Scholar and will receive a \$1,500 scholarship.

The Coca-Cola Scholars Foundation sponsors the Coca-Cola Academic Team program by recognizing 50 Gold, 50 Silver and 50 Bronze Scholars with nearly \$200,000 in scholarships annually. Each scholar also receives a commemorative medallion.

Maguire is a member of the FSW Honors Scholar Program, the FSW Leadership Academy, the FSW Campus Activities Board, Phi Theta Kappa (PTK), the National Society for Collegiate Scholars (NSCS), and founder and president of FSW's chapter of the Active Minds club, a nationally known mental health organization.

"It feels a bit surreal to be named a gold scholar," Maguire said. "I was shocked when I read the award letter, and thrilled at the same time. I have struggled with self-confidence and believing that I am worthy of something as huge as this, but I think it came at the perfect time for me. The times of darkness have helped me appreciate so much more of the light that exists in this world, and for that, I am most grateful."

"The Coca-Cola Scholars Foundation



Kelly Maguire

photo provided

has a long history of providing financial assistance to outstanding students at community colleges," said Jane Hale Hopkins, president of the Coca-Cola Scholars Foundation. "We are proud to partner with Phi Theta Kappa and make it possible for deserving students to achieve their educational goals."

Students are nominated for the academic team by their college administrators. Selection is based on academic achievement, leadership, and engagement in college and community service.

"We thank the Coca-Cola Scholars

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Historic Downtown Fort Myers, Then And Now:

Melbourne House



by Gerri Reaves, PhD

The Melbourne House was one of many boardinghouse-hotels that flourished before the era of modern apartment buildings really got underway in Fort Myers in the 1920s. Until then, people who did not live in single family homes or rent a room from a family usually lived in boardinghouses, which varied in living style. Some were called hotels, some boardinghouses, and some were hybrids of the two. Some “hotels” were simply large family homes partitioned into multiple rooms.

Board, or meals and perhaps services like laundry, might be optional. However, anyone living in a boardinghouse had to rely on either in-house meals or eat out. These establishments also varied in how they marketed themselves to the growing resident and seasonal population, and competition increased as the 1920s dawned.

The Melbourne is an interesting example because it was relatively long-lived and because it adapted over the years. It was also different in that the owners, the Kehoe family, seem to have been seasonable residents themselves, returning to their native Kentucky for at least a part of the summer. The Melbourne, pictured here probably in the early 19-teens, was an appealing residence surrounded by a lush foliage and open balconies where one could catch a cool breeze. Genevieve Kehoe, wife of Dr. Henry C. Kehoe, MD, had bought the property in 1909. Located on the northeast corner at Lee and Second, it advertised itself in 1912 as new, homelike and comfortable.



The Melbourne House was located on the northeast corner of Lee and Second streets. This undated photo was probably taken in the early 19-teens.
photo courtesy Joanne Iwinski-Miller



The former Melbourne House location is now part of the Fort Myers Regional Library parking lot
photo by Gerri Reaves

For many years, the physician and surgeon also had his medical office on the premises. In 1911, they advertised for six-day boarders, apparently focusing on permanent residents for an income. However, with time, they increasingly appealed to the tourist trade. “The Home-like Place,” as it called itself, had “the best service and cuisine,” hot palatable meals, and new and modern conveniences for \$10 per week. By late 1914, ads for the recently remodeled and renovated hotel touted “running water in every room,” and there were rooms with and without baths. Food offerings also evolved, by then including both the American and European plan, as well as a “chef from North.” A couple of years later, the rate was \$2 per day and the meals featured “Kentucky Cooking.” Wonder what happened to that northern chef? By 1918, it was rechristened Hotel Melbourne. In February 1923, the 29-room hotel went up for sale, described in the ad as a “money maker” and “splendid investment.” It sold the following November, but the physician maintained his office there for a good while. The family bought a cottage on Second on the same block and he eventually worked from there. In 1924, Dr. MF Johnson, a physician also active in property sales and development, converted the Melbourne into apartments. In fact, he had recently constructed twin modern apartment buildings, the Oakhurst and Poinciana, just east of the Melbourne. The improvements included the following for each room: hot and cold water, three to five lights, and gas for heating. A double garage and tub-equipped laundry room were added too. The landscaping was redone and a bird-bath and aquarium installed. Interestingly enough, once the updates were completed, Mrs. Kehoe continued to run the hotel for a short time. The structure was used for boarding for a few more years and then as a private residence. Today, the corner is part of the Fort Myers Regional Library parking lot. The Kehoe family was flexible in other ways too. Dr. Kehoe’s ever-changing

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Paddleboarding requires some balancing skills but there are ways to improve your balance while off the water photo provided

Paddling Balance Training

by Kealy McNeal

As we wait to get back on the water, there are a few things we can do at home to help keep our paddling skills strong. Maintaining stability on the water is an important aspect of all paddle sports, but stand-up paddleboarding in particular requires a solid foundation of balance and coordination. Cross training increases your overall fitness and helps improve your stability, balance and coordination, which will translate over to your paddling routine. However, since we can't train on our boards right now, we recommend yoga, stretches and some simple at-home exercises at home to improve your balance.

There are a few simple exercises that can help you achieve better balance. To strengthen your ankles, position a resistance band over the ball of your foot, holding one end of the band in each hand. Flex and point your toes while applying light resistance. Next, try standing on one

foot while lifting the other a few inches off of the ground. When you feel comfortable doing this with your eyes open, try closing them. Then, you can try doing step-ups with one leg at a time onto a step or chair. Check the Internet for additional instruction and demonstrations.

For more advanced paddlers, an Indo Board is a really good tool to challenge your balance. An Indo Board is a flat piece of wood balanced on a cylinder or cushion – it offers a multitude of exercises designed to support balance training and strengthen your core. Commit to a few minutes of balance work each day, and once we get back on the water, you'll feel stronger and more balanced than ever before.

Part of the Sanibel-Captiva Conservation Foundation (SCCF) family, the mission of Ocean Tribe Paddlers is to assist the paddling community of Southwest Florida to better explore, enjoy and understand the ocean, and to help paddlers be engaged stewards of the marine environment. For more information about Ocean Tribe Paddlers, visit www.oceantribeoutfitters.org or contact oceantribepaddlers@sanibelseaschool.org. Follow on Facebook and Instagram.✱✱

Weekend Meals At Grab And Go Locations

Responding to the tremendous demand for food as families struggle because of the coronavirus, Blessings in a Backpack of Southwest Florida is partnering with several organizations to provide meals at several Grab & Go locations throughout Lee County.

Families are going hungry during these extraordinary and critical times, and donations are needed more than ever. A tax-deductible donation of \$4 is urgently needed to feed a child for one weekend while schools are not in session as many families struggle because of COVID-19. To make a donation, go to www.blessingsinswfl.org.

Thanks to the generosity of the community to move quickly on the Grab & Go locations, Blessings in a Backpack is able to partner with the Boys & Girls Clubs

throughout Lee County, Interfaith Charities of South Lee, Eva's Closet and the School District of Lee County to provide meals to thousands of school children and their families each Friday.

"Blessings in a Backpack of Southwest Florida is able to serve 5,000 students nutritious meals for the weekend," executive director Cecilia St. Arnold said. "However, there are so many more students that are going without food on the weekends and need our help."

The weekend meal packages from Blessings in a Backpack will be available from 9 a.m. to 12:30 p.m. Fridays at the following locations:

RCMA Immokalee Community School,
123 North Fourth Street, Immokalee
Shadowlawn Elementary, 2161
Shadowlawn Drive, Naples
Colonial Elementary, 3800
Schoolhouse Road East, Fort Myers.
James Stephens International Academy,
1333 Marsh Avenue, Fort Myers
San Carlos Park Elementary, 17282
Lee Road, Fort Myers

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Fort Myers Art:

Tiny Theatre Giving Voice To Playwrights



by Tom Hall

Rachel Burttram is a performing artist. When the pandemic struck, she and husband, Brendan Powers, were all set to spend the next three and a half weeks of their

lives performing *A Doll's House Part 2* to 14 rows of live audience. They'd put in an enormous amount of work mastering an impossibly difficult script. Now, suddenly finding themselves cut adrift by the COVID-19 outbreak, they decided to create a tiny theater in a back bedroom not only to provide themselves with something to do, but to give playwrights a voice during this unprecedented time when theaters across the globe are eerily dark.

"I know myself well enough that if I don't have a project to work on, I get pretty blue," Burttram explained. "So instead of giving in to a broken heart, I downshifted into a project that gives (Bren and I) a sense of purpose and creates a forum for playwrights to hear their words and others to watch and enjoy."

For Burttram, a playwright's words are sacred. She would never, ever do a reading or performance without the playwright's permission. So she shared her Tiny Theatre idea with a handful of playwrights with whom she and Brendan have made friends over the years. Before they knew it, their inbox was flooded with submissions.

Burttram said, "Our playwright friends are all part of playwriting groups. So when the playwrights we knew put the word out to their groups, all these people we don't even know started sending us their work too. What's really fun is that although some of (the playwrights) are quite popular, it's work that nobody's ever heard. Either it's (work that is) under development or has been sitting in a drawer the last three years. So it's super



Rachel Burttram and Brendan Powers
photo courtesy www.artswfl.com

cool in that way."

Because of this sourcing, Tiny Theatre's reach extends far beyond Southwest Florida.

"We're getting viewers from India and New Zealand and Singapore and Canada, and on some nights as many as 20 states are represented," Burttram said.

Among the playwrights that Burttram and Powers have read so far are Audrey Cefaly (*Alabaster*) and Eric Coble (*My Barking Dog*, *The Velocity of Autumn*). But Southwest Florida's talented pool of local playwright is, so far, conspicuously underrepresented.

They divide up the submissions, of course. After 13 years together, seven years married (next month) and scores of performances, including close to 15 productions together (*A Doll's House Part 2*, *Outside Mullingar*, *Repossessed*, *Hay Fever*, *The Glass Menagerie*, *Dividing the Estate*, *Doubt*), each knows what the other likes. So if a piece catches Powers' attention, Burttram can be sure it will appeal to her artistic tastes and sensibilities, and vice versa.

Still, the volume of submissions is somewhat daunting. It gives them a better appreciation of the yeoman job done each year by Bill Taylor, Lauren Drexler and their review panel who, among them, read upwards of 600 full-length plays in connection with Theatre Conspiracy at the Alliance for the Arts annual new play contest.

Admittedly, Burttram and Powers prefer dramatic roles, but given the dark times we are currently facing, they are gravitating toward work that is more

comedic in nature.

And, of course, both she and Powers are equally adept at comedy.

"One of my very favorite experiences was *Book of Liz*," Burttram chimes in, making reference to the David and Amy Sedaris farce that Theatre Conspiracy produced during its 2016-17 season.

Page length is also a consideration. Although they've experimented with a couple of longer works, the virtual format lends itself more to shorter pieces, scenes, character studies and monologues of roughly 10 to 12 pages.

The shorter works also comport with a trend taking place in theater. The past few years have seen a proliferation of 10-minute play festivals. Locally, Lab Theater introduced its inaugural festival of 10s last year, and the Center for Performing Arts Bonita Springs is entering the third year of its very popular Stage It! Ten-Minute Play Festival and Book Release Event.

Shorter works also fit better within the tight time constraints under which Burttram and Powers are operating. It's not just that they're doing readings three nights a week (Mondays, Wednesdays and Fridays

at 9 p.m.) The rigors of reading, reviewing and rehearsing the work of so many playwrights aside, the Tiny Theatre project has turned out to be an astonishingly rewarding labor of love.

And people really do value Tiny Theatre.

For suddenly marooned theatergoers, Burttram, Powers and Tiny Theatre provide provocative and thoughtful entertainment during a novel coronavirus wasteland. For their fellow thespians both here and across the country, they offer a sense of community and hope.

And for playwrights whose works have unexpectedly fallen mute, they provide a voice in the solitude emanating from stay-at-home orders and self-imposed quarantines.

Visit www.facebook.com/watch/ClosetAtRachelAndBrendans/ to learn more.

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

From page 2

Historic Downtown

medical specialties are a comment on the times – perhaps an alarming one.

In the mid-19-teens, he had a general practice with a specialty in chronic mental and nervous trouble and diseases of children.

However, in 1924, he specialized in the "treatment of the Endocrines, or Ductless Glands, with the Radiendocrinator," as the ad described it.

That French-made radiation-rejuvenation machine was the only one in the state, according to the *Fort Myers Press*. And yes, it did use radium on the patients, a practice deemed medically harmful today.

Directions for its use actually advised men to wear the small device at night like an athletic strap beneath their scrotum.

Walk down to Lee and Second and imagine staying at the enticing Melbourne House.

Then visit the following research centers to learn more about the many

establishments that catered to residents and tourists in the early twentieth century.

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

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

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

Sources: The Archives of the Southwest Florida Historical Society, the *Fort Myers Press*, and www.orau.org.*

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Service 9, and 11 a.m. Children's RE, Adult Education Forum 10 a.m., www.allfaiths-uc.org, 2756 McGregor Boulevard, 226-0900.
ALL SAINTS BYZANTINE RITE CATHOLIC
Sunday 10:30 a.m., 10291 Bayshore Road, 599-4023.

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

BAT YAM-TEMPLE OF THE ISLANDS
Friday Shabbat at 7 p.m. www.batyam.org, 2050 Periwinkle Way, 579-0296.

BETH YESHUA MESSIANIC SYNAGOGUE
Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.

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

BREAD OF LIFE MINISTRIES
Sunday 10:30 a.m. 16581 McGregor Boulevard, 267-3166.

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

CHAPEL OF CYPRESS COVE
Sunday 10 a.m., www.revtedalthouse@aol.com 10200 Cypress Cove Circle, 850-3943.

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

CONGREGATIONAL
Sunday 10:30 a.m., www.taecc.com, 1619 Llewellyn Drive, 334-4978.

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

CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY
Sunday 8 and 10:45 a.m. Jan 1 - Easter; 9 a.m. after Easter - Dec 31.
www.crownoflifelutheran.com. 5820 Daniels

Pkwy, 482-2315.
CYPRESS LAKE BAPTIST
Sunday 9:45 and 11 a.m., 7 p.m.; Wednesday 6:30 p.m. 8400 Cypress Lake Drive, 481-5442.

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

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

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

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

FIRST CHURCH OF THE NAZARENE
Sunday 10:30 a.m. and 6 p.m., 13545 American Colony Boulevard, 936-2511.

FIRST UNITED METHODIST CHURCH
Sunday 9:30 a.m. and 5:30 p.m. www.fumcftmyers.org, 2466 First Street, 332-1152.

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

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

FIRST PRESBYTERIAN CHURCH OF FORT MYERS
11 a.m. Sunday, www.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, 19691 Cypress View Drive, 267-3525.

NEW BEGINNINGS CENTER
Friday 6:30 and 7 p.m. nbcministry@embarqmail.com, facebook.com/nbcministry, 8505 Jenny Cae Lane, 656-0416.

NEW COVENANT EYES
Monthly 9 a.m., www.newcovenanteyes.com, 1900 Park Meadows Drive, 220-8519.

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

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

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

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

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

RIVER OF LIFE ASSEMBLY OF GOD
8, 9:45 and 11:30 a.m., 21580 River Ranch Road, 495-0400.

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

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

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

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

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

TEMPLE JUDEA (CONSERVATIVE)
Friday 6:30 p.m. and Saturday 9 a.m., www.tjswfl.org, 14486 A&W Bulb Road, 433-0201.

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

THE NEW CHURCH
Sunday 11 a.m., www.newchurchflorida.com, 10811 Sunset Plaza Circle #401, 481-5535.

UNITARIAN UNIVERSALIST
Sunday 10:30 a.m., www.uucfm.org, 13411 Shire Lane, 561-2700.

UNITY OF FORT MYERS
Sunday 10 a.m., www.unityoffortmyers.org, 11120 Ranchette Road, 278-1511.

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

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

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



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Fashion Show Benefits Regional Cancer Center

Fashionistas and philanthropists united for an afternoon of entertainment and fundraising at the 13th annual Colors of the Sea Fashion Show, raising \$98,000 to benefit the Regional Cancer Center's Integrative Medicine Program. The midday affair featured an awards luncheon, benefit auction, and fashion show, and was held in early March at the Landings Yacht, Golf & Tennis Club in Fort Myers. Local models sported stylish apparel provided by retailers at Sanibel Outlets, Razzle Dazzle and House of Wu.

Lee Health and Regional Cancer Center recognized four individuals and one school that made significant contributions to cancer care in Southwest Florida and offered unwavering support to individuals undergoing cancer treatments.

"Having volunteers, family members, friends and the community here to support our cancer patients is so important in their journey," said Dennis Bruens, vice president for oncology at Lee Health. "It's our absolute pleasure to honor these heroes that are so important to our patients."

Honorees include:

Paula Buchanan, who received the Guardian Award for a family member supporting a cancer patient through treatment. Buchanan left her career in Michigan and moved to Florida with her young son after the death of her husband to care for family during her sister's treatment for breast cancer.

Monica Dunkley, who received the Angel Award for a non-family member supporting a cancer patient through treatment. Dunkley facilitates the caregiver's support group at the Regional Cancer Center.

Karen Dias, who received the Big Heart Award for a cancer survivor who has given back to the community. Dias volunteers to support the Regional Cancer Center fundraisers even as she continues her own treatment for ovarian cancer.

Crestwell School, which received the Pediatric Angel Award. The students and faculty held a penny drive that raised \$5,000 for Barbara's Friends to help kids with cancer at Golisano Children's Hospital of Southwest Florida.

Tommie Schott, who received the Phoenix Award for a community member who has contributed to reshaping cancer care in Southwest Florida. Schott has served as a volunteer coordinator, spearheading the Designer Purse Bingo fundraisers and has helped secure corporate sponsorships and silent auction items, as well as provided financial support for the annual fashion show.

"This is my favorite day of the year, when we can award the 'angels' of our oncology community for their whole-hearted, loving commitment to cancer care on behalf of everyone that is empowered as a result of their dedication," said Valerie Butram, oncology outreach education coordinator at Lee Health.

For information on supporting the Regional Cancer Center, visit www.leehealthfoundation.org/regionalcancercenter.*



Colette Hawkins and Paula Buchanan
photos by Michael Caronchi



From left, Angela Santacroce, Karen Dias and Val Butram



Aruba Malik and Principal Tina Parsons of Crestwell School



From left, Patti Chlipala and Dennis Bruens with Carolyn and Doug Comrie



Jaclyn Friedman and Alyssa Young



From left, Mike Warthen, Tommie Schott and Lauren Portelli



Attendees at the 13th annual Colors of the Sea Fashion Show

SWFL Strong T-Shirt Campaign Aids Relief Fund

WearTheFund, a mission-driven custom apparel company, recently launched a SWFL Strong T-shirt campaign offering a unique way to help those most impacted with food, shelter and basic human needs due to the economic challenges caused by COVID-19. In collaboration with CONRIC PR & Marketing, WearTheFund created a #SWFLStrong apparel collection – adult, youth and even onesies – featured at <http://swflstrong.wearthefund.com> with \$10 from every purchase donated to the SWFL Emergency Relief Fund.

“As a local, socially-conscious business also feeling the adverse impacts of this crisis, we want to support other individuals and organizations experiencing the same,” said Sam Lewis, WearTheFund Founder and CEO. “With a #SWFLStrong Shirt, together we are one as a united community. I encourage everyone to spread the word so we can serve as many of our neighbors as possible.”

“This pandemic may be the hardest thing we have ever experienced in our lifetime but when our community comes together, we are stronger than COVID-19,” said Connie Ramos-Williams, president of CONRIC PR & Marketing who along with her CONRIC team launched the SWFL Strong Facebook Group, a safe space



Front of T-shirt

photos provided

for businesses, nonprofits and families to unite and share positive news and information. “We’re honored to support WearTheFund’s initiative to raise money for a local relief fund.”

The Southwest Florida Community Foundation, in partnership with United Way of Lee, Hendry, Glades and Okeechobee Counties, created the SWFL Emergency Relief Fund in response to COVID-19, distributing funding to nonprofits on the front line working with those most affected. The fund will provide resources to local organizations working to provide aid, as well as complement the work of public



Back of T-shirt

health officials and local government to expand capacity to address all aspects of the outbreak as efficiently as possible.

“Right now, every single dollar donated will make a difference in the lives of our residents,” said Jeannine Joy, president and CEO of the United Way of Lee, Hendry, Glades and Okeechobee Counties. “WearTheFund has given back so much to our community already. We are appreciative of this amazing opportunity that Sam has made possible to help even more people when it is needed most.”**

Local Girl Scout Volunteers Honored

April is National Volunteer Month, and Girl Scouts of Gulfcoast Florida is celebrating the achievements of two volunteers from Lee County.

Renee Worthington of Alva received the Volunteer of Excellence Award. This honor is reserved for those who have contributed outstanding service while partnering directly with girls to implement the Girl Scout Leadership Experience through the use of the National Program Portfolio, or who have contributed outstanding service in support of the council’s mission delivery to girl and adult members.

Tracy Sanders-Barnes of Lehigh Acres received the Appreciation Pin. This award is given to an adult for service that is outstanding and above and beyond the expectations of the position held, is delivered to at least one neighborhood or county within the council jurisdiction, and contributes to the council’s goals and objectives.

Both awards are also recognized nationally by Girl Scouts of the USA as two of the highest awards available to adults in Girl Scouting. The awards were presented in January.

To learn more about Girl Scout volunteering and membership, visit www.gsgcf.org or call 800-232-4475. Girl Scouts staff members are available to answer questions during the council’s regular business hours, Tuesday through Friday 7:30 a.m. to 5:30 p.m.**

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Karen's Killer Day



by Capt.
Matt Mitchell

Some of the best fishing can happen right before a front pushes through. This really played out for me on a charter this week. My clients got to experience one of

the most wide-open snook bites I have been lucky enough to see in a few weeks.

This particular morning started off with light winds as I picked up long time client Nick from Naples. What made this trip different was he was fishing with his wife Karen, who had only been out with us once before. After leaving the dock, our plan was to look for tarpon for the first hour of the trip and, if that didn't pan out, switch it up and target snook.

Even with super smooth water conditions, we only saw a few tarpon and quickly changed gears. After pulling into a deeper mangrove shoreline, it did not take long to start catching snook. Chumming live shiners had these fish fired up and, within 10 minutes, Karen had her first ever snook – a mid-20-inch-size model. We moved around on this same shoreline for about an hour and kept this bite going strong.

After casting a shiner up close to a downed tree stump, Karen hooked into a much bigger snook. This fish made a quick 25-yard run down the shoreline before turning and coming right back at us. After hanging her up in the

mangroves, Karen handed me the rod. I fed the fish some slack line managing to get it free and quickly passed it back. This fish was set on breaking us off in the trees. It tangled up again, this time on a sunken root ball. This last burst of energy caused it to lay up on the surface, exhausted and worn out. We crept in quietly and netted this 32-inch snook.

With a strong incoming tide and the winds picking up from the south as the front approached, the water was now up high. We headed for a favorite oyster bar on the eastern side of the sound, and I kept a eye on the radar as rain was on the way. During our first few casts, both Nick and Karen caught a few snook, then all hell broke loose as Karen stuck a much bigger fish. This snook struggled to get its whole body out of the water on the first jump only managing to show us its wide shoulders.

As I coached Karen, this fish ran all over and made strong runs as it tried to make it back to the oyster bar. Each time it was in danger of crossing the bar, she managed to turn this big snook and get it almost back to the boat. Once it was close enough, I gently netted this snook to remove the hook and get a few awesome pictures. After a few more stops, we also managed to hook a 24-inch trout but just could not get a redfish to complete the slam before the rain ran us in.

The timing on an approaching front or weather event can be the major factor in making the fish chew. Any time the barometer drops as the wind turns from the south, fishing can go from mild to wild and this was one of those mornings. After dropping them off at the boat ramp, I raced back across the sound as



Karen Little from Naples with a 34-inch snook caught with Capt. Matt Mitchell this week
photo provided

I unsuccessfully tried to beat the rain. Even while getting wet coming down the canal, I was still all smiles at the amazing morning snook bite we had been lucky enough to enjoy.

Capt. Matt Mitchell has been fishing

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

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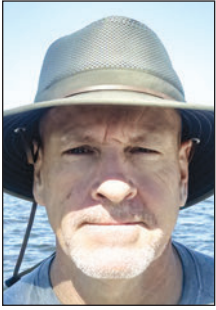
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Dave Doane

CROW Case Of The Week:

Mottled Duck



by Bob Petcher

The mottled duck (*Anas fulvigula*) is known as a surface feeder, one that looks for food by skimming along the water's surface with its neck stretched out and bill leveled to the water. This

"dabbling duck" feeds on submerged vegetation at the surface and seldom dives unless being pursued by a predator.

Mottled ducks are similar in size to mallard ducks, but differ in color. Mottled ducks have more of a rich brown color to their bodies and sport a brighter yellow bill. This species of duck has a sturdy medium-sized body, short neck and short tail.

Mottled ducks are more social than most ducks and form pair bonds earlier than other species.

According to the National Audubon Society, a major threat to the mottled duck's survival is the release of numerous pet mallard ducks in Florida and elsewhere in the southeast. These feral ducks interbreed with mottled ducks, and thereby dilute the wild population of the latter.

At CROW, an adult male mottled duck was admitted after being hit by a delivery truck. The duck was lucky to survive



Patient #20-1446 is recovering nicely from a large laceration after being struck by a delivery truck
photo by Missy Fox

with no broken bones, but did sustain a large laceration over the top of its neck and left shoulder. The same afternoon that the duck was admitted, veterinarians performed surgery to clean the wound and close it using sutures.

"The duck was given pain medications prior to going under general anesthesia for the laceration to be surgically repaired," said Dr. Robin Bast, CROW staff veterinarian. "The wound was

cleaned and flushed, and the skin edges freshened prior to closing the skin with sutures. Surgery went smoothly, and the patient recovered from anesthesia without any complications."

The duck also reportedly had an old healed injury to its right eye that had caused it to lose vision in that eye. Due to it being an older injury, nothing could be done to help its eyesight.

"The body has healed this injury as

much as it could on its own, and although it is not a functional eye, it is 'quiet' with no active inflammation or infection," said Dr. Bast.

With one functional eye, the patient should be released when fully healed and is expected to continue to live a productive life.

"This depends on the species and the natural history of the animal – how does it obtain food, does it need to migrate long distances, evade predators, etcetera. This injury is chronic – it has had it for a while – and aside from the recent traumatic injuries from being hit by a vehicle, the duck was in good body condition," said Dr. Bast. "This is evidence that it was surviving well on its own prior to the accident. It likely won't migrate and has other ducks that it lives with, so we are comfortable releasing it back where it came from once its neck laceration is healed."

In the meantime, the patient is being pampered while completing its medications.

"The duck is getting tub time daily, eating on its own, and once it finishes a course of antibiotics to treat for potential infection, we expect it to be released later this week," said Dr. Bast.

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

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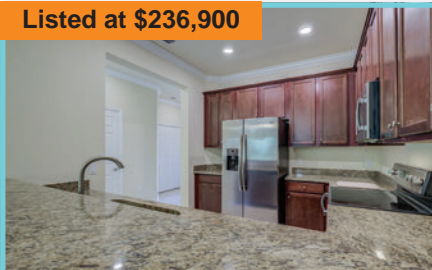
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Plant Smart

Eastern Poison Ivy

by Gerri Reaves

Eastern poison ivy (*Toxicodendron radicans*) is native member of the sumac, or cashew, family, which, oddly enough, also includes edible plants such as mango and pistachio. Toxicodendron means “poison tree” and radicans refer to the rooting stems. Few vines are as maligned as this one, and understandably -- who wants a painful skin reaction?

However, while keeping your distance from it, also appreciate that like all species it has a rightful place in the web of life. In the wild, it grows in woods, wetlands, along roadside and in other disturbed areas.

Poison ivy can be erect and shrub-like, trailing, or climbing. Very old vines can have quite large woody stems. The alternate trifoliate leaves might be dull or shiny, sometimes with a few blunt teeth. The leaflets are roughly ovate and two to four inches long. Clusters of tiny five-petaled yellowish white flowers appear in the leaf axils. In fall, the stems and leaves turn reddish and white berries appear. Caution: Contact with the plant can cause skin inflammation, blisters,



Native eastern poison ivy is toxic to humans but the berries are consumed by birds and small mammals photo by Gerri Reaves

rashes, fever, or enlarged glands. The powerful irritant, urushiol, can remain on clothing and shoes for months, so use caution. Don't burn the vine, for even the smoke can carry the toxins and affect the respiratory system. The berries are poisonous to humans, but not to the birds and small mammals who spread the seeds. Degree of sensitivity to the toxin varies from person to person and can even change over time. This vine is often confused with Virginia creeper (*Parthenocissus quinquefolia*), a native wildlife-friendly species. Before donning gloves and ripping out a volunteer vine you suspect of being poison ivy, verify the species. Virginia creeper's leaves have five leaflets, not three, and the fruit is dark purple-black, not white. In addition, its climbing tendrils have foot pads that attach to surfaces. Sources: *Everglades Wildflowers* by

Roger L. Hammer, *Florida Plants for Wildlife* by Craig N. Huegel, *Florida's Poisonous Plants, Snakes, and Insects* by Lewis S. and Betty M. Maxwell; *National Audubon Society Field Guide to Florida* by Peter Alden et al., *The Shrubs and Woody Vines of Florida* by Gil Nelson, www.floridata.com, and <https://gardeningsolutions.ifas.ufl.edu>. *Plant Smart explores the diverse flora of South Florida.*✱

It's Been War In My Victory Garden

submitted by Amy von Keyserlingk

Last year, I started my small garden. We had just moved about two miles from our previous home to another house on Sanibel with a little more room and a lot more green space. My first crop was just in flower pots until I knew the sun patterns. This attempt was quickly wiped out by the marsh rabbit brigade that included rabbits standing on their hind legs and dining away. A major defense was now required. I enclosed an area of 10 feet by eight feet with plastic green fencing and edged it with bricks to keep the rabbits out. It worked, and I had lettuce, peppers, tomatoes and leafy green okra thriving. We went on vacation for about 10 days, and when we returned, nearly everything was gone. I checked the fence for breaks, and the bricks for digging, but there was no sign of entry. I was stumped. Rats? Raccoons? Japanese beetles? Napalm? Then, a few days later, the culprits appeared. Three large iguanas were finishing off the few remaining plants. The biggest iguana was about five feet long from nose to tail, with a thick body and spiky crest. I yelled and chased them for days until they got the message that they weren't welcome, except for one particularly determined one. I opened my garden gate and surprised him in action. He panicked, ran straight at the fence and

got stuck in there. Not really having a plan, I reached down and grabbed him by the tail. I held him at arm's length while he thrashed and struggled. He was about 3 ½ feet long overall. I was surprised by his weight and strength. As I debated on what to do with him (I have a hard time killing even a bug), his tail suddenly snapped off and he made his escape. I was left holding a muscular, wriggling tail about the size of a cat's tail. That finally did it. I dropped the tail and, as it still moved about on the ground, I ran for the soap and water. There was no blood, but I was disgusted. I have yet to see that tailless iguana again. I read that when captured, just like a lizard, they have an amazing physiological ability to shut off the blood supply and abort the tail in order to escape. It would take about a year for the iguana's tail to grow back, and hopefully even longer for his foolish courage and mine as well. That article showed images of rather nasty bites that they could inflict. There was no way to put a lid over the garden, so I built a very amateurish cage while discovering just how much I hated fighting with a merciless roll of chicken wire. I was scratched and poked, and the cage that was roughly four-foot by five-foot resembled more of a trapezoid than a rectangle, but my tomatoes and peppers now had a safe place to grow. I started my new spring crop last week outside of the tomato cage, and the other day I found some of the little seedlings chewed off. I had been lulled into a false sense of peace. The war was back on. I returned with more seed packets and found a rabbit inside

the garden. He made a beeline for the fence and seemed to magically fit right through the little squares. On closer examination, I found three cuts in the squares and three little pieces of green plastic on the ground. The little bugger had chewed through the fence. Back to the battle plan. I gathered all of the scraps of fencing wire I could find and double-wrapped the entire garden. Today, I went to weed around my plants and got swarmed by large black ants. I ran for the insect spray and pushed back their assault. Please don't ask me how much I've spent on all of the fencing, seeds, soil, bandages and the swear jar. This fight has become a challenge. The losses have been high: Washingtons, Lincolns, Jacksons, and probably even some Benjamins by now. I will not surrender. The rewards are too great: vine-ripened tomatoes, crisp orange bell peppers, and the sweet taste of success. Stay strong, fellow gardeners.✱

Water Quality, Flood Mitigation Projects In Action

The Lee Board of County Commissioners recently voted to move forward with several projects to improve water quality and mitigate the threat of stormwater flooding in Lee County. The approved projects include: An accepted grant from the Florida Department of Environmental Protection (FDEP) for the FPL

Powerline Easement Water Quality Project located in North Fort Myers in the amount of \$47,798.19. The grant funds will reimburse the County for expenses related to further due diligence concerning project feasibility, design plans, land surveying, updated nutrient removal calculations and model simulations of the expected results. The goal of the project is to improve the quality of water flowing from the Stroud and Palm Creek watersheds into the Caloosahatchee River, which has a Total Maximum Daily Load (TMDL) for nitrogen. Funding for the project is budgeted in the current fiscal year. A change in contract with AIM Engineering & Surveying Inc. for additional survey and assessment services toward the development of the Southern Lee County Flood Mitigation Plan. This will incorporate the East Mulloch Water Control District (EMWCD) into the area under review. The overall plan consists of establishing plans and recommending projects to reduce flooding on a large regional scale including Lehigh Acres, southeast and south Lee County and Whiskey Creek watershed. A contract in the amount of \$107,500 with North Fort Myers-based Woods & Wetlands, Inc. to provide nuisance vegetation and debris removal from Palm Creek. For more information on Lee County Natural Resources' efforts to protect and improve water quality, visit www.leegov.com/naturalresources/waterquality. For more information on Lee County's flood mitigation efforts, visit www.leegov.com/flooding.✱



Wendy Wootton and Julie Ferguson of the Cape Coral Caring Center thank Comrie Cancer Foundation for a generous donation photo provided

Caring Center Receives Large Donation

The Cape Coral Caring Center has received one of the largest single donations in the emergency food pantry's history. A check for \$25,000 from the Comrie Cancer Foundation, a nonprofit organization based in Boca Grande, was recently presented to the center.

This is a critical time for all Floridians because of COVID-19, and Comrie's generous donation will help in the Cape Coral Caring Center's enormous efforts to provide food and other assistance to residents as the need grows because of the health and economic crisis.

The Comrie Cancer Foundation was established to raise funds on a continuing basis to support the battle against cancer, focusing on providing aid to low income cancer patients who need financial assistance because of the high costs of cancer treatments. The foundation works with social workers at local hospitals to evaluate the needs of patients and then provides financial support for those under the poverty level. Support can include assistance

with rent, other household costs or medication.

"We give food generously, so people have some breathing room to get out of their emergency before they need food again," Cape Coral Caring Center Executive Director Julie Ferguson said. "We are grateful for this donation as the need with so many people has increased exponentially, with people being unable to work because of COVID-19."

The Cape Coral Caring Center continues to provide pre-packaged meals to residents Monday through Friday. Taking the necessary precautions because of the virus, Caring Center volunteers load food into cars as people drive up. Food donations continue to pour into the center to help satisfy the tremendous community need.✱

University Reschedules Commencement

The rite of passage for university students is graduation. True to form, the Hodges University Class of 2020 has been counting down the days to celebrate their accomplishments.

Due to COVID-19 and for the safety of all Hodges students, faculty, staff and the community, the Hodges University 31st annual Commencement Ceremony has been rescheduled to Sunday, October 4, 2020.

The ceremony will remain at Hertz Arena as originally planned and will begin at 4 p.m.

"We put the safety and well-being

of everyone first, so the decision to reschedule the ceremony from June 7 to October 4 helps ensure that we are still able to formally and properly honor our Class of 2020 graduates," said Dr. John Meyer, president of Hodges University.

For more information and any updates, visit www.hodges.edu/graduation.✱

Refuge E-Store Is Open For Business

The "Ding" Darling National Wildlife Refuge e-store, www.ShopDingDarling.com, carries a limited line of logo T-shirts and baseball caps.

Check out the new Currently Available page on the e-commerce page. It features a limited number of small, easy-to-mail items the store is able to access and send during the current state stay-at-home order, due to the coronavirus pandemic. Peruse the site's other pages to see the new items being added weekly for order when the site fully reopens. Profits from all purchases benefit the refuge and conservation, which need your support now more than ever.

Now you can follow the latest available gifts by online order at the new e-commerce site Instagram page. Follow the page to stay in the loop about products as they become available during and after the COVID-19 crisis.✱



Baseball caps and T-shirts are available online photo provided

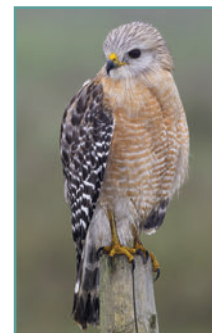
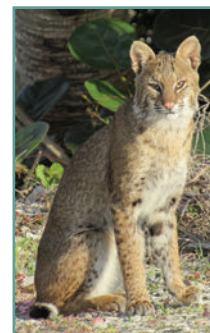
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Book Review

The Splendid And The Vile



by Di Saggau

Erik Larson is without a doubt at the top of the list of my favorite authors. I have read all of his books and just finished his latest *The Splendid and the Vile* about Churchill, his family

and defiance during the Blitz. What I love about Larson's books is they are non-fiction but read as novels. His style of writing and research is fascinating. This book gives the reader a fresh and compelling portrait of Winston Churchill and London during the Blitz.

Drawing on diaries, original archival documents and once-secret intelligence reports, Larson tells us how Churchill taught the British people "the art of being fearless." On Churchill's first day as prime minister, Hitler had already invaded Holland and Belgium. Poland and Czechoslovakia had fallen and Dunkirk was just two weeks away. For the next year, Hitler wages a relentless bombing campaign, and it was Churchill's responsibility to hold his country together and to persuade President Roosevelt that Britain was willing to fight to the end. He needed

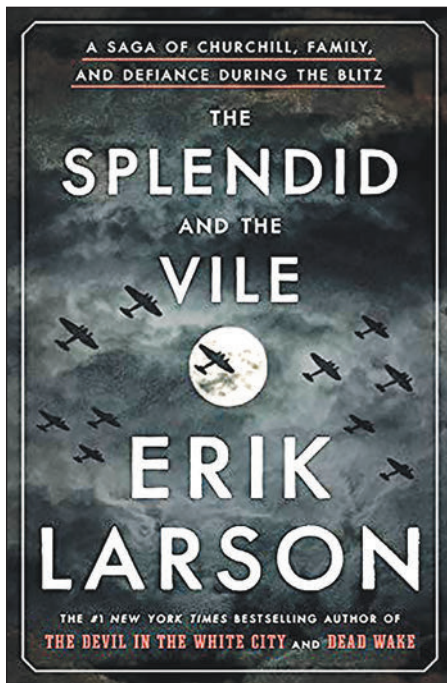


image provided

America's help.

Churchill quickly won over the British public, thanks partly to his famous speech on June 4, 1940, when he said, "We shall fight on the beaches, we shall fight on the landing grounds, we shall fight in the fields and in the streets, we shall fight in the hills; we shall never surrender." Churchill had a knack for making people feel stronger, and more courageous. Larson details how Churchill was successful in persuading Roosevelt to help the British out.

He tells us that between September 7, 1940 when the first large-scale attack on central London occurred, and Sunday morning, May 11, 1941, when the Blitz came to an end, nearly 29,000 of its citizens were killed and 28,556 seriously injured. Throughout the United Kingdom, the total of civilian deaths in 1940 and 1941, including those in London, reached 44,652, with another 52,370 injured. Of the dead, 5,626 were children.

Larson not only focuses on Churchill and his family, he also gives us a vivid account of the Blitz, the German bombing campaign that put fear in

the British for several months. At the height of the bombing, Churchill would go to the roof tops to see what was going on. Larson provides a day-to-day experience during London's darkest time, of Churchill; his wife, Clementine; their youngest daughter Mary; their son, Randolph; and his beautiful but unhappy wife, Pamela.

The Splendid and the Vile takes us back to a time of true leadership when Churchill's courage and perseverance bound a country together. There are numerous books about World War II, but there's only one Erik Larson, one of America's greatest storytellers.*

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, I know that deep breathing helps kids and adults calm down, and it relieves some stress, but my kids don't want to do this. They say it's boring. The few times that they have been able to practice deep breathing, I've seen the change in them. They are much calmer and feel better too. Are there any tips or tricks you could suggest making deep breathing exercises more fun for a 6-year-old and 8-year-old?

Kim R, Fort Myers

Kim,

It's very understandable that your children are finding deep breathing boring. It's a somewhat abstract concept for that age range to understand. There are ways though to make deep breathing more fun and include more motion so that children can engage more easily and enjoy the process. Below are various techniques to use that will make deep breathing exercises something they will look forward to.

Elephant Breathing – Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.

Bumblebee Breathing – Sitting comfortably, gently place the tips of your pointer fingers in your ears and close your eyes. Breathe in through your nose and then hum quietly as you slowly breathe out.

Shoulder Roll Breathing – Choose a comfortable sitting position. As you take a slow deep breath in through your nose raise your shoulders up towards your ears. Breathe slowly out through your mouth, lowering your shoulders as you exhale. Repeat slowly, rolling your shoulders up and down in time with your breath.

Snake Breathing – Sitting tall, breathe in, pause, then slowly and smoothly breathe out making a hissing sound for as long as you can.

Feather Breathing – Children practice

their breath by blowing real or imaginary feathers off their hand, up in the air, or just at the feather to watch it move.

Wood Chopper Breathing – Standing tall with legs hip distance, raise arms above head and clasp hands together. Breathe in through nose and as you exhale say "HA" to "chop" wood.

Bunny Breathing – Seated, sit on shins with hands in "bunny" hands in front of heart as you take quick sniffs. Sniff rapidly for 10 rounds, relax and repeat several times.

Belly Breathing – Place small toy on stomach to see and feel it rise and fall. See how many breaths it takes for the toy to fall off.

The health benefits of deep breathing or yogic breathing for children are significant. Tonia Kulp, certified yoga instructor at Children's Hospital of Philadelphia says that, "Simple yoga breathing is a powerful tool in managing our emotions, energy levels, feelings and thoughts. Controlled, conscious breathing can decrease anxiety, help to manage pain and discomfort, aid in the balancing of unpleasant thoughts and emotions, and even help fight inflammation that can lead to disease. And breathwork is easy, free and accessible to anyone — including our youngest children"

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

From page 3

Weekend Meals

Bonita Springs Elementary, 10701 Dean Street, Bonita Springs
Harlem Heights Community Charter School, 15570 Hagie Drive, Fort Myers
Tice Elementary, 4524 Tice Street, Fort Myers

Boys & Girls Club of Lee County, Fort Myers, 7275 Concourse Drive, Suite 200

Boys and Girls Club of Lee County, Lehigh Acres, 1262-1260 Wings Way
Boys and Girls Club of Lee County, Pueblo Bonito, Bonita Springs, 26120 Pueblo Bonito Boulevard.*

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THOMAS P. HALL
ROBIN C. TUTHILL, EDITOR

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

Program Honors Healthcare Professionals

Millennial Brewing Company is introducing a program – Pay It Forward Pints – that honors those who are making sacrifices during the COVID-19 pandemic.

For \$5, you can add a pint of microbrew to your purchase for a local healthcare professional. Millennial Brewing will then deliver your order and hold the pint for the healthcare professional to redeem when the taproom reopens to the public. These discounted pints can also be purchased for a first responder or a friend or neighbor who has helped out in some way during this outbreak.

To schedule a delivery and purchase your pint, visit <https://millennialbrewing.square.site>. From there, customers will be prompted to complete a form that includes their name, a message to the recipient and the value of their gift.

“Our healthcare professionals are working diligently and overtime to ensure the safety of our community. We want our customers to be able to give back, while still ensuring those workers can protect our health,” said Kyle Cebull, founder and CEO of Millennial Brewing. “These orders will be placed on our wall until recipients can claim them.”

Pay It Forward Pints comes after Millennial Brewing launched a \$30-minimum-purchase delivery service that grants customers in eight Lee County zip codes the ability to order growlers, six packs of bottles, merchandise, beer soap and other

items. Since then, Millennial Brewing has expanded the delivery service to all of Fort Myers, as well as Fort Myers Beach, Sanibel, Cape Coral, Port Charlotte, Punta Gorda, Estero, Bonita Springs and Naples on select days and for a limited time, giving more Southwest Floridians the opportunity to also give back to those helping others through COVID-19. For further details, visit <https://millennialbrewing.square.site>.

All customers must be present to receive their delivery, as well as present a government-issued ID and the credit card used to purchase the order.

All Fort Myers customers must place orders by 6 p.m. for a same-day delivery by 8 p.m. All Fort Myers Beach and Sanibel customers must place orders by 3 p.m. for a same-day delivery between 4 p.m. and 6 p.m.

For more information call Millennial Brewing at 271-2255, or visit www.facebook.com/millennialbrewing.✱

Repairs At Punta Rassa Intersection On Wednesday

Lee County Department of Transportation (DOT) will be doing overhead maintenance at the intersection of McGregor Boulevard and Punta Rassa Road on Wednesday, April 29 between 9 a.m. and 3 p.m. The traffic signals will be dark and the Lee County Sheriff's Office will be on scene for traffic control.

For more information, visit www.leegov.com/dot or contact the DOT's Traffic Operations Center at 533-5762 or leetraffictoc@leegov.com.✱

From page 1

Gold Scholar

Foundation for recognizing these student leaders and for investing in their futures,” said Dr. Lynn Tincher-Ladner, president and CEO of Phi Theta Kappa. “Scholarships like these are integral to the success of these students in reaching their educational and career goals.”

Phi Theta Kappa is the premier honor society recognizing the academic achievement of students at associate degree-granting colleges and helping them to grow as scholars and leaders. The society is made up of more than 3.5 million members and nearly 1,300 chapters in 11 nations, with approximately 240,000 active members in the nation's colleges. Learn more at www.ptk.org.✱



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Virtual Talent Development Chapter Meeting

Joanne Cumiskey, founder and president of Vision Quest Leadership LLC, will be the featured speaker at the Association for Talent Development's (ATD) chapter meeting on Wednesday, April 29 from noon to 1 p.m. Cumiskey will discuss BAM! The Power of Integrating ATD's Capability Model Into Models for Business Success. Attendees will learn how the ATD Capability Model is a blueprint for organization impact.

The world of work is changing rapidly and putting new demands on talent development professionals now more than ever. Digital transformation, artificial intelligence and a new workforce composition are just a few of the trends challenging the industry's skill sets. There is a need to grow and change with the times to leverage interpersonal skills along with professional expertise to work as true business partners for achieving organizational goals.

Cumiskey will share:

How the ATD Capability Model assimilates with the business-focused Development Model used at Vision Quest Leadership;



Joanne Cumiskey

photo provided

An interactive exercise of disassembling the ATD model and aligning the talent development skills and expertise for developing tomorrow's leaders; and

New ways to apply this new model in the business context of your organization.

Cost for ATDWFL members is \$18 and \$25 for non-members. Deadline to register is Tuesday, April 28.

Register online at www.atdswfl.org.✱

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Will Power

Finding The Right Basket



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

When choosing how to approach your estate plan, it's important to realize that the different types of assets that you own have different legal and tax treatments. The way that I most often explain it is to consider them grouped into separate baskets, and then deciding how you want your estate plan to distribute each type of basket.

The first basket consists of your Florida homestead. Florida law limits what you can do with your homestead in your estate plan. My book, *Asset Alignment and Your Estate Plan*, details the complex issues surrounding the devise of your Florida

homestead through your will or trust.

If you are married, for example, and do not have a nuptial agreement with your spouse, then you must bequeath your homestead in fee simple to your spouse. You cannot bequeath a life estate interest or put your homestead in some kind of a trust that benefits your spouse for life and then distributes it to others. If you do, then you have an invalid devise. I've written other columns on this topic before. If your plan involves bequeathing your homestead other than outright to your spouse, then this basket needs attention – and likely will need at least a limited nuptial agreement dealing with this issue.

The second basket consists of your IRA, 401(k), pension and profit sharing plans (Qualified Retirement Accounts). Here, whomever you leave these accounts to will have income tax liability associated with any withdrawals, just as you presently recognize taxable income (unless you have Roth accounts) when you take distributions. While a spouse is the only beneficiary who can “roll over” the account into his or her own account, non-spouse beneficiaries will have Required Minimum Distributions (RMDs) upon receiving an inherited IRA, regardless of their age. If a minor is named as a beneficiary, a court process will also be required without proper planning. Moreover, if you name a trust as the beneficiary of this kind of account, income taxes may be accelerated without proper planning.

The third basket consists of stocks, bonds, mutual funds, cash and bank accounts

that are not Qualified Retirement Accounts. These assets receive a step-up in tax cost basis at the death of the account owner, meaning that unrealized capital gains are usually eliminated. These types of accounts have the fewest restrictions on how you can bequeath them in your estate plan.

The fourth basket consists of closely held business interests. These assets aren't easily disposed of, as they are not traded on any stock exchange. Moreover, you may have other family members or third parties involved in the business or entity. There may be a shareholder, partnership or membership agreement that either restricts the disposition, or requires that the interest first be offered to the other shareholders at death. In the case of “S” Corporation stock, there are important elections that must be made within a certain time period after the death of the owner, and the type of beneficiary is restricted under federal tax law.

The fifth basket consists of annuities and life insurance policies, which have beneficiary designations. Annuities are similar to Qualified Retirement Accounts because the beneficiary will usually recognize taxable income when receiving distributions. The recent SECURE Act had some major impact on these types of accounts. Wills and trusts generally do not govern the disposition of these assets unless they are named in the beneficiary designation. Trusts named as beneficiaries of annuities may incur higher income taxes than direct beneficiaries due to their compressed federal income tax rate structure.

The sixth basket consists of real estate that is not your Florida homestead. There may be inheritance taxes associated with this asset if it is owned in a state that imposes such taxes. Commercial real estate may be held in the form of a corporation, partnership or LLC discussed earlier. The ongoing management of this asset should be considered in your estate plan.

Yet another basket might be a trust in which you are a beneficiary and possess a “power of appointment” that would allow you to alter its disposition from the default provision in the governing document, which might be a parent's will or trust. Your attorney should determine whether you have a power of appointment, whether it is limited in any way, and whether the value of the trust will be considered taxable in your estate for federal estate tax purposes.

There may be other baskets in any individual plan. So as you can see, when planning your estate, all of the different baskets should be considered, along with their unique legal and tax consequences. Failure to consider the intricacies of each type of asset might result in missing planning opportunities, or in unintended adverse results.

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Life Insurance

Reasons To Buy Life Insurance



J. Brendan Ryan, CLU, ChFC, MSFS

Why do people buy life insurance? For a wide variety of reasons, far too many to discuss here. But, for the most part, people buy life insurance

not because someone will die but because someone will live on after the death and:

- will need cash or;
- will continue to consume or;
- will be faced with unpaid bills or;
- will want to keep property that will otherwise change hands or;
- things will just need to be repositioned or balanced.

What problems might survivors face after a death that life insurance can mitigate?

Need for cash – In our culture, death triggers all sorts of obligations that have to be paid pretty promptly. Funeral expenses become the first order of business. Federal estate taxes may have to be paid. State estate tax or inheritance tax may be due. Unpaid loans on the decedent's name will come due. The government will demand that any unpaid income taxes be paid immediately. Probate costs, executor fees, legal fees,

appraisal fees and accounting fees must be paid.

Life insurance leverages up a series of relatively small payments (premiums) made over the years into a relatively large lump-sum payment (death benefit) immediately, payable to a beneficiary, on time, untaxed and untouched. It is like manna from heaven just when it is needed.

Unwise bequests – Sometimes, because of inadequate planning or perhaps the failure to keep wills and trusts up to date as circumstances change, the wrong property is passed to a particular heir by will or by contract at death. The heir may not be smart enough, skilled enough, or decisive enough to run the family business. Or marital circumstances of the heir or behavioral changes in the heir, such as substance abuse or prodigal behavior, make currently planned bequests ill-advised.

If a particular heir is deemed not suitable to receive certain property, such as a family business, under the will, life insurance can be used to pass the equivalent amount to that heir without jeopardizing safety or integrity of that property. If it would be best if the death benefit not be paid in lump sum to that heir, the benefit could be payable to a trust for the benefit of that heir. Or the insured could instruct the insurance company before death to eventually pay the death benefit in installments to the heir under a settlement option.

Need for more assets – It may be that the estate assets are simply not enough to cover the needs of the survivors, including the surviving spouse's need for

retirement income, the college education of the children, financial needs of the grandchildren, special-needs disability of a family member, or simply a financial legacy.

As stated earlier, life insurance creates an instant fund at death that can be applied to these needs.

Preservation of Assets – Funds are sometimes needed to maintain the ownership and benefit of an asset. A family business comes to mind. Life insurance can be used to equalize bequests to heirs not involved in the business. Or it can be used to set up a fund to pay ongoing property taxes of valued family real estate that might otherwise have to be sold or forfeited to

the state.

Long-term care – A life insurance policy can provide its full death benefit to pay for the nursing home or home healthcare needs of the insured. Whatever part of the death benefit is not used in this manner is paid to the beneficiary at death.

If the policyowner wants to be assured that a certain amount goes to the beneficiary in any case, just a portion of the death benefit can be made available for long-term care needs, if called upon, with the balance reserved for a death benefit.

J. Brendan Ryan is a Cincinnati insurance agent. He can be reached at jbryanclu@aol.com.✴

Assistant Vice President Named At Local Bank

Sanibel Captiva Community Bank recently promoted Mark Rodgers to assistant vice president at its Gateway branch. His primary responsibility is to continue expanding the bank's lending footprint in the Gateway community.

Rodgers has been a loan officer at the Gateway location since 2018. A Southwest Florida resident since 1981, he has more than two decades of banking experience as well as a background in the home health care industry.✴



Mark Rodgers

photo provided

Superior Interiors

How To Turn Your Bedroom Into A Lavish Getaway



by Jeanie Tinch

There's nothing quite like staying in a luxurious hotel suite, the comforting atmosphere really has a way with helping you forget about all of the stress and worries of life. What if

you could feel the same way in your own bedroom? It might already be the place you go to unwind, but with a few adjustments in the design, you can turn it into the resort of your dreams.

Creating a bedroom that's similar to a lavish getaway is easier than you think. Following a few key design steps can bring this aesthetic into your own master bedroom.

Most importantly, invest in your comfort. A pleasing sleeping arrangement should be the top priority of your space, after all, it is your bedroom and that means maximizing on luxurious comfort. Don't only invest in a cozy comforter set with matching pillow shams. Cover your bed in high thread count sheets and decorative throw pillows; it's one of the easiest way to transform your room from everyday drab to hotel-luxury fab.

Use multiple lighting fixtures throughout the space. Relying on your overhead light fixture may provide necessary lighting for the room, but it won't add the elegance you're trying to achieve. Investing in multiple sources of

light to illuminate the space will provide the soothing environment you're going for. Fill the room with a variety of table and floor lamps and invest in a new, serene chandelier, preferably one with a dimmer to make intimate adjustments.

Decorate with a scheme of calming hues. Think about the last spa you visited. The walls and décor in serene environments, such as a resort or health club, generally stray away from bright, loud colors. To channel the same peaceful feel in your bedroom, stick to decorating with a calm color palette. Hues found in nature, such as soft greens, pale blues and sandy tans, can help you achieve the calm and collected aura you crave in a luxurious setting.

Find space to create a seating area. Most hotel rooms offer more than just a bed for furniture, and your room deserves the same treatment. Creating a seating area in your bedroom is equally comfortable and luxurious, and provides the perfect spot to curl up with a book before you lay down for bed. A lush chaise would make the ideal piece of furniture in an elegant retreat.

Reorganize your surfaces. For most, the open space on top of a nightstand, vanity and chest means one thing... easy-access storage. Unfortunately, that will only make your bedroom look messy and cluttered. Clear these surfaces and move your belongings to a stylish shelving unit or stow it away in the closet. Remember, a clean and serene bedroom will be nothing short of satisfying.

Once you're ready to turn your bedroom into the sanctuary of your dreams, contact an interior design professional. He or she will assess the space and help you come up with an appropriate design agenda.

*Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coinedecden.com.**

Convalescent Blood Donors Needed For Study

Patients who are being admitted to Lee Health hospitals with proven SARS-CoV-2 infection (the virus that causes COVID-19) may qualify to enroll in a clinical trial providing access to experimental convalescent plasma for the treatment of COVID-19.

Lee Health has been accepted and registered as a participating site in Mayo Clinic's COVID-19 Convalescent Plasma Study.

Mayo Clinic is the lead institution providing coordinated access to investigational convalescent plasma for hospitalized patients with severe or life-threatening COVID-19, or those who are at risk for the development for severe illness as judged by their doctors, and was designated to do so by the Food and Drug Administration (FDA) on April 3.

Convalescent plasma refers to blood plasma collected from people who have recovered from COVID-19. That plasma is then used to treat others with advanced illness. The blood donor must have recovered from, and tested negative for,

COVID-19 and be otherwise eligible to donate blood. After donation, the blood is processed in the lab to obtain the plasma component. The patient is transfused with the donor's convalescent plasma, which contains antibodies that may attack the virus and may help the patient recover more rapidly.

Enrollment in the study is based on the protocol's preset exclusion and inclusion criteria and on the availability of an appropriate blood-type matched unit of convalescent plasma. Being admitted to Lee Health with COVID-19 does not guarantee a patient will qualify for this trial, and even if a patient does qualify, because of probable limited convalescent plasma supplies, the patient may not be enrolled in this study and receive convalescent plasma. All participants will sign informed consent as required by the Mayo's Institutional Review Board, a committee tasked with protecting the rights and welfare of human subjects.

There is no known safe and effective treatment for COVID-19. As in any clinical research study, it is unknown if the treatment will be therapeutic and there are risks involved. However, based on its use to treat other viral infections, researchers hypothesize that the plasma

continued on page 16

Director Joins Builders Care

Crystal Stouten has been appointed executive director for Lee BIA Builders Care, the nonprofit charitable arm of the Lee Building Industry Association (BIA).

In her role, Stouten will work with contractors and local businesses to secure in-kind services, as well as monetary and material donations, to help Lee BIA Builders Care carry out its mission to provide emergency construction services at no cost to needy and deserving elderly and/or disabled homeowners, and their families, who cannot obtain repairs through traditional means. The executive director also helps assemble teams of skilled volunteers to complete construction projects and lead fundraising events throughout the year.

Stouten, a seasoned sales, marketing and communications professional, previously served as business development director and customer relations manager for Service Contracting Solutions, a Fort Myers-based company that is one of Florida's largest painting contractors. While there, Stouten collaborated with the executive team to improve policies and procedures while also overseeing marketing campaigns and recruitment, coordinating company events and maintaining relationships with vendors.

Stouten's related experience also includes a position as membership director for the Cape Coral Construction



Crystal Stouten

photo provided

Industry Association (CCCCIA) and in purchasing and vendor relations for K. Hovnanian First Homes.

Stouten is a member of numerous local committees, including the Cape Coral Chamber of Commerce, Lee Building Industry Association, Associated Building & Contractors Association, Building Managers International and other community-based organizations.

To date, Lee BIA Builders Care has helped more than 425 Lee County families and has provided over \$4.75 million in construction services and materials at no cost to the families in need.*

YOUR NEUROLOGICAL SYMPTOMS MAY HAVE A STRUCTURAL CAUSE!

- Balance problems
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- Swallowing or speaking difficulties
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- Torticollis / cervical dystonia
- And many more!

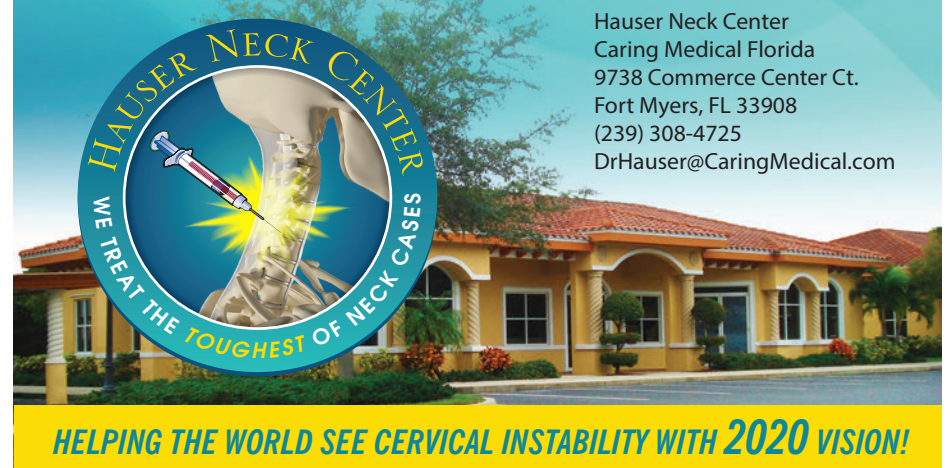
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Ross Hauser, MD

Hauser Neck Center
Caring Medical Florida
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Fort Myers, FL 33908
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HELPING THE WORLD SEE CERVICAL INSTABILITY WITH 2020 VISION!

Frankly Speaking



by Howard Prager
Thank you, dear readers and editor. Last week, the *Chicago Tribune* condensed its sports section – it’s now in the business section after business news and obituaries.

Are sports gone – say it isn’t so, Joe! As Mark Twain reportedly said, “The reports of my death have been greatly exaggerated.” Sports is too much a part of our culture, like the arts, theater and celebrations, to go away. What it does mean is we’re going to have to stay creative for now. After the NBA showed the “professional” HORSE competition, ESPN is now airing a 10-part series called *The Last Dance* – the Chicago Bulls and Michael Jordan’s quest for their sixth (and final) championship in 1997-98.

Another day, another baseball proposal – this one having teams playing in their own ballparks for only TV cameras and a realignment for this year keeping all games regional – northeast, midwest, south and western

divisions – with no distinction between leagues. Players would be able to stay home instead of the Arizona proposal that had them quarantined for four months, and there is talk about weeklong homestands against one team at a time to minimize travel. We haven’t seen the last of the creative reimagining of baseball, not to mention other leagues and games. And more series and creative ways to try and fill the sports void we are all feeling.

Let me share what I think is a good news football story to coincide with the NFL draft this week. It involves an interview I had with Jillian Walsh, one of the first girl high school football players in Illinois. Jillian is a senior at Carmel Catholic, a suburban Chicago High School, and was a soccer player. She heard that the football team needed another kicker during her freshman year and “had a crazy idea to ask the coach and go out for it.” Jillian is the youngest of seven, none of whom played football. So, this is all Jillian’s idea. I wondered how she was treated and accepted by her teammates. She said “no problem, they fully accepted me and I go through the same drills and exercises they all do.” Jillian felt the closeness and camaraderie of the team. “In football, we spend a lot more time together than soccer – team dinners, team bonding, mass together, during

summer we spent a lot of time with each other and got to know each other well. I’m talking with my teammates all the time on the sidelines in football. There’s just less down time in soccer to do that.” She thought her private school atmosphere helped too, and wondered whether she would have felt the same bonding and support at a public high school.

What about logistical things like uniform, locker room, etc. “I have a uniform that was the smallest size they had. I get dressed in the girl’s locker room myself with the cheerleaders and poms – everyone was super nice and supportive, even helping me get my gear on. Other girls and students throughout the school were all very supportive – no one in the school thinks I shouldn’t be playing football.”

I asked her how it compared to the feeling of playing varsity soccer. She said in soccer there’s just not as much celebration and scoring, and certainly not the same number of fans in the stands.

What was her most exciting moment? “My sophomore year I won a game against one of our biggest rivals and got the game-winning points. All my teammates ran on the field, picked me up, and everyone was going crazy.” This year, she kicked extra points, and was perfect.

Do you feel like a pioneer? “Kind of, not really. Now a girl who’s a freshman came into Carmel and wants to play football and feels she’s motivated to do it. It’s great to hear that I could be setting things up for other girls that want to play.” When I asked her what positions girls could play, she replied she doesn’t think positions matter – “whatever your strengths are, that’s where your position should be – if you’re good at catching, be a wide receiver, etc.”

I asked her that now with her football success, is she thinking about playing in college? No, she said she’s decided to hang up her cleats, but not her insights and knowledge of the game. “I watch every football game I can – guys think girls don’t understand but most girls do. Now that I’ve played it, I see what went wrong in the play, how they missed a tackle, what went good in the play.”

What’s good is having Jillian on your team, because I have a feeling that whatever Jillian sets her mind to, she is going to succeed.

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.✴✴

Emergency Hardship Fund Supports Fans

The Red Sox Foundation recently announced the creation of the Red Sox Foundation Emergency Hardship Fund to help those who are experiencing food insecurity in New England and Southwest Florida as a result of the COVID-19 pandemic.

“We looked at so many issues facing families as a result of this pandemic to determine how we could best help,” said Red Sox Foundation Executive Director Bekah Salwasser. “We found food insecurity to be the most pervasive in the communities where we operate and are

hopeful this fund will help relieve some degree of worry and anxiety for families who are experiencing hardship during this unprecedented time.”

Those who need assistance may apply online at www.redsoxfoundation.org/hardship. Applicants who demonstrate financial hardship will be eligible to receive a \$250 grocery vendor gift card, subject to available funds.

The Red Sox Foundation Emergency Hardship Fund is being seeded with \$300,000 by the foundation, with additional support from Red Sox players and coaches, ownership and other organizations. Those who are in a position to help sustain the fund through a philanthropic donation may contribute by visiting www.redsoxfoundation.org/hardship.✴✴

Tax Collector Offices Open By Appointment

The Lee County Tax Collector is reopening select service centers for driver license, vehicle title and registration renewals, but customers will need to make an appointment.

The downtown Fort Myers, Lehigh Acres, Cape Coral and South Fort Myers service centers reopened on April 15 by appointment only. To make an appointment, customers must contact the call center at 533-6000. There will be limited capacity in the lobbies of the service centers and social distancing will be enforced.

Call center representatives are also available to assist residents with

information about driver licenses, vehicle registration renewals, vehicle titles, property taxes, tax certificates and other services provided by the tax collector. Many online services allow residents to complete needed tasks quickly and efficiently. The online services can be found on the tax collector’s official website at www.leetc.com. The call center number is 533-6000.

An automated kiosk is also available at select Lee County Tax Collector locations, for residents who want a quick and easy way to renew vehicle registrations.

“We know how difficult a time this is for all of us and the Lee County Tax Collector’s office wants to do everything it can to ease the stress by helping residents,” Lee County Tax Collector Larry Hart said. “We urge residents to go online because many of our services can be completed there.”✴✴

SPORTS QUIZ

1. What 1987 inductee into the Pro Football Hall of Fame served as executive director of the National Football League Players’ Association from 1983-2008?
2. A bronze statue of what Kentucky Derby-winning racehorse was unveiled in front of a Churchill Downs entrance in April 2009?
3. What 1990 book by author/journalist Buzz Bissinger documented a high-school football team in Odessa, Texas, and was the inspiration for two TV series and a feature film?
4. Kyle Orton, who played quarterback for five NFL teams from 2005-14, played football at what Big Ten university?
5. Born in Vienna in 1913, what pioneering athletic coach and trainer helped Roger Bannister run the first recorded sub-4-minute mile in May 1954?
6. What former Major League Baseball pitcher inspired the nickname for ulnar collateral ligament reconstruction surgery?
7. The city of Beaumont, Texas, is home to a museum and visitor center dedicated to what legendary female multisport athlete?

ANSWERS

1. Gene Upshaw. 2. Barbaro. After winning the 2006 Derby, he suffered a fractured leg at the Preakness Stakes and was euthanized in January 2007. 3. *Friday Night Lights: A Town, a Team, and a Dream*. 4. Purdue. 5. Franz Stampfl. 6. Tommy John, who played with seven MLB teams from 1963-89. 7. Babe Didrikson Zaharias.

Blood Donors

From page 15

from recovered patients may contain antibodies that may help fight the disease.

In order to launch this study, Lee Health needs a supply of convalescent plasma and is asking patients who have tested positive for the virus and recovered to donate blood at one of its donation sites. This blood will be processed to make the convalescent plasma required for the clinical trial.

Here’s how the donation program will work at Lee Health:

Individuals who have previously tested positive for COVID-19 whose symptoms have resolved can volunteer to donate blood.

Donors are screened by clinical

personnel with questions and tests to make sure they are appropriate to donate blood that will be processed to make COVID-19 convalescent plasma.

To volunteer, call 343-2332 or email COVID.plasma@LeeHealth.org (email preferred).

Documented routine blood donation consent is required; forms will be made available by Lee Health.

All donors will be screened with a nasal swab test for SARS-CoV-2. The test result must be negative before proceeding.

If potential donors are appropriate, an appointment for blood donation is scheduled at a Lee Health donation site.

All donations collected by Lee Health will stay in the community and will be used exclusively for Lee Health patients.✴✴

Doctor and Dietician

Five Natural Ways To Boost Your Mood



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

Working to stay positive amidst difficult times can be challenging. Heck, it can be challenging even during the best of times. Here are a few tips to help you boost your mood naturally:

1. Keep moving – especially if you can get outside! Many studies confirm that exercise produces happy hormones called endorphins. Have you ever rolled out of bed, felt kind of down, but once you started exercising felt your mood dramatically improve? We have! People who exercise regularly are far less prone to anxiety, panic and depression. If you struggle with staying on track, set a reminder on your calendar. Find an accountability workout buddy. Walking, running, biking, swimming, pickleball, tennis, golf, water fitness classes, gym workouts, Pilates, yoga, weight training – the options are endless.

2. Connect with people – Being together creates a sense of purpose, connectedness and bonding. Most of us

long to have great relationships. Video chat with those you cannot connect with in person. Be the initiator and plan something. Join one of the many groups or clubs available.

3. Eat foods that nourish the body – We all know the saying, “junk in, junk out!” Avoid processed poor-quality, so-called food and eat a diet high in fresh foods – especially vegetables and healthy fats such as green leafy vegetables, cruciferous vegetables, wild caught fish, avocado, olive oil, nuts and seeds such as flax and chia. Add probiotics to your daily routine, including natural plain yogurt, sauerkraut, kimchi, miso and pickled vegetables. Choose whole grains such as quinoa, brown rice, millet and wild rice. These foods are rich in B vitamins needed to produce neurotransmitters such as serotonin and dopamine that help regulate mood.

4. Work on your spiritual health – Whether it's yoga, prayer, meditation, or whatever you find fills your spirit, add this regularly to your life. Studies show that deep breathing, meditation, yoga, faith in God, prayer, all enhance quality of life, decrease depression, calm, restore and revive.

5. Read – Studies show that reading, especially fiction, promotes empathy and a better ability to read others' feelings. Reading fiction puts us into the minds of others. We can learn a different perspective and understand how and why other people feel the way they do, thus taking our minds off ourselves.

Life can be tough out there. Let's do all we can to stay positive!

*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.**

dearRPharmacist

Snatiation And Seven Facts About Sneezing



by Suzy Cohen, RPh

Dear Readers: If you are out somewhere, getting groceries for example, don't sneeze. If you do, you might be taking your life into your hands. That happened to me last month when I

sneezed (into my arm) in the parking lot at Safeway, and then heard myself explaining to the stranger eyeing me like she wanted to strangle me, “Hey don't worry, I'm not sick! I have snatiation!”

She rolled her eyes. I realized she had no idea what I was talking about and probably thought I was being sarcastic to her.

I just learned about snatiation a few years ago, but I've had it all my life. When my kids were teens, they would tease me and count out loud how many times I sneezed uncontrollably during a fit! I think my record was 22 in a row. Ah-choo! Over and over.

If in public, I'd feel a sneeze coming on and race to the bathroom to sneeze in private, in a tissue of course. And wash my hands. For years, I didn't know what to call this problem. I thought I was allergic to something in my food. Then one day, I read an article about a genetic polymorphism that described a condition called “snatiation.” It's a play on the words “satiation” and “sneeze.” Holy moly, it described me to a T.

Snatiation is totally controllable, at least for me. If I don't stuff myself, I hardly ever

sneeze. Do you have snatiation too?

Perhaps in years past for me as a young girl, snatiation was just a funny quirk I had to deal with. But today, if that were to happen to me (in public), I'd probably get shot.

Sneezing is triggered by many situations including epileptic disorders, a response to bright lights, spicy foods or dust and pollen. It often goes hand in hand with a runny nose. Aside from a cough, sneezing is the most apparent symptom of a cold, flu and, as of late, COVID-19.

Facts About Sneezing:

1. Most people need to close their eyes when sneezing.

2. Sneezes travel far, much farther than we thought, around 90 miles per hour.

3. The sound of your sneeze is based upon your anatomy.

4. Once a sneeze starts, it's impossible to stop.

5. The medical term for sneezing is sternutation.

7. The phrase “God bless you” has something to do with bubonic plague.

Let's vow to sneeze politely from now on, especially because of the circumstances with the coronavirus. If you are mindful and polite, you could literally spare someone from catching a life-threatening disease.

So sneeze into the crook of your elbow, or down into your scarf or shirt, or into a tissue. Wear your masks. Don't blow your germs all over the place, it's not only dangerous, it's rude. If infectious (and please be mindful that you might be asymptomatic), your sneeze could be expelling a virus or bacteria up to 25 or 30 feet away from you. The mucus and saliva that you spew could hurt someone these days in a very serious way.

*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.**

Airport Concourse Closed For A Limited Time

The Lee County Port Authority (LCPA) has temporarily closed Concourse C at Southwest Florida International Airport (RSW) in an effort to consolidate airport resources. Effective Thursday, April 23, this closure will impact Delta Air Lines and United Airlines passengers traveling in and out of RSW. Delta passengers will go to Concourse D and United passengers will go to Concourse B for security screening and flights.

“In response to a decline in passenger traffic due to the COVID-19 pandemic, LCPA has evaluated airport infrastructure and operations for ways to maximize efficiencies and implement cost-saving measures,” said Ben Siegel, CPA, CM, acting executive director of the Lee County Port Authority. “By consolidating operational areas and temporarily closing Concourse C, this will help us better manage TSA staffing and checkpoint operations, as well as prioritize and increase the frequency

of cleaning and supplies for the concourses in use.”

Ticketing and check-in for Delta and United passengers remains the same and flight arrivals scheduled to come into Concourse C will be moved to B or D.

Southwest Florida International Airport served more than 10.2 million passengers in 2019 and is one of the top 50 U.S. airports for passenger traffic. No ad valorem (property) taxes are used for airport operation or construction. For more information, visit www.flylcpa.com or Like Us on Facebook at www.facebook.com/flyRSW.*

From page 1

Park Trails

(excluding the interpretive center); Telegraph Creek Paddlecraft Launch Tropical Point Park; Lee County Parks & Recreation Conservation 20/20 preserves; Alva Scrub Preserve; Bob Janes Preserve; Buckingham Trails Preserve; Caloosahatchee Creeks Preserve East; Galt Preserve; Hickory Swamp Preserve; Pine Island Flatwoods Preserve; Pop Ash Creek Preserve; Powell Creek Preserve; Prairie Pines

Preserve; Six Mile Cypress Preserve North; Telegraph Creek Preserve; and Wild Turkey Strand Preserve.

Conserve Water Now For Dry Season

As seasonally dry conditions continue in Lee County, residents are encouraged to conserve water where they can and to limit lawn irrigation in accordance with the Lee County year-round water conservation ordinance. The ordinance must be followed, regardless of a home or business' water source. Conserving now during the dry season will help protect declining groundwater levels throughout the county.

Groundwater conditions should improve with the onset of rainy season, which normally commences in June. However, the increase in usage because of drier-than-normal conditions combined with additional demand from the Safer At Home Executive Order has led to short-term stress on water resources. While it is important to conserve year-round, reducing usage now is vital to protect the resource, especially for those with home wells.

Residents are urged to abide by local ordinances that restrict lawn irrigation. Lawn irrigation can account for 50 percent of household use. While

the Lee County ordinance applies to those in unincorporated Lee County, a comprehensive list of local rules can be found at www.sfwmd.gov/mywateringdays.

All local ordinances have provisions for enforcement of ordinance violations, which vary by community.

People in unincorporated Lee County who irrigate outside the permissible days and hours can receive a warning on a first offense and fines following a warning; however, the county's main objective is education about the ordinance. Neighborhood groups, homeowners associations and others are encouraged to share the above link.

Lee County is coordinating with the regional water resource authority, which is the South Florida Water Management District (SFWMD), to monitor conditions. In the event that a water shortage is declared for Lee County or other areas in Southwest Florida, SFWMD will provide notice of any associated mandatory water-use restrictions.

SFWMD also provides information on how residents, businesses and other water users can implement some easy steps to conserve water. Visit www.sfwmd.gov/sites/default/files/documents/spl50ways.pdf.*



Emergency	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
HealthPark Medical Center	1-800-936-5321
Ft. Myers Chamber of Commerce	332-3624
Foundation for Quality Childcare	425-2685
Fort Myers Beach Chamber of Commerce	454-7500
Fort Myers Beach Library	463-9691
Lakes Regional Library	533-4000
Lee County Chamber of Commerce	931-0931
Post Office	1-800-275-8777
Visitor & Convention Bureau	338-3500
ARTS	
Alliance for the Arts	939-2787
Arts For ACT Gallery & Studio	337-5050
Art League Of Fort Myers	275-3970
Barbara B. Mann Performing Arts Hall	481-4849
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Cultural Park Theatre	772-5862
Edison Festival of Light	334-2999
Florida Repertory Theatre at the Arcade	332-4488
Florida West Arts	948-4427
Fort Myers Harmonica Band	610-653-7940
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	239-597-1111
The Schoolhouse Theater	472-6862
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards	574-9321
CLUBS & ORGANIZATIONS	
American Legion Post #38	239-332-1853
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	https://www.audubonswfl.org/
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
NARFE(National Active & Retired Federal Employees	482-6713
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy	939-1338
Southwest Florida Music Association	561-2118
Kiwanis Fort Myers Beach	765-4254 or 454-8090
Kiwanis Fort Myers Edison	694-1056
Kiwanis Fort Myers South	691-1405
Iona-McGregor	482-0869
Lions Club Fort Myers Beach	463-9738
Lions Club Fort Myers High Noon	466-4228
Lions Club Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
Organ Transplant Recipients of SW Florida	247-3073
POLO Club of Lee County	477-4906
Rotary Club of Fort Myers	332-8158
Sanibel-Captiva Orchid Society	472-6940
United Way of Lee County	433-2000
United Way 211 Helpline (24 hour)	211 or 433-3900
AREA ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
Burrough's Home	337-9505
Calusa Nature Center & Planetarium	275-3435
Edison & Ford Winter Estates	334-7419
Fort Myers Skate Park	321-7558
Imaginarium Hands-On Museum & Aquarium	321-7420
JN "Ding" Darling National Wildlife Refuge	472-1100
Koreshan State Historic Site	239-992-0311
Langford Kingston Home	239-334-2550
Ostego Bay Foundation Marine Science Center	765-8101
Skatium	321-7510
Southwest Florida Historical Society	939-4044
Southwest Florida Museum of History	321-7430
True Tours	945-0405

To be listed in calling card email your information to: press@riverweekly.com

My Stars ★★★★★

FOR WEEK OF APRIL 20, 2020

Aries (March 21 to April 19) Don't be put off by a seemingly too-tangled situation. Sometimes a simple procedure will unsnarl all the knots and get you in the clear fast and easy, just the way the Lamb likes it.

Taurus (April 20 to May 20) It's a good time to go through your work space – wherever it is – and see what needs to be replaced and what can be tossed (or at least given away) without a second thought.

Gemini (May 21 to June 20) Someone who disagrees with your position might try to intimidate you. But continue to present a fair argument, regardless of how petty someone else might be while trying to make a point.

Cancer (June 21 to July 22) You might find yourself exceptionally sensitive to family matters this week. An issue could come to light that you had overlooked. Ask other kinfolk to discuss it with you.

Leo (July 23 to August 22) You might have more questions about a project (or perhaps someone you're dealing with on some level) than you feel comfortable with. If so, see which can be answered, which cannot, and why.

Virgo (August 23 to September 22) It's a good time to clean up and clear out what you don't need before your tidy self is overwhelmed by "stuff." Then go celebrate the Virgo victory over clutter with someone special.

Libra (September 23 to October 22) You might feel a mite confused about why something you were sure couldn't go wrong didn't go all right either. Be patient. Things soon move into balance, exactly as you like it.

Scorpio (October 23 to November 21) At this decision point, you could be moving from side to side, just to say you're in motion. Or you could be considering making a move straight up. What you choose is up to you.

Sagittarius (November 22 to December 21) Although your finances should be in an improved situation at this time, thrift is still the savvy Sagittarian's smart move. Advice from a spouse or partner could be worth heeding.

Capricorn (December 22 to January 19) Taking on a new challenge brings out the Goat's skills in maneuvering over and around difficult spots. Best of all, the Goat does it one careful step after another. (Got the idea, Kid?)

Aquarius (January 20 to February 18) Your well-known patience might be wearing thin because of a disturbing (and seemingly unending) problem with someone close to you. This could be a time to ask for help. Good luck.

Pisces (February 19 to March 20) Be careful about a new venture that lures you into a "just look and see" mode. Be sure that what you're being given to see isn't hiding what you should be seeing instead.

Born This Week: Aries and Taurus give you the gift of leadership and the blessings of care and concern for all creatures.

MOMENTS IN TIME

• On May 3, 1469, the Italian philosopher and writer Niccolo Machiavelli is born. Machiavelli became one of the fathers of modern political theory. The term "Machiavellian" is used to describe an action undertaken for gain without regard for right or wrong.

• On May 1, 1931, President Herbert Hoover officially dedicates New York City's Empire State Building. The building went up in just over a year, under budget and well ahead of schedule.

• On April 30, 1948, the Land Rover, a British-made all-terrain vehicle, debuts at an auto show in Amsterdam. The first Land Rover was

made from an old American-made Willys-Overland Jeep and had a boxy, utilitarian design, four-wheel drive and a canvas roof.

• On April 28, 1967, boxing champion Muhammad Ali refuses to be inducted into the U.S. Army, citing religious reasons, and is stripped of his heavyweight title. Ali was convicted of draft evasion, but never served any of his five-year prison sentence.

• On May 2, 1972, after nearly five decades as director of the FBI, J. Edgar Hoover dies. By 1969 the media, the public and Congress had grown suspicious that the FBI might be abusing its authority. Congress passed laws requiring Senate confirmation of future FBI directors and limiting their tenure to 10 years.

• On April 29, 1992, a jury in the Los Angeles suburb of Simi Valley acquits four police officers who had been charged with using excessive force in arresting black motorist Rodney King. The verdict prompted the L.A. riots. The arson and looting finally ended three days later.

• On April 27, 2009, the American auto giant General Motors announced plans to discontinue its 80-year-old Pontiac brand. Initially known for making sedans, Pontiac gained acclaim in the 1960s for its fast, sporty "muscle cars," including the GTO, Firebird and Trans Am.

TRIVIA TEST

1. **Acronyms:** What does the ZIP postal code stand for?
2. **Geography:** What is the longest river in the United States?
3. **General Knowledge:** What was Walt Disney's middle name?
4. **Business:** Which company owns the Lamborghini line of sports cars and SUVs?
5. **Food & Drink:** What is the primary ingredient in the snack hummus?
6. **Mythology:** Where was Achilles' vulnerable spot?
7. **Movies:** In the thriller *Die Hard*, what was the name of the high-rise building where the action took place?
8. **Science:** Which part of the atom has no electrical charge?
9. **Entertainers:** Which actress/singer's nickname was The Divine Miss M?
10. **Television:** Which 1970s comedy series spawned the spinoff series *Maude*?

TRIVIA ANSWERS

1. Zone Improvement Plan
2. Missouri River
3. Elias
4. Volkswagen
5. Chickpeas
6. His heel
7. Nakatomi Plaza
8. The neutron
9. Bette Midler
10. *All in the Family*

NOW HERE'S A TIP

• **Earth Day Tip:** When choosing personal care products, apply the same eco standards as you do with food. Check the ingredients list to find safe products. Go for products that are free of dyes and perfumes. When possible, choose products that use the least packaging.

• Have a bright flashlight handy in the laundry room. It's much easier to identify stains with the right lighting. Sending a still-stained garment to the dryer can set the stain, making it much harder or impossible to remove.

• Three easy steps to sear your meat: Preheat the skillet, wait 30 seconds before you add oil and pat your meat dry before placing in the skillet.

• "I use a paperclip covered by tissue to clean

continued on page 22

PUZZLES

Answers on page 23

Super Crossword

TAKING OUT THE MIDDLE

- ACROSS
- 1 Musical pace

6 — -you note

11 Looker's leg

14 LaBelle with a Grammy

19 Oak seed

20 Perfume queen

21 Pal, to Gigi

22 One of the Three Musketeers

23 LOUIS

26 Painter Dufy

27 Co. heads

28 Zero in (on)

29 What a white flag signifies

30 Speed

35 LLOYD

37 Make — out of (toughen up)

38 Jogger's gait

39 Pre- — (bump, so to speak)

40 Candle blowers' secrets

41 CAROL

44 Caesar of old comedy

45 Severe

46 Hides from view

51 Swan's kin

56 Copy a bunny
- 57 "Nuts" director

61 CHRISTIAN

63 Pep rally cry

65 Tarot card reader, e.g.

66 Singer

67 Folk

70 JESSICA

73 In the matter of

74 Assembly with all members present

76 Language of Bangkok

77 Pastor's talk

79 WASHINGTON

82 Wren's home

83 "Mike & Molly" airer

86 Adams of photography

87 Small carpet

89 "Ulysses" star

91 Cumulative pay abbr.

93 JEAN

97 Cuba's Fidel

101 Some jeans, familiarly

105 "No, mein Herr"

106 Peruvian of long ago

107 CONAN
- 109 Tropical grassy plains

111 Kettle output

112 Brand of fat replacer

113 University in North Carolina

114 1836 siege setting

115 CARLOS

122 Justice Ruth — Ginsburg

123 Highway with a no.

124 Leek relative

125 With 59-Down, crude oil, in slang

126 Deep pit

127 Sun — -sen

128 "— Hope" (old ABC soap)
- DOWN
- 1 Paving gunk

2 Prefix with car or warrior

3 Unruly throng

4 District police station

5 How right turns are often allowed

6 Mosaic tile

7 DDE's forerunner
- 8 Lunched, e.g.

9 It's east of Calif.

10 Painter Georgia O'—

11 It's removed for a fill-up

12 Total number

13 Capital of Belarus

14 Pheasants' cousins

15 1980s video game consoles

16 Despite the fact that

17 "Clever comeback!"

18 Florida keys, e.g.

24 The Lone Ranger's companion

25 Par for the course

30 Hindu prince

31 Mobil rival

32 Settle the tab

33 Boozing sort

34 Fr. ladies with haloes

36 Early 20th-cen. conflict

42 Architect

43 "Stop talking!"

44 IRS ID

47 More like a hoarse voice
- 48 High on the draft list

49 Online folks

50 Grow dim

52 Financial tipster

53 Bears, in Buenos Aires

54 Faxed, say

55 Prefix with spore

58 Response to "Who's there?"

59 See 125-Across

60 Dentists scrape it off

62 Houses for students

63 Music style

64 Skier Phil

67 Women's links org.

68 Steinhauer who wrote the 2009 bestseller "The Tourist"

69 Antique cars

71 "— Nagila"

72 Sooner than

75 Nasty bits of dirt

78 Nebraska

80 Ill-bred guy

81 Barbecue spice mix

83 Beijing's land
- 84 Judge's seat

85 Epic tales

88 Cotton deseeders

90 Less chubby

92 Ontario's capital, on scoreboards

94 Grassland

95 Resident maids

96 Wholly

97 Melon type

98 Place to sculpt in school, say

99 Dependable

100 English river

101 "Blaze" actress

102 Tennis shoe hole

103 Israel's flag carrier

104 12th grader

108 Bride's property

110 Nick of "Cape Fear"

116 — old way

117 Actress

118 Gained

119 Firefighter's tool

120 Freddie —

121 Onetime jet-set jet

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				
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30	31	32					33	34		35					36						
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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				
126							127				128						129				

King Crossword

- ACROSS
- 1 Pythias' pal

6 Try the tea

9 Cleveland cager

12 Memorable mission

13 "— Little Teapot"

14 Blackbird

15 Make obscure

16 "Material Girl" singer

18 Bold alternative

20 Check

21 Dogtag wearers

23 — good deed

24 Founded (on)

25 Love god

27 Ill-suited

29 Praying bug

31 Tiny

35 Vote for

37 Prego rival

38 Start a rally

41 Moon vehicle

43 — Perignon

44 Shaving cream additive

45 Cut aid

47 Insanity

49 Free of frost

52 Inseparable

53 Bullring bravo

54 Beetle

55 Commotion

56 Trawler need

57 Hiker's route
- 11 Food item

17 Speaker

19 Grown-up nit

21 Prized pos-session

22 A Gershwin brother

24 Morsel

26 Spielberg or Soderbergh

28 In the cards

30 — -de-France

32 Fortified Portuguese wine

33 "But — on forever":

34 Summa — laude

36 Storage area

38 Pago Pago's place

39 Savanna grazer

40 Wild West show

42 Interior

45 Capri, e.g.

46 Approach

48 A billion years

50 Movie trickery (Abbr.)

51 Wet wriggler
- DOWN
- 1 Slight touch

2 Hearty quaff

3 Wisconsin's capital

4 Leave out

5 Wanderer

6 Ape

7 Apple product

8 Cushion

9 Christmas candies

10 Warbucks'

MAGIC MAZE ● THOMAS JEFFERSON

O J R Y H E C Z X U S Q N L J

N G R O E C Z X V Y T R P N L

R A J E T S H R T E T C A R Y

M O M W K A E I R V N D T O R

P N H S H N L V L E E K I N E

G E C T E A I S A S D B Z R C

X W R D U T U H I L I N S E N

R A R Q P A A G T G S O U V A

M A E M MONTICELLO R

G L J I G E E D S B R L A G F

Y X W U R E Y W A L P T S Q P

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

Author Designer Equality Founder

France Gardener Governor Lawyer

Legislator Martha Monticello President

Slaves Statesman Thinker



Cheesy Baked Tomatoes
3-4 large tomatoes, sliced 1/4-inch thick
1 cup mozzarella cheese, shredded
1/4 cup Parmesan cheese, grated
1 tablespoon garlic, minced
3 tablespoons fresh basil, roughly chopped
1 tablespoon olive oil
Sea salt and fresh ground pepper, to taste
Preheat oven to 400 degrees. In a small bowl combine the oil and garlic. Season with salt and pepper. Place slices of tomato on sheet pan, brush with oil mixture, and sprinkle even amounts of cheese on each tomato slice. Bake for 8-10 minutes or until cheese is melted. Top with chopped basil and serve warm.*



Cheesy Baked Tomatoes

photo courtesy Fresh From Florida

PUZZLES

Answers on page 23

"That's right, ma'm, you got ants...
_____ of them."

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!

Melodic
TILLING

Annoyance
ARCHING

Blowing
ZEYBRE

Blinking
SORBOT

TODAY'S WORD

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

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. Tie is different. 2. Plane is missing. 3. Ship is missing. 4. Window is added. 5. Hobo stick is different. 6. Word changed to "agent".

 FRIDAY Cloudy High: 83 Low: 79	 SATURDAY Partly Cloudy High: 84 Low: 80	 SUNDAY Cloudy High: 83 Low: 79	 MONDAY Mostly Cloudy High: 82 Low: 78	 TUESDAY Sunny High: 80 Low: 74	 WEDNESDAY Sunny High: 81 Low: 77	 THURSDAY Mostly Sunny High: 85 Low: 81
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Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	3:18 am	7:33 am	1:53 pm	9:03 pm	Fri	2:23 am	7:35 am	12:58 pm	9:05 pm	Fri	2:32 am	8:14 am	1:44 pm	9:20 pm	Fri	5:28 am	10:49 am	4:03 pm	None
Sat	4:01 am	7:48 am	2:18 pm	9:43 pm	Sat	3:06 am	7:50 am	1:23 pm	9:45 pm	Sat	3:15 am	8:30 am	1:57 pm	9:57 pm	Sat	6:11 am	12:19 am	4:28 pm	11:04 am
Sun	4:52 am	8:04 am	2:49 pm	10:30 pm	Sun	3:57 am	8:06 am	1:54 pm	10:32 pm	Sun	4:08 am	8:51 am	2:24 pm	10:38 pm	Sun	7:02 am	12:59 am	4:59 pm	11:20 am
Mon	6:00 am	8:17 am	3:25 pm	11:25 pm	Mon	5:05 am	8:19 am	2:30 pm	11:27 pm	Mon	5:06 am	9:17 am	3:02 pm	11:24 pm	Mon	8:10 am	1:46 am	5:35 pm	11:33 am
Tue	4:09 pm	None	None	None	Tue	3:14 pm	None	None	None	Tue	6:10 am	9:48 am	3:51 pm	None	Tue	6:19 pm	2:41 am	None	None
Wed	5:05 pm	12:31 am	None	None	Wed	4:10 pm	12:33 am	None	None	Wed	7:23 am	12:26 am	4:50 pm	10:23 am	Wed	7:15 pm	3:47 am	None	None
Thu	6:21 pm	1:42 am	None	None	Thu	5:26 pm	1:44 am	None	None	Thu	8:32 am	1:51 am	6:02 pm	11:07 am	Thu	8:31 pm	4:58 am	None	None

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From page 18

Now Here’s A Tip

the cracks on my keyboard.” IP in South Carolina

• If you leave a load of laundry too long in the washer, you can re-run it and add a cup of white vinegar to the load to kill the musty smell of potential mildew.

• “I make my own little good-behavior coupons for my three children. I print them on different colors of paper for each child. They can cash in coupons for activities or rewards, and if they go in together to get something, I will give them bonus coupons for working together. I think this has made goal-setting a priority for them, and it has helped them learn the lesson of shared goals – an important one for a large family.” RVF in Arizona

STRANGE BUT TRUE

• Humans are the only primates without pigment in the palms of their hands.

• American alligator blood contains a serum that is so effective at combating bacteria and viruses, even alligators that lose limbs in mucky swamps often avoid infection.

• Irish author James Joyce was a great fan of Norwegian dramatist Henrik Ibsen’s plays. How great? He learned basic Norwegian just to send Ibsen a fan letter.

• There’s a Facebook group called

“Best Day of My Life: When I Realized the Old Brewers Logo Was a Ball & Glove AND the Letters M & B.”

• China has the largest population of smokers in the world – 316 million people – accounting for nearly one-third of the world’s smokers and 40 percent of tobacco consumption worldwide. But just more than two percent of Chinese women smoke, compared with more than half of all Chinese men.

• The term “deadline” dates to the American Civil War. Lines in the dirt would be drawn around prisoners. If they crossed one, they would be executed by their guards. Not surprisingly, both prisoners and guards soon took to calling such a line the “deadline.”

• Philematology is the scientific study of kissing.

• Research has shown that men who kiss their wives goodbye live about five years longer, make up to 30 percent more money and are involved in fewer car accidents than those who don’t.

• As if that weren’t enough, kissing even helps keep your teeth healthy, by causing an increase in saliva, which helps wash away plaque.

THOUGHT FOR THE DAY

“Love takes off masks that we fear we cannot live without and know we cannot live within.” – James Arthur Baldwin

Babcock Ranch Home Sales Up 40 Percent

Kitson & Partners, developers of Babcock Ranch, reported 107 first-quarter new home sales, marking a 40 percent year-over-year increase for America’s first solar-powered town.

Babcock Ranch home sales totaled 31 in March alone, propelling the town to surpass the 600 homes-sold milestone.

The first quarter also marked the announcement that Publix will anchor Crescent B Commons, an 82,540-square-foot shopping center scheduled to open in 2021 at a new entrance to Babcock Ranch being constructed about one mile south of the existing town entrance on Babcock Ranch Road/State Road 31.

“The vision behind Babcock Ranch appeals to homebuyers seeking a return to a true hometown lifestyle, where everything they need to stay active, healthy and connected is within reach,” said Syd Kitson. “During these days of social distancing, our residents are able to bike and hike our miles of trails, fish along our lakeshores, enjoy touchless golfing at Babcock National, and order convenient takeout from Slater’s market using curbside pick-up.”

The town’s emphasis on technology – featuring gigabit internet in every home and community-wide access to free WiFi – is especially helpful today. “Many homeowners have recently shared that now more than ever, they appreciate our one-gig fiber optic network that makes it easy and reliable to work from home and to participate in distance learning,” Kitson said.

Babcock Ranch began marketing new homes in 2017, with the first residents moving into the town in January 2018. Today, Babcock Ranch offers homes from nine homebuilders in seven neighborhoods, including Babcock National, a new gated golf and lifestyle community.

Babcock Ranch was created by Kitson & Partners with respect for the natural environment and the philosophy that smart growth and sustainability work hand-in-hand. Half of the town’s 18,000-acre footprint is set aside as greenways, parks and expansive lakes, providing recreation and scenic backdrops for Babcock Ranch’s homes and the Founder’s Square downtown district.

Babcock Ranch’s homebuilders offer more than 50 home designs for nearly every lifestyle, from condominiums to villas to single-family estates ranging from 1,107 to more than 4,000 square feet. Homes appeal to young millennials, families, empty nesters and retirees alike,

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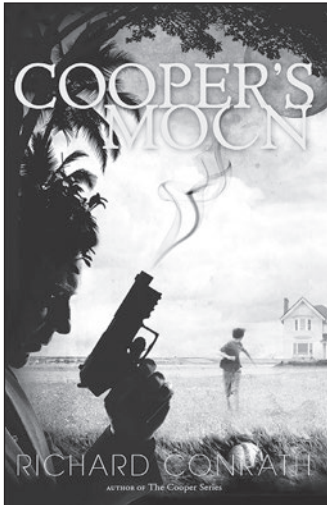
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Shore Fishing:


Don't Harm The Fish
by Capt. Matt Mitchell

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

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

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

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

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

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

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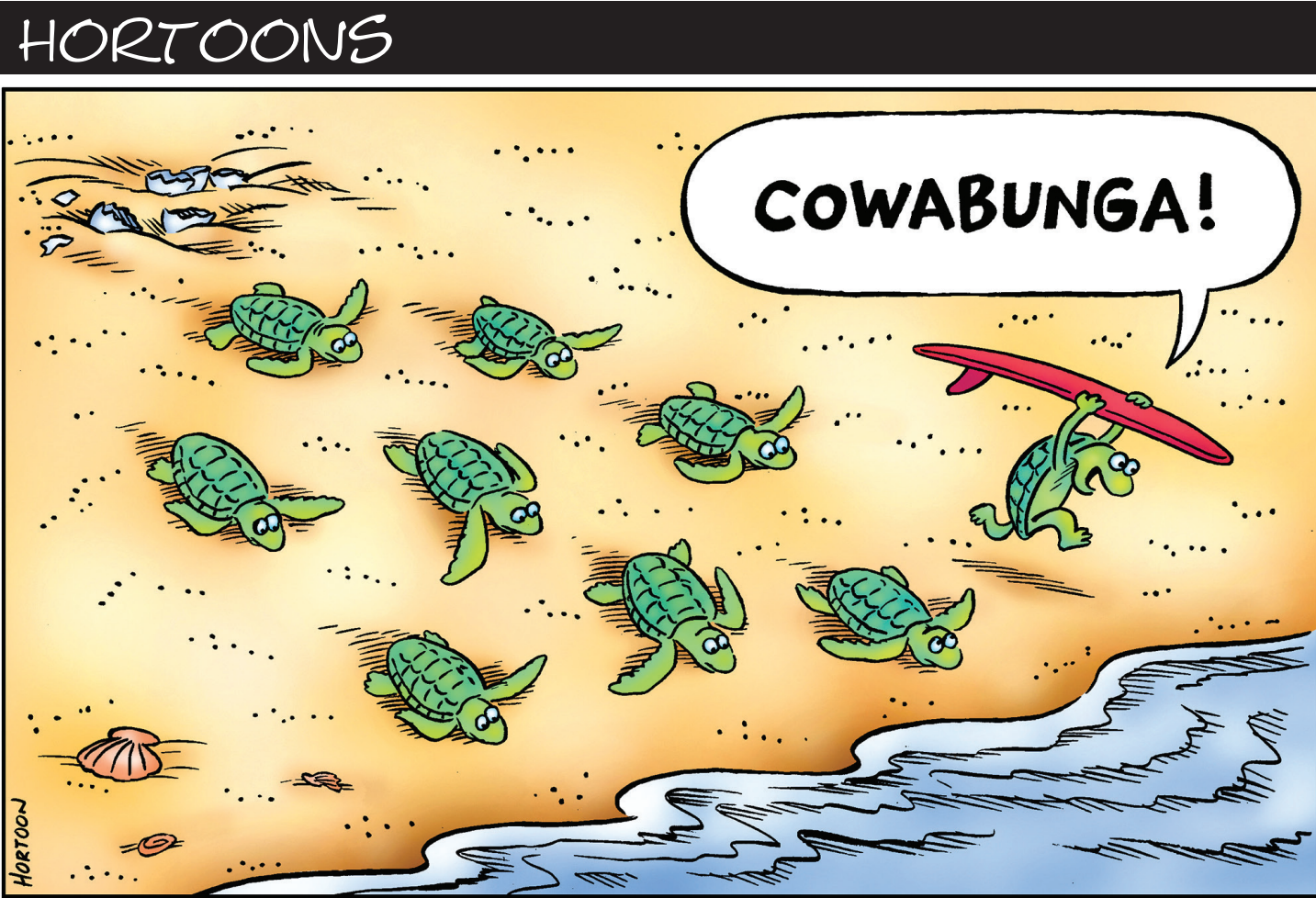
Within Babcock Ranch’s welcoming neighborhoods, more than two dozen model and quick-delivery homes are now open or under construction by Arthur Rutenberg Homes, Divco Custom Homes, Florida Lifestyle Homes, Fox Premier Builders, Lennar, Meritage Homes, Pulte Homes, Stock Classic Homes, and WCI.

For more information about Southwest Florida’s new hometown, located just northeast of Fort Myers off Babcock Ranch Road/State Road 31, contact a Babcock Ranch Town Ambassador at 941-235-6901 Monday through Saturday from 9 a.m. to 5 p.m. and Sunday from 11 a.m. to 5 p.m., or visit www.babcockranch.com.✧

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Today’s Word
ZILLIONS



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Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Cases	Fort Myers Beach	1943	2,127	\$2,694,000	\$2,200,000	21
Whisperwood Cove	Sanibel	1997	4,210	\$2,250,000	\$2,000,000	129
Cape Coral	Cape Coral	2007	4,779	\$1,595,000	\$1,400,000	54
Siena	Bonita Springs	2012	3,790	\$1,499,000	\$1,450,000	6
Riverbrooke	Estero	2000	4,254	\$1,495,000	\$1,375,000	78
Brynwood	Fort Myers	1975	5,100	\$1,489,000	\$1,425,000	315
West Rocks	Sanibel	1992	2,246	\$1,389,000	\$1,200,000	34
Eastwood Landings Amended	Sanibel	1994	2,467	\$1,250,000	\$1,180,000	113
Cape Coral	Cape Coral	2010	5,553	\$1,190,000	\$1,050,000	58
Woodsedge	Estero	2006	3,532	\$995,000	\$940,000	18



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