



Global Day Of Giving And Unity This Tuesday

The Heights Foundation/The Heights Center is responding to meet the needs of families in the Harlem Heights neighborhood during the COVID-19 crisis. The organization that works to build strong, self-sufficient families in Harlem Heights is participating in #GivingTuesdayNow, a global day of giving and unity, set to take place on May 5 as an emergency response to the unprecedented need caused by COVID-19. The day is designed to drive an influx of generosity, citizen engagement, business and philanthropy activation, and support for communities and nonprofits around the world.

Harlem Heights is a severely distressed community with approximately 800 children and youth. The neighborhood is characterized by a high percentage of single parent families (74 percent), families in which English is not spoken at home (76 percent), and limited engagement of



Students and staff from Harlem Heights Community Charter School

photo provided

residents in formal education. Some 38 percent of the children in Harlem Heights live below the federal poverty line.

The foundation's afterschool program serves 125 children. The Heights Charter

School has 104 children enrolled, from kindergarten to fourth grade. GLAD Kids, a child care and pre-k center, serves 94 children. Some 94 percent of the parents of the children are out of work because of

the COVID-19 crisis. The organization has seen a sharp increase in families needing food, and applications for ACCESS resources (medical services, food and

continued on page 16



Artwork by a Cypress Lake High senior
images provided

Alliance Presents Virtual Exhibition By Student Artists

The Alliance for the Arts exhibition, The Future of Art: Student Exhibit, will be on display in a virtual gallery at www.artinlee.org beginning Friday, May 1. An awards presentation will take place at 6 p.m. at www.facebook.com/artinlee.org.

Due to the impact of COVID-19, the Alliance for the Arts and Lee Arts Educators Association (LAEA) moved the exhibition to a digital submission process and virtual viewing room to ensure the health and wellness of the community.

This year, the arts are more important than ever. The arts can heal, process complicated emotions and communicate love and compassion to others. With



Title: Highest in the Room
School: Mariner High, Grade 12
Teacher: Samantha Hower

Highest in the Room by a Mariner High student

the school year cut short and students losing the many opportunities to exhibit their work and celebrate their artistic accomplishments, the Alliance for the Arts wanted more than ever to support the young artists of the community.

This is the 28th year the Alliance has partnered with LAEA, and the show features artwork from 13 area schools and hundreds of works in a variety of mediums. This year's judges are Dana Roes, Sorsha, Mike Kiniry, Stephen Hayford and Ehren Gerhard.

Winners will be selected in several categories including painting, drawing, photography, computer graphics, mixed media, sculpture and functional ceramics. The student that secures Best in Show will be awarded a four-year art major scholarship to Florida SouthWestern State College.

This exhibit is sponsored by Florida SouthWestern State College.

"Now more than ever is a critical time to support young artists," said gallery director Ehren Gerhard. "When we



Artwork by a Bonita Springs sophomore

encourage young artists, we're encouraging them to have confidence in their ideas. The work of our local students is powerful, cutting edge and risk taking. As a community, it is vital we foster creative thought in young minds. They are the future and the future demands it."

For more information, call 939-2787 or visit www.artinlee.org/futureofart.

Historic Downtown Fort Myers, Then And Now:

CD Dairy Lunch



by Gerri Reaves, PhD

Pictured in this circa-1930 photo is a popular downtown eatery, CD Dairy Lunch. “CD” stood for Chris Demos, who owned of the restaurant on the southeast corner of Hendry and Bay. It was also called Chris’s Lunch and C & D Café.

Note the sign at the entrances on Hendry reading “CD Dairy” in the top semi-circle over “Lunch” in large letters. The sign on Bay, probably the kitchen entrance, reads simply “CD Dairy Lunch.”

It was located on one of downtown’s most historic corners. When the photo was taken, that house at the left was one of the town’s oldest structures, the William Marion and Susan C. Wall Hendry home.

When it was built in 1875, Bay did not exist and the river lapped up to the front yard of what was once a showplace.

But by 1930, the former home was dilapidated. In the late 1920s, it had been used for boarding, and later as servant housing for the Bradford Hotel, seen in the background above the restaurant.

Demos had started in the local restaurant business in 1926. A native of Greece, he had worked at the Poinsettia Café on First Street upon first coming to town.

Sources indicate that he opened CD Dairy Lunch around early 1930.

Advertisement featured catchy phrases such as “Take our hunches for light lunches” and “See your food prepared before your eyes. Best hamburgers in town.”

In January 1933, Demos opened Crystal Lunch on Jackson Street but continued to operate the “lunch room” pictured here. The Crystal Lunch was later located on Lee Street.

As for the phrase “dairy lunch,” it isn’t common today, but it was in the late 19th and early 20th century.

Some sources credit such restaurants with being the first versions of what we now



CD Dairy Lunch, pictured in a southward view circa 1930, was located on the southeast corner of Hendry and Bay for about 25 years. At left is the William Marion and Susan Wall Hendry house, built in 1875.

photo courtesy SWFL Historical Society



The corner is now a parking area for a law firm photo by Gerri Reaves

call fast food. However, that early fast food didn’t resemble the food at today’s fast food chains.

Particularly in cities, fresh safe dairy products were not always easy to come by, for keeping cows in urban areas was a disease risk.

To fill the need for fresh milk products, dairy farms sprang up in close proximity to cities, as did vegetable gardens.

Dairy lunch restaurants specialized in fresh quick meals in a farm-to-table or farm-to-face fashion, and both high- and low-end establishments touted the locally sourced quick turn-around nature of their food.

In fact, the farm-to-table movement started in the 19-teens.

Some restaurants even ran farms and had a truck farm business besides.

Demos’s dairy lunch room closed by the mid-1950s, and the Hendry house, by then the oldest house in Fort Myers, was demolished.

Today, its former location is a parking area.

According to the late Charlie Powell, the former dairy lunch room was eventually moved to a field north of the Shell Factory in North Fort Myers, where it rotted away.

Walk down to Hendry and Bay and imagine stopping in for a quick locally sourced lunch.

Then visit the following research centers to learn more about the many restaurants that fed the town over its history.

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 *The News-Press*, *The Story of Fort Myers* by Karl H. Grismer, and www.restaurant-ingthroughhistory.com.✱

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Lorin Arundel

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Mike Terry

Advertising
Bob Petcher

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

Reporters
Gerri Reaves, PhD
Jeff Lysiak

Contributing Writers
Jennifer Basey
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THE RIVER
WEEKLY NEWS
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Lynn Hall Memorial Park

photo by Bob Petcher

County Opens Beach Access Points And Parks

Because of continued voluntary compliance and the community's greater awareness for Centers for Disease Control guidelines, Lee County reopened county parks and preserves including all beaches and beach access points, parking lots and free-standing bathrooms with regular hours, effective April 29. Staff will be on site to help encourage the following CDC guidelines, including social distancing.

This move, approved at an emergency Board of County Commissioners meeting on Tuesday, is part of the county's phased-in approach for residents while still observing the governor's executive order. Commissioners offered guidelines and stressed it is imperative that residents remain vigilant to continue to mitigate the spread of COVID-19.

The county beach sites include:

Beach Parks

Bonita Beach Park
Bowditch Point Park
Bowman's Beach Park
Causeway Islands
Crescent Beach Family Park
Little Hickory Island Beach Park
Lynn Hall Memorial Beach Park
San Carlos/Bunche Beach Preserve
Turner Beach Park

Beach Accesses

Alison Hagerup Beach Park
Andy Rosse Lane Park
Boca Grande Beach Accesses
Bonita Beach Accesses
Dog Beach Park
Estero Islands Beach Accesses

The Following Amenities At All Lee County Locations Will Remain Closed:

Playgrounds
Pavilions
Recreation centers
Soccer, lacrosse and football fields
Basketball courts
Piers
Splash pads and pools

Baseball and softball fields will reopen with caveats, including no league play and no access to dugouts or bleachers. These fields will be for groups of 10 or less who want to practice baseball or softball – but they will need to contact the parks and recreation supervisor listed on each

landing page at www.leeparks.org for the individual site that has the field. People can also call the park's main phone number at 533-7275 for assistance.

Additional Plans In Place For Reopening, Including:

Staff will make hash marks on the walkways at high-use tennis and pickleball courts and other areas to help guide the public of social distancing if there is a waiting line.

All dog parks will reopen with caveats. There will not be any seating areas provided. Patrons need to bring their own chairs; pre-established socially distanced spacing will be identified. Patrons must take chairs home when they leave.

All parking fees will go back into effect under this reopening to help with congestion and turnover that occurs at high-use park sites with parking fees. Staff are assigned to clean parking pay machines.

Normal operating hours at all parks, preserves and beach access sites will be observed.

The Lee County Sheriff's Office will assist with monitoring and educating the public at county beaches.

Announcements about future openings will be posted online at www.leegov.com/covid-19 or on Facebook via Lee County Government.

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. Visit www.leegov.com/pledge.

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

Recommended Guidelines For Beaches And Parks Include:

All individuals, when in public, should maximize physical distance from others, maintain a minimum of six feet;

Social settings of 10 people or more should be avoided, where appropriate distancing may not be practical;

Vulnerable individuals should continue to stay home;

Practice proper handwashing techniques, especially after touching frequently used surfaces;

Avoid touching your face;

Sneeze or cough into a tissue or the inside of your elbow.*

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Fort Myers Art:

Park Art Valued On International Sculpture Day



by Tom Hall

In the virtual realm, *Fire Dance* is the most visited of Fort Myers' outdoor sculptures – at least according to the folks who operate Otocast, the free phone app where you can learn all

about Fort Myers' public artworks.

The 25-foot-tall Dupont red sculpture does make quite the statement. But what is it saying? Well, sculptor David Black was inspired to create it by an outdoor concert he and his wife stumbled upon one night several years ago. “*Fire Dance* incorporates the sounds of the music and the noise of the crowd. Circles within circles; it’s active, open, airy and rhythmic, just like jazz,” he said. Black designed *Fire Dance* to be interactive. The sculpture is open so that people can walk through it, look up and freely interact with the sculpture from every conceivable vantage. “Inside the piece are four hidden spirals that create a story for your imagination,” said Black.

Black is a monumental artist whose career in sculpture dates back to 1980.



Fire Dance by David Black

photo courtesy www.artswfl.com

He was a professor emeritus in art at Ohio State University for 30 years before leaving the university to pursue proto-architectural sculpture full-time.

International Sculpture Day (IS Day) is celebrated on the last Saturday of April. This year it was observed on April 25. Established by the International Sculpture Center, IS Day encourages everyone around the world to come together virtually to share images and celebrate sculpture. Through its public art committee, the City of Fort

Myers participated in the social media event. The city's public art collection contains 41 outdoor sculptures dating back to August 17, 1913. In addition to including images and descriptions of each artwork on its website, the city has entered its collection on two online public art registries and has subscribed to a free mobile phone app that contains audio descriptions for several pieces recorded by the artists who made them or other art professionals and historians who possess special knowledge of the artworks and the stories they tell.

The International Sculpture Center (ISC) is a member-supported, nonprofit organization founded in 1960 to champion the creation and understanding of sculpture and its unique, vital contribution to society. Members include sculptors, collectors, patrons, architects, developers, journalists, curators, historians, critics, educators, foundries, galleries and

museums -- anyone with an interest in and commitment to the field of sculpture.

The vital contribution that sculpture brings to society has never been more important.

To view and read about the city's exterior sculptures, visit www.cityftmyers.com/1859/exterior-artworks.

FGCU Digital Media Design Students Creating Visual Identity For Naples Design District

The newly formed Naples Design District has tasked FGCU's Digital Media Design (DMD) students with a design challenge. Select students will create a visual identity for the new district that will be expressed in the form of on-street lamp post banners advertising the area to visitors in Naples. The winning design will be chosen by a selection committee this summer. Once a design is selected, the banners will go up in the district celebrating the diverse range of businesses, galleries and creative communities comprising the Naples Design District.

The students competing in the challenge are Skyanna Billman (junior, DMD); Kaitlin Connor (senior, DMD); Aracelly Peralta (senior, DMD); Alyx Gonzalez (junior, DMD); and Jazmin Gonzalez Vera (junior, DMD). They and their professor, Mike Salmond, met with Chad Jensen, director of Method and Concept gallery, in late February to tour the district and get a sense of what the committee is looking for in making a visual statement for the new district.

The project is similar to last year's design challenge, in which students created a visual identity for the multi-million dollar centerpiece of the Naples Design District, The Collective building.

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



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Hustle 5K Fights Homelessness On The Ground

The Lee County Homeless Coalition Homeless Hustle 5K Run/Walk transformed into a virtual race amidst the current pandemic and was a huge success.

The Lee County Homeless Coalition prepared for several months to create the Homeless Hustle 5K Run/Walk in hopes of bringing awareness to the local fight against homelessness. Unfortunately, days before the event, parks were closed and people were encouraged to stay away from crowds.

Participants joined the race by following social distancing guidelines and running in their own neighborhoods and sharing their results on social media. This created a social buzz and allowed everyone to join in on the fun safely, while raising awareness and funds for those in our community that do not have a safe home to go to during this trying time.

The run/walk had tremendous support from sponsors, including Fleet Feet Fort Myers and A-Z Promotional Products, which brought the total of funds raised to \$5,000.

“We are grateful for the outpouring of support we are seeing throughout the community during this pandemic. Now with so many people losing employment and income, we anticipate an increased need for services,” said Janet Bartos, executive director. “The Lee County Homeless Coalition is a local agency, and the profits remain in our community and allow us to support our member agencies who are providing the much-needed services.”

Proceeds will go to support member agencies – such as Community Cooperative, Midwest Food Bank, Harry Chapin Food Bank, We Care Outreach, St. Martin de Porres Outreach, Salvation Army and Fort Myers Rescue Mission – that are working to help reduce the impact of COVID-19 on the community and helping to prevent homelessness.

To learn more about the Lee County Homeless Coalition's work, visit www.leehomeless.org.*

Service Company To Give Away Minivan

On Saturday, June 6 at 1 p.m., Legendary Automotive And Truck Service will be giving away a vehicle for just \$1 to one lucky person who is nominated by the community. The give-away will occur at Legendary's facility at 1921 Courtney Drive in Fort Myers.

This marks the third year for the giveaway. Nominations will be accepted until May 24.

Legendary Owner Jason Stretch believes that this is an amazing way to give back and to help the local community, especially with all the damage caused by COVID-19. "At Legendary, we service and repair vehicles, it is what we do. What better way than to help someone with reliable transportation," he said.

The first two giveaways have done just what Stretch and his employees had hoped for – help foster children and deliver donations and food for those less fortunate.

Stretch has also been donating food to the local food bank and has added a touchless service to protect both his customers and his staff. He believes that he has a responsibility to help the community, especially during this pandemic, and making sure people have reliable transportation is very important.



Legendary Automotive And Truck Service Owner Jason Stretch, left, and his employees with the 2005 Chrysler minivan giveaway photo provided

The vehicle for the giveaway is a 2005 Chrysler minivan with less than 50,000 miles. His entire team has given it the love and repairs it needs to be a reliable transportation for whomever wins it.

Legendary Automotive is seeking nominations of community residents that contribute but are struggling with reliable transportation. An example nominee would be a single mom that works full time and still takes time to volunteer at a local church or food pantry.

"This is not a hand-out, its a hand-up. We are looking for someone that will pay it forward," said Stretch. "We want to

help someone that helps others."

Everyone at Legendary Auto is excited to see who will be nominated by a panel of three judges.

Legendary Auto offers pick-up and delivery service and sanitizes the vehicle when it is picked up and before being delivered to the customer.

"Our facility is open for business though we prefer customers to take advantage of our touchless service for everyone's safety," said Stretch.

If you would like to nominate someone that could use a vehicle, visit www.legandaryfl.com and click on the

nomination link.

For anyone that would like to contribute a vehicle or other support, email stretch@legandaryfl.com.

Babcock Ranch Virtual 5K Sign-up

Registration is now under way for the Babcock Ranch QuaRUNtime 5K – a fun, safe, virtual race that encourages participants to "Run your own race, at your place, time and pace."

Runners and walkers are welcome to participate wherever they would like, whether it's their own neighborhood or their treadmill. Complete the 5K (3.1 miles) anytime from Saturday, May 9 through Saturday, May 30, then submit your best finishing time by emailing events@babcockranch.com.

Awards will be given for overall best male and female time, and for first and second place finishers in age categories: Under 10s, 11 to 14, 15 to 19, 20 to 29, 30 to 39, 40 to 49, 50 to 59, 60 to 69, and 70 and older.

Entry fee of \$12 for residents and \$20 for nonresidents includes Dri-Fit race shirt. Register by May 8 at www.bit.ly/BRQuaRUNtime5K. For more information, email events@BabcockRanch.com.

Shirts will be mailed to non-residents once times have been submitted. Awards will be mailed to winners after May 30, when all times have been submitted.

For more information about Babcock Ranch, visit www.babcockranch.com.

District To Honor School Lunch Heroes On Friday

Between serving thousands of kids through the COVID-19 emergency, preparing healthy food, adhering to nutrition standards and offering service with a smile, Lee County's school nutrition professionals have a lot on their plate. To celebrate their hard work and commitment, The School District of Lee County will celebrate School Lunch Hero Day by encouraging community members to make signs, write cards and find other creative ways to say thank you when coming to pick up Grab & Go meals on Friday, May 1.

"Our staff is a team of dedicated, hard-working, generous people who work hard throughout the year," said Food & Nutrition Services Director Lauren Couchois. "However, this unprecedented time has shown just how dedicated and how much they care for the students they serve. It has become clearer than ever that they are my superheroes, and I feel we could never do enough to show how much we truly appreciate all that they do and give every day."

Right now, Lee County food service staff are serving more than 24,000 meals per day at dozens of schools, bus stops and community organizations to ensure families still have access to nutritious meals. The families being served are being asked to show their support Friday

by bringing their signs, cards, spirit and more to the "Grab & Go" location they regularly use.

School Lunch Hero Day, celebrated annually since 2013, was designated by The School Nutrition Association and Jarrett Krosoczka, author of the *Lunch Lady* graphic novel series. School Lunch Hero Day provides an opportunity for parents, students, school staff and communities to thank those who provide healthy meals to nearly 30 million of America's students each school day.

The importance and nutritional value of school meals are well documented. For many children, school lunch is the most important and nutrient-rich meal of their day.

Food and Nutrition Services will be using designated vehicle ramp of each of the feeding site schools to create an orderly process to drive or walk up, collect the Grab & Go meals, and then safely return home. School Resource Officers will be on site to help with security.

Meals will be available free for anyone age 18 or younger for pick-up Monday to Friday between 9 a.m. and 12:30 p.m. Meals will also be served from school buses at a number of addresses.

For a complete list of school sites and bus locations, visit www.leeschools.net/parent_portal/covid-19/meal_pick_up_sites.

To learn more about the school nutrition program for Lee County, visit the Food & Nutrition Services section of www.leeschools.net.

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Collecting And Distributing Pet Food Donations



Members of the Cape Coral Tech veterinary assisting program photo provided

Cape Coral Tech is currently accepting donations of pet food to be distributed to pet owners in need on Friday, May 8. Donations to the Pet Pantry Project can be dropped off curbside at the school every day between 11:30 a.m. and 1:30 p.m.

"In our current situation, there is not a lot of focus on taking care of our

pets," said Charlie Pease, director of Cape Coral Technical College. "Our veterinary assisting program provides needed care to so many pets already that we thought this project would be another great opportunity to help."

All donations for the Pet Pantry Project will be sanitized before they are handed out. Cape Coral Tech is also accepting financial donations it will use to buy food for distribution. An Amazon Wish List is also being created. For more information on both, visit www.capecoraltech.edu.

Pet owners needing support for their animals can come to Cape Coral Tech on Friday, May 8 between 10 a.m. and 2 p.m. to pick up supplies. Members of the veterinary assisting program will manage the distribution. Cape Coral Tech is located at 360 Santa Barbara Boulevard North in Cape Coral.✴

Virtual Community Prayer Event

In observance of the National Day of Prayer on Thursday, May 7, Southwest Florida's Celebration of the National Day of Prayer will be livestreamed online at www.communityprayerbreakfast.com at 7 a.m. This year's Community Prayer Service theme is Back to God, and

the service will feature local interfaith leaders uniting in prayer for our community, state, nation and world, and will include music from local musicians.

"For the past 36 years, we have gathered together from the diversity of our faith walks and from every corner of our community to be unified in prayer. For the last two years, more than 1,400 of our Lee County neighbors have gathered 'under the big tent' from the parking lot of City of Palms Baseball stadium," said City of Fort Myers Mayor Randy Henderson. "In this season when all of us are facing uncertainty and so many have personally experienced loss, we are gathering online, unified in prayer, to gather to seek God's guidance, comfort and blessing."

The National Day of Prayer is an annual observance on the first Thursday of May, when individuals of all faiths join together in unified prayer for continued blessings on the nation. Every year, local, state and federal observances are held from sunrise to sunset across the nation and attract more than 2 million people. The Fort Myers community has been honoring the National Day of Prayer since the Community Prayer Breakfast's inception in 1988.

For more information, email communityprayerbreakfast@yahoo.com or call 989-1154.✴

Frontline Foods Raises Funds To Feed Heroes

In the first two weeks since its launch in Southwest Florida, Frontline Foods has raised \$5,500 working with restaurants, hospitals and other medical facilities to feed those working on the frontline COVID-19 crisis.

Frontline Foods donates healthy meals to hospital clinicians who are working in unprecedented times by partnering with local restaurants that have been devastated by the COVID-19 pandemic. The Frontline Foods program started organically in multiple cities across the country; there are now 50 chapters (and growing) powered by over 650 volunteers. Thanks to the support communities, Frontline Foods has raised more than \$4.4 million, provided more than 250,000 meals to frontline workers and supported over 600 restaurants.

In Lee County, Frontline Foods' first four deliveries to Lee Health included 100 meals from Jason's Deli, 100 meals from Key Lime Bistro, 100 meals from Crave Culinaire and 100 meals from Ariani.

"Our health care heroes tirelessly perform critical work every day and night, caring to for our patients and

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Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

Service 9, and 11 a.m. Children's RE, Adult Education Forum 10 a.m., www.allfaiths-uc.org, 2756 McGregor Boulevard, 226-0900.

ALL SAINTS BYZANTINE RITE CATHOLIC Sunday 10:30 a.m., 10291 Bayshore Road, 599-4023.

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

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

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

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

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

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

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

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

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

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

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

Pkwy, 482-2315.

CYPRESS LAKE BAPTIST

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

CYPRESS LAKE PRESBYTERIAN

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

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

FAITH UNITED METHODIST

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

FIRST CHURCH OF CHRIST, SCIENTIST Wednesday 12 noon Testimony Service, Sunday 10:30 a.m., www.christiansciencefortmyers.net, www.christianscience.com.

2390 West First Street, 334-6801.

FIRST CHURCH OF THE NAZARENE

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

FIRST UNITED METHODIST CHURCH

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

FORT MYERS CHRISTIAN

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

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

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

FIRST PRESBYTERIAN CHURCH OF FORT MYERS

11 a.m. Sunday, www.fpcfmyers.org, 2438 Second Street, 239-334-2261

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

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

KINGDOM LIFE

Sunday 10:30 a.m., 2154 McGregor

Boulevard, 218-8343.

LAMB OF GOD

Sunday 7:45 and 10 a.m., www.lambofgodchurch.net, 19691 Cypress View Drive, 267-3525.

NEW BEGINNINGS CENTER

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

NEW COVENANT EYES

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

NEW HOPE BAPTIST

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

NEW HOPE PRESBYTERIAN

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

PEACE COMMUNITY

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

PEACE LUTHERAN

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

REDEEMER LUTHERAN

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

RIVER OF LIFE ASSEMBLY OF GOD

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

SAMUDRABADRA BUDDHIST CENTER

Meditation classes. www.MeditationInFortMyers.org, 567-9739.

SAINT COLUMBKILLE CATHOLIC

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

ST. FRANCIS XAVIER CATHOLIC

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

SAINT JOHN THE APOSTLE

METROPOLITAN

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

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY

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

ST. VINCENT DE PAUL CATHOLIC

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

SOUTHWEST BAPTIST

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

TEMPLE BETHEL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)

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

THE FAITH CENTER

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

THE NEW CHURCH

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

UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

Sunday 10 a.m., www.unityoffortmyers.org, 11120 Ranchette Road, 278-1511.

WESTMINSTER PRESBYTERIAN CHURCH

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

WORD OF LIFE

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

ZION LUTHERAN

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



Native narrowleaf blue-eyed grass' flowers are purple, blue or violet, and sometimes white
photo by Gerri Reaves

Plant Smart

Narrowleaf Blue-Eyed Grass

by Gerri Reaves

Narrowleaf blue-eyed grass (*Sisyrinchium angustifolium*) is a clump-forming perennial and a member of the iris family. It is native not only to Florida but to the entire eastern half of the U.S. and Canada.

In the wild, it grows in wet woods, fields, pinelands, roadsides and ditches.

This short-lived flower grows up to a couple of feet tall, with stiff flattened stems and narrowly grass-like leaves that grow in a fan shape.

The showy purple, blue, or violet flowers appear singly and measure about three-quarters of an inch across with yellow centers. What appear to be six petals are actually three petals and three sepals.

Occasionally, flowers are white.

The long points on the petals and the leaves give the wildflower another common name, pointed blue-eyed grass.

It blooms spring through summer. When not in bloom, the plant is commonly mistaken for lawn grass.

Use it as a groundcover or border. Give it a moist area in full sun. It is not

salt tolerant.

Tiny round green seed pods turn brown when mature.

Propagate it with the seeds or by dividing the clumps.

The plant has several uses in traditional medicine.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *National Audubon Society Field Guide to Florida* by Peter Alden et al., *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, www.floridata.com, www.fnps.org, and www.wildflower.org.

Plant Smart explores the diverse flora of South Florida.✱

Water-Quality Educational Campaign

The Lee Board of County Commissioners recently approved a contract to continue an educational outreach campaign, encouraging the responsible use of landscape fertilizers to decrease the amount of nutrients in Lee County waterways.

The \$270,000 contract with Dickinson

& Associates will continue the campaign for one year to include educational efforts in print, radio, television, web, youth education and social media.

Excessive nutrients – nitrogen and phosphorus – from fertilizer used on urban lawns and landscapes can have a detrimental effect on water quality in Southwest Florida. This is particularly true during Florida's rainy season, which is typically June through October. Excess nutrients in stormwater runoff can stimulate algae blooms, including drift algae and blue-green algae, and has been implicated in red tide blooms. These blooms can result in harmful impacts to beaches, wildlife and the local economy.

Responsible use of fertilizer, including rainy season blackout periods imposed by local ordinances, is a cost-effective way of controlling nutrient pollution entering the county's waterways and estuaries.

The campaign, which builds on the successful program – Give Your Fertilizer Routine a Summer Vacation – also aims to increase awareness among urban fertilizer users about the risk to local waters from fertilizer runoff. Among these users are the many residents who regularly apply fertilizer to promote the health and growth of their lawns and landscapes.

For more on educational efforts, visit www.fertilizesmart.com.✱

Irrigation Restrictions For Lee County

The South Florida Water Management District has issued a countywide mandatory water restriction order which requires residents to irrigate once a week. Guidelines are as follows:

Residents are encouraged to continue frequent hand washing. Frequent hand washing uses very little water. There are no restrictions on water use to respond to COVID-19.

Use of reclaimed water is not

restricted.

All landscape irrigation is prohibited between the hours of 9 a.m. and 5 p.m. daily to reduce evaporation.

Even-numbered property addresses may irrigate on Sundays only.

Odd-numbered addresses may irrigate on Wednesdays only.

Visit <https://www.sfwmd.gov/content/lee-county-irrigation-restrictions> to access the full document.

For more information, visit www.SFWMD.gov/conserve, email shortage@sfwmd.gov or call 1-800-662-8876 (ext. 9).✱

Matlacha Fishing Pier Replacement

The Lee Board of County Commissioners recently awarded a contract to replace the Matlacha Fishing Pier, to Kelly Brothers, Inc. for the removal and replacement of the fishing pier at Matlacha Community Park.

The contract, in the amount of \$833,805, is part of a total \$1 million estimated cost being funded through tourist development taxes collected on short-term lodging rentals.

The new pier will replace the existing pier, which is more than 50 years old and is closed because it has deteriorated from the elements. The project will include new benches, garbage cans, lighting, fish cleaning stations and ADA accessibility features.

The improvements are expected to begin next month and take about six months to complete.

The Matlacha Fishing Pier is part of a nine-acre park at the Matlacha Community Park located along Matlacha Pass. This body of water is famous for catching snook, redfish as well as other local varieties of fish. Matlacha Park is currently closed as part of the county's efforts to stem the spread of COVID-19 but the boat ramp remains open.✱

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Changing It Up For Success



by Capt. Matt Mitchell

Even though tarpon fishing is in full swing, it appears that getting a decent calm weather day that will give you a chance to locate these fish by sight seems to be extremely tough. Strong winds from the south had us quickly changing plans and targeting snook and redfish instead. No matter how bad you want to tarpon fish, there are just some days when Mother Nature makes it next to impossible.

Big flood high tides driven by southerly winds made for the perfect set-up to stay close to home and mangrove fish. After pitching live shiners up close to the mangroves, we caught lots of snook and redfish. Such massive high tides gave us lots of options to fish the many wind-blown shorelines right around St. James City.

Many of these islands are not usually accessible during anything but a giant tide. We bounced from shoreline to shoreline, and this bite just kept going with never more than a handful of fish coming from any one island. Picking out the indentations and points gave us the most success and kept us busy and my clients smiling.

Fishing in and around the passes was another great option during what was a windy week. Some days, this bite was amazing while other days, we never had a bite. With approaching storms over the weekend, I opted to start a morning trip in the pass. Light rain and storms pushing in from offshore made for one of the most wide-open bites on snook and redfish that I can remember in the past few weeks. For over three hours during the incoming tide, we caught fish after fish both on pinfish and shiners.

With what looks like another week of disturbed weather ahead, all we can do is hope we get a few windows of flat water to target tarpon. Luckily anglers will have plenty of other options if the tarpon do not pan out.

My daily plan is to bring gear for a multitude of species. We will start out chasing tarpon and if they do not cooperate, we will quickly go to plan B.

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.✱



Nick didn't mind the rain and caught lots of redfish and snook with Capt. Matt Mitchell this week photo provided

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CROW Case Of The Week:

Snowy Egret

by Bob Petcher



For reference reasons, the snowy egret (*Egretta thula*) can be called a small white heron. This nearly pure white bird is known to be elegant and slender, with black legs and bright yellow feet

when mature, or green-yellow feet when immature.

Much like similar shorebirds, snowy egrets wade in shallow water to spear fish and other small animals. They engage in either a patient, motionless approach, or an animated technique that involves running back and forth with their wings spread while chasing their prey.

Interestingly, history buffs state that snowy egret plumes were valued at twice as much as gold in 1886 due to the demand for their beautiful feathers in the fashion industry at that time. In fact, plume-hunting nearly killed off this shorebird species.

At CROW, a juvenile snowy egret was admitted after being rescued near Lovers Key State Park with fishing hooks in its body. The egret had wounds from the fishing hooks on its left leg and left wing. The injuries to the left leg had caused the bird to refuse to put any weight on the leg and “knuckle,” and drag the leg when



Patient #20-1586 takes a stroll after recovering from fishing hook injuries

photo by Brian Bohlman

it walked.

“It was found entangled with two hooks on it, one through the skin of the left wing and one at the left knee,” said Dr. Robin Bast, CROW staff veterinarian. “Instead of being able to place the foot normally, with the toes flat against the ground, this patient had the toes curled under or ‘knuckled.’ This can be a result of pain or nerve damage. This change can be temporary or permanent, depending on the nature of the injury.”

Veterinarians treated the wounds, provided pain medication and placed a bootie on the left foot to open the toes.

“We have to get creative to treat our

patients. We cut a piece of foam pool noodle to match the shape of the bottom of the foot and taped it in place,” said Dr. Bast in describing the makeshift foot brace. “It functions similar to a splint, holding the foot in a normal anatomic position while we treat the underlying cause.”

“Holding the toes in normal position prevents the bird from injuring the toes by abnormally bearing weight on the wrong side of the toes. It also helps prevent muscle and tendon contracture.”

After less than a week in care, the egret was noted to be standing and bearing weight on its left leg.

“After a few days of antibiotics and pain medication, the wounds were healing well. The shoe splint was removed and the patient was able to stand and walk normally with no evidence of lameness,” said Dr. Bast. “It was moved to an outdoor enclosure, where it passed a flight test, and was subsequently released on Friday, April 24.”

Luckily, the patient did not penetrate the fishing equipment more into its body. Some animals understandably are frantic when they are hooked and can cause much more harm to themselves when thrashing about with hooks and monofilament line attached to or around them.

“Check out the collaborative program Mind Your Line for more information on reducing the impacts of hook and line related injuries on wildlife. These injuries range from entanglement wounds to ingestion and gastrointestinal complications,” said Dr. Bast. “This bird was lucky its injuries were treatable and it recovered quickly; not all animals survive encounters with hook and line. This problem is preventable if we take initiative to dispose of fishing gear appropriately.”

Anglers need to be responsible when fishing. Visit www.mindyourline.org for more information.

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.✽

Food Pantry Keeps Serving During Pandemic

SMDP Outreach operates a food pantry café and distribution center in the largest food desert in Lee County. Cafe personnel have always taken pride in operating like a restaurant. Guests are usually served at long community tables. With coronavirus restrictions, the demand for meals has increased, and the focus is to temporarily give out to-go containers with the food to be taken home.

In spite of this change in delivery, outreach volunteers continue to serve over 130 hot meals each weekday afternoon/evening. The center remains open and operational, staffed by committed volunteers. Anyone who is hungry is welcome and there is no charge for food. At this time, many new guests have visited for the very first time as a result of the disastrous deterioration in the local economy and rapid increase in unemployment. Families who were just managing to provide for themselves are now in need of help. Guests are all in need of a nourishing meal and a caring face. Both are joyfully provided.

Gratitude is extended to the many concerned citizens and businesses that have reached out and provided food donations directly to supplement what

is received from Harry Chapin and Midwest food banks. Yet, even with these donations, provisions are often insufficient to the need. The true meaning of the song *Lean on Me* has come to life at SMDP Outreach.

The food pantry is also undergoing changes due to the coronavirus. There is a commitment to keep it open even though pantry contributions have radically declined since church services have been suspended, and social distancing has forced many to shelter in their homes. Many people used to leave their food gifts as they entered their churches, and outreach officials have to make up for these donations to feed the community of working poor, homeless and unemployed in East Lee County.

Hungry people are still welcomed – no questions asked. Dinner is served from 3 to 6 p.m. Monday through Friday.

Compassionate neighbors in Southwest Florida are still needed to step forward to ensure that this oasis of care can continue to operate. Donations from generous Fort Myers neighbors can be made online at www.smdpoutreach.org, or mailed to:

SMDP Outreach Center
4711 Palm Beach Boulevard.
PO Box 50754
Fort Myers FL 33905

The nonprofit 501(c)3 organization serves all who seek assistance. All donations are welcome, and donations of time and talent are greatly appreciated as well as financial support.✽

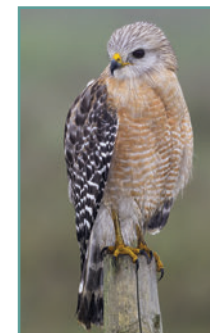
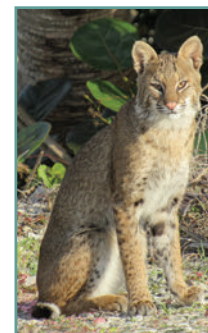
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Islanders Prep For Sea Turtle Season

Monitoring for sea turtle nests has begun on the islands of Southwest Florida. Some organizations started patrolling the beachfronts for nesting sea turtles on April 15, receiving permission to do so while the beaches are currently closed to the public due to the COVID-19 pandemic. The nesting season runs through October 31.

Turtle Time Inc. is beginning its 31st season on Fort Myers Beach, Big Hickory Island, Bonita Beach, Bunche Beach and part of Bokeelia. The Sanibel-Captiva Conservation Foundation (SCCF) has headed the monitoring program on Sanibel and Captiva islands since 1992, after taking over duties for Caretta Research, Inc. when that team disbanded.

Turtle Time, led by founder Eve Haverfield, is employing volunteers to walk the beaches and monitor turtles and nest sites, while SCCF is putting volunteers on hold at least until the safer-at-home order is lifted by the state. Staff from the SCCF Marine Lab, Sanibel Sea School and SCCF Native Landscapes and Garden Center are stepping up to take solo shifts in monitoring the beaches from the Sanibel Lighthouse to Redfish Pass at the tip of Captiva.

Last year and for the first time ever, Turtle Time volunteers documented multiple green turtle nests on Bonita Beach and one on Fort Myers Beach. Greens get their name from the layer of green fat that lies beneath their skin. Loggerheads are the most common sea turtle in Florida and the top species



SCCF Garden Center assistant Emily Harrington was being trained by sea turtle biologist Jack Brzoza when they found the first loggerhead nest photo provided

found on Fort Myers Beach. The other sea turtle species found in Southwest Florida include the leatherback, Kemp's ridley and hawksbill. Each species has a specific function in the ocean to maintain the health of the ocean.

The Florida Fish and Wildlife Conservation Commission (FWC) Fish and Wildlife Research Institute coordinates nesting beach survey programs around the state. Its marine turtle program monitors nesting activity, documents mortalities statewide, conducts research on the biology of the various species, and provides data for managing and evaluating coastal

development effects.

Conservation efforts will be needed for a successful sea turtle nesting season locally and statewide. This includes beachfront property owners and realty personnel shielding lights, pulling curtains shut, replacing outdoor light bulbs with approved amber LED light bulbs and removing beach furniture behind dunes prior to dusk. Improper lighting leads to hatchling disorientation, where a sea turtle loses its sense of direction due to extraneous circumstances instead of following the natural light of the moon into the ocean.

Strong conservation efforts will allow female sea turtles to come ashore, create a nest and eventually give birth to a large number of hatchlings. The focus is to get as many hatchlings out into the ocean, without disorientations, because only one to four out of a thousand survive to adulthood.

In 2019, Turtle Time cataloged and marked a total of 367 nests on its four beachfronts, while SCCF recorded 848 total nests on both of its islands.

To learn more, visit www.turtletime.org or www.sccf.org/our-work/sea-turtles.

Sanibel Logs First Sea Turtle Nest In Area

On April 15, Sanibel-Captiva Conservation Foundation (SCCF) staff members found the first loggerhead sea turtle (*Caretta caretta*) nest of the season on the east end of Sanibel. It is the earliest nest ever documented on the islands.

In the earliest crawl by its species ever documented on the islands, a loggerhead made a false crawl on April 14 on Captiva, called in by a Captiva resident. Previously, the earliest crawl

by a loggerhead was on April 20, 2012, also on Captiva.

"We're ready for an exciting turtle season," said SCCF Coastal Wildlife Director Kelly Sloan.

As the earliest crawl of any sea turtle documented on the islands, a leatherback sea turtle made a false crawl on the east end of Sanibel on April 1.

"I think there could be the silver lining in all of this craziness. We are hopeful that, not only for the sea turtles but for the shorebirds, there might be a little less foot traffic on the beach," said Sloan.

SCCF reminds everyone to do their part to keep the beaches sea turtle friendly:

Turn off or shield all lights that are visible from the beach. Do not use flashlights or cell phone lights on the beach. If necessary, use amber or red LED bulbs.

Remove all beach furniture and equipment from the beach at night.

Dispose of fishing line properly to avoid wildlife entanglement.

Fill in large holes that can trap hatchlings and nesting sea turtles.

Do not disturb nesting turtles – do not get too close, shine lights on, or take flash photos of nesting sea turtles.

Pick up litter.

Sea turtles are among the world's oldest creatures. The species that can be found today have been on the earth for about 110 million years, since the time of the dinosaurs.

To report any issues with nests, nesting turtles or hatchlings on Sanibel or Captiva, call SCCF's Sea Turtle Hotline at 978-728-3663. On Fort Myers Beach and surrounding islands, call Turtle Time at 481-5566.*

Virtual Birthday Celebrations Are Not Just For Kids

Birthdays are always a time of celebration even if the celebration is virtual and socially distanced. The IMAG History & Science Center announces its new virtual birthday celebrations for adults. No children allowed.

Like their IMAG virtual birthday parties for children, adults can now also enjoy the fun of celebrating their birthdays (or anything else they want to celebrate) with up to 15 other guests for a unique and very exciting experience using Zoom for your video and audio party connection.

IMAG is bringing the history and science center to your adult virtual birthday celebration and it's free. Here's how it works. IMAG offers various party themes including Beers & Gears, a *Harry Potter*-inspired Wizards' University, and *Star Wars*-inspired Happy Hour at Oga's Cantina. You pick a theme, schedule your party, and leave the rest to IMAG.

Using the IMAG TV studio green screen, costumes and props, the IMAG staff puts on an interactive show and

activity for your party. Guests will learn about chemistry, physics and engineering as they play virtual Flip Cup or Quidditch Pong, test their chemistry knowledge during a round of 3 Cup Monty or compete in silly engineering challenges.

For birthdays, the IMAG staff ends the celebration by singing *Happy Birthday* in an online sing-along. Each adult virtual birthday celebration runs usually about 20 to 30 minutes.

Once you have scheduled your party, IMAG will send you an email with party information and a Zoom invite as well as directions and a list of items found around the home for your activity or, if you prefer, you can purchase IMAG virtual birthday party to-go kits already containing the items you will need for the activity.

Although IMAG virtual birthday celebrations for adults are free, donations are always welcome to help manage expenses.

Get your daily digital dose of history and science from IMAG@HOME (including Beers & Gears programs after the kids have gone to bed) available at www.facebook.com/imaghistorysciencecenter and at www.youtube.com/user/Imaginariumftmyers.

For more information, visit www.theimag.org.*

Libraries To Begin Contactless Curbside Pickup

Library patrons will be able to pick up materials being held for them as the Lee County Library System starts contactless, curbside pickup at four branch locations.

Beginning Wednesday, April 29, curbside pickup will be available 10 a.m. to 4 p.m. Monday through Saturday from for patrons with library materials being held at the following locations:

Cape Coral Lee County Library, 921 SW 39th Terrace, Cape Coral

Lakes Regional Library, 15290 Bass Road, Fort Myers

North Fort Myers Library, 2001 North Tamiami Trail, North Fort Myers

South County Regional Library, 21100 Three Oaks Parkway, Estero

To use contactless, curbside pickup, patrons with holds available for pick-up at one of the pilot locations can drive to the main entrance of the library, stay in their car and call the telephone number provided on the signs at the location. The staff member who answers will ask

the patron for their library card number, check out their materials and bring them out to the designated spot. The patron can then pick up their materials and depart with their items.

Library staff at these locations will be available only to bring out held materials.

The contactless curbside pickup, approved at an emergency Board of County Commissioners meeting Tuesday, is part of the county's phased-in approach for residents. Last week, the county resumed exterior book returns at all branches for patrons to drop off checked-out materials. No fines are being assessed for items overdue because of library closures during the COVID-19 pandemic. Due dates have been extended due to the closures. Library branches are unable to accept donations at this time.

Further announcements on library operations will be forthcoming. There is no set date at this time for when libraries will reopen.

Additional questions for library patrons can be directed to 479-4636, text 204-5321, chat at leelibrary.net or email askalibrarian@leegov.com.

For more Lee County updates, visit www.leegov.com/covid-19.*

Marketing Firm Scores Three Image Awards

Public relations projects built with powerful words and faces of those who inspire and give from the heart earned CONRIC PR & Marketing three awards during the Southwest Florida Chapter of the Florida Public Relations Association's (FPRA) 2020 Image Awards virtual ceremony on April 23.

Awards honored two campaigns, both developed and produced by the CONRIC team for nonprofit groups in Southwest Florida. *Words from the Waterkeeper*, a video blog series focused on the water quality efforts launched by Calusa Waterkeeper, Inc., won an Award of Distinction in the Institutional Video category. *Faces of Hope Who Give*, a powerful look at the nonprofit Hope Clubhouse and its work with adults living with mental illness, won both an Award of Distinction and Judge's award in the Promotional/Marketing Video category. Over the past six years, CONRIC has collected over 30 Image Awards for its public relations campaigns.

"I could not be prouder of our CONRIC team, who works tirelessly each day to ensure that client expectations and goals are exceeded," said Connie Ramos-Williams, CONRIC president and chief marketing officer. "We are honored to accept these Image Awards for public relations campaigns that we developed for two of our valued nonprofit clients."

Both projects, submitted under the Digital Tools of Public Relations, easily surpassed set objectives. *Words from the Waterkeeper* had an online audience reach of 14,234 total views and 70 post engagements on all social platforms during the campaign. The *Faces of Hope Who Give* video, developed and produced by CONRIC for the Hope Clubhouse major fundraising event, helped generate a record-breaking \$201,764 in donations with 60 percent of the audience in attendance making a donation.

In addition, CONRIC Vice President of Marketing Jaimie Miller was named Southwest Florida Chapter of the FPRA, PR Professional of the Year for her contributions to the organization and excellence in public relations.

Because of COVID-19 restrictions in place, this year's local Image Awards ceremony was conducted virtually for the first time in its history with all

nominees participating on Facebook Live. The emcees for the event were Randy Mitchelson, president of the SWFL Chapter of FPRA, and ABC-7 morning news anchors Jen Stacy and Greg Parker. Proceeds from the event will benefit the chapter's scholarship funds.✱

Tax Collector Offers Additional Digital Service

The Lee County Tax Collector recently announced new online features designed to improve customer service during COVID-19. Due to a higher than normal call volume at the call center, the tax collector urges Lee County residents to utilize these new services.

The Lee County Tax Collector is now offering a quick and easy way to go online and make appointments. The downtown Fort Myers, Lehigh Acres, Cape Coral, Bonita Springs and South Fort Myers service centers are currently open for appointments only. Appointments can be made by visiting www.leetc.com and booking your preferred location, date and time for your driver license, vehicle registration and title work.

The Lee County Tax Collector also has activated its call center where representatives can assist residents with information about driver licenses, vehicle registration renewals, vehicle titles, property taxes, tax certificates and other services. The call center number is 533-6000.

A new web chat feature is also being offered online. Representatives will assist customers with any service questions quickly and easily. The chat is a quick way to get questions answered in real time.

Many online services allow residents to complete needed tasks quickly and efficiently. An automated kiosk is available at select Lee County Tax Collector locations for residents who want a quick and easy way to renew vehicle registrations. A representative will assist customers at the kiosk.

"The Lee County Tax Collector recognizes these extraordinary times create stress, and we want to help alleviate any anxiety through the multitude of ways we have established to assist customers," Lee County Tax Collector Larry Hart said. "We urge residents to go online for appointments and to utilize many of our other services at www.leetc.com."✱

CROW Elects Board Members At Virtual Meeting

The Clinic for the Rehabilitation of Wildlife (CROW) held its 2019 Membership Meeting via a virtual Zoom meeting on March 25 due to concerns over the current coronavirus pandemic. Those in attendance included members, staff and the board of the directors.

The agenda consisted of the introduction of new and returning board members and a review of 2019 achievements.

CROW elected three new board members: Anthony Farhat, Phaidra McDermott and Dr. Bonnie Tucker.

Farhat is the president of PGI Homes, LLC. His strong business ethics earned him recognition as one of the Top 40 under 40 and Young Entrepreneur of the Year by *Gulf Coast Business Review*. His dedication to Florida's environmental health has influenced the overall direction of his company.

McDermott has lived on Sanibel since she was 3 years old and she loves the local wildlife – hence the name of her company, Kingfisher Realty. For over 20 years, McDermott has been one of the most successful realtors in Florida. In 2016, she achieved a landmark, selling both the highest priced home on Sanibel and the highest on Captiva.

Dr. Tucker received her doctor of



Anthony Farhat



Phaidra McDermott

veterinary medicine from Tufts University. She is a veterinarian at VCA Animal Hospital at both the Sanibel and Miracle Mile offices. She previously was involved with Labrador Retriever Rescue of Florida.



Bonnie Tucker

Cathie Lewis and Christine Attardo began their second term on the board. President Paul Ben-Susan also acknowledged board members Kelley Provo and Dr. Dave Nichols for their service and commitment to the organization.

The 2020 board officers are: Paul Ben-Susan, president; Dan Murphy, vice president; Cindy M. Hawkins, treasurer; and Lynne Birdt, secretary.

Also returning are board members Edgar Burton, Amanda Curran, Bill Horvath and Darrin Grotrian.✱

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Book Review

A Long Petal Of The Sea



by Di Saggau

A *Long Petal of the Sea* by Isabel Allende is a gift of epic storytelling. The story begins during the Spanish Civil War and spans oceans and continents worth of political upheaval.

Thousands escape into France when Franco's fascists defeat the Republican army. Roser, one of the refugees, is a young pianist, widowed and pregnant with her first child. Victor Dalmau, her husband's brother, offers her a chance for survival by marrying her. This partnership secures their safety and the legacy of a man they both loved. We follow Victor and his wife as they flee across continents and witness the decades-long fallout from Franco's rise to power. Allende's style is remarkable, giving the reader a huge overview of generations, decades and countries.

Victor and Roser board a rescue ship headed for Chile, chartered by the poet Pablo Neruda, along with thousands of other Spanish refugees. Neruda actually did charter a rescue ship, rescuing 2,200 Spanish refugees. The author includes several passages from Neruda's poems. This was one. "Take note: If little by little

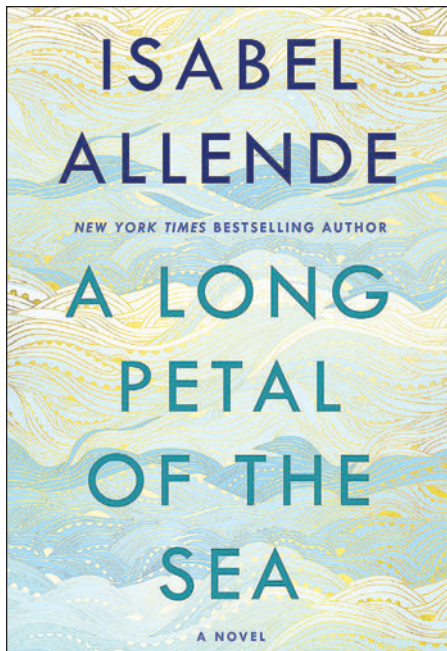


image provided

you stop loving me I'll stop loving you little by little. If suddenly you forget me. Don't come looking for me. I'll already have forgotten you." It's from *If You Forget Me*.

All the huge events that happen in the book did really occur. There are no heroes, just survivors. Allende takes us on an intimate journey as Roser and Victor observe their surroundings, the people they meet and even themselves, in order to survive. *A Long Petal of the Sea* is a story of abiding love and the discovery of one's capacity for wonder in a world gone mad.✱

School Smart



by Shelley M. Gregg, NCSF

Dear Readers, Often, we as parents feel that our children read all day at school, so they don't need to read as much when they are at home. Now

that our kids are home all day, should we re-evaluate the amount of reading our children need to do?

A recent report from *What Kids Are Reading*, based on data collected from Accelerated Reader (AR), a reading program widely used in many schools, indicated that the majority of students spend fewer than 15 minutes per day reading, but by increasing their daily reading time to 30 minutes, comprehension will improve as will academic achievement.

Independent reading should still be a big part of a student's workload even while at home. Students develop comprehension, vocabulary and critical thinking skills through reading, and they should be encouraged to read as much as possible. It's easy for kids who love to read, but what about those kids who struggle with reading. How can students reach a goal of independent reading for 30 minutes a day be achieved? Kids do not have to read traditional books to build reading skills. Here are some ideas to encourage reading.

Some kids, who struggle with reading, prefer comics and graphic novels, which are great options. Images and graphics make it easier to follow the action, but words still carry the story along. Plus, the text is broken down into bite-size segments in these materials.

If your child is drawn to them instead of traditional books, it's ok. They offer lots of reading practice.

Although complicated by screen time concerns, kids who love spending time on social media are already doing a lot of reading and even though posts or tweets are short, they still count. Turn that interest into a fun assignment. For example, if your child is into sports,

make giving you a daily highlight an assignment. Have your child follow a website like ESPN SportsCenter, or a sports blog to give updates. This is reading.

Everyone loves a good laugh and if kids can get that by reading, it's great. For struggling readers, joke books or kid-friendly websites about jokes, can be an excellent way to increase reading fluency skills. Reading jokes are an exercise in reading accurately with the right expression or tone and timing. Reading and understanding comedy takes practice. It's not an easy skill to develop. So, if your child is interested in reading jokes, have them practice them and then share the jokes with friends and family.

If your child loves cooking and food, menus and recipes are a great way to practice reading. Help your child have fun with it. Come up with a cooking project together and read through some recipes for ideas. Or have your child research menus online to create an ideal menu for a future restaurant.

Kids who resist books may not be as wary of a shorter format like news articles, whether it's the paper version or online. Even browsing headlines is good reading practice. Model this by reading newspapers and magazines yourself. You can read out loud together and find a news item each day to share.

Listening to audiobooks and reading digital books is just as valuable for students as reading traditional books. If your child loves technology, download a few books. Sometimes, just the difference in format is exciting enough to be engaging. The public library is a great source for audio and digital books.

Remember that reading comes in many forms. Require and encourage them to follow their classroom reading goals during this time at home.

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

EPIC FIRES OF FORT MYERS

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



THOMAS P. HALL
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Thank You Bags Delivered To Local Heroes

Lee Health Foundation recently assembled 100 "Thank You" bags for local front line healthcare heroes. Rebecca Binkowski, owner of MacIntosh Books and Paper on Sanibel, donated 80 new release paperback books to include in the gift bags. The bags were delivered to all four of Lee Health's acute care hospitals to help increase morale and let hospital staff members know how much the community appreciates their courage.

If you are interested in donating items



Rebecca Binkowski

photo provided

to include in the next batch of thank you bags for healthcare staff, call the Lee Health Foundation office at 343-6950.✱

Bank Hires Residential Loan Coordinator

Brandy Heales has joined Sanibel Captiva Community Bank as a loan coordinator in the bank's residential lending division. She is responsible for supporting residential loan officers in assisting customers with residential loans, including conventional and construction loans.

Heales has more than two decades of experience in the realty and banking industries. She previously worked as a licensed realtor for various companies in Florida and Ohio.✴



Brandy Heales

photo provided

LCEC Offers Energy Tips While You're At Home

As you navigate the reality of staying home to help slow the spread of COVID-19, it is more important than ever to conserve electricity. Not only does conserving energy reduce your carbon footprint, it can make a big difference in your electric bill. You are home more and Lee County Electric Cooperative (LCEC) reminds customers to follow these recommendations to avoid using more energy than you absolutely need during this trying time:

When cooling your home, set the thermostat at 78 degrees Fahrenheit. Each degree below adds 8 to 12 percent to the cooling costs.

Be sure your thermostat fan switch is set on the "auto" setting. This is more economical for temperature and humidity control.

Do not close A/C vents or interior doors when A/C is running.

Check the attic for areas where insulation is missing or may have been moved during repairs or cable installation.

Change or clean filters monthly.

Keep windows and exterior doors closed when running your air conditioner or heater. Also, use caulk and weather strip around windows and doors.

Replace standard light bulbs with compact fluorescent lamps (CFLs), which use 75 percent less energy, or LED lamps (light emitting diode), which use 85 percent less energy with a life expectancy of 30,000 to 50,000 hours of run time.

Turn off fans when the room is not occupied. Each continuously running fan costs approximately \$7 per month on your electric bill.

Install reflective window tint/film that will reflect 65 percent or better on windows facing east, west or south. You can buy this at your local home improvement store and install yourself.

Visit the Energy Efficiency pages at www.lcec.net for more tips and tools to help you save electricity. Keeping your family, yourself and your community

well is your No. 1 priority. Help by consuming wisely while we weather this COVID storm. Everyone is all in this fight together, and we all have the power to make a difference. LCEC thanks everyone for doing their part during this unprecedented time.

To learn more, visit [#wepoweron](https://www.facebook.com/wepoweron).✴

Injury Prevention Coalition Offering Safety Grants

Organizations interested in applying for health- or safety-related projects are invited to begin the application process. The Lee County Injury Prevention Coalition (IPC) is soliciting letters of intent for the annual grant submission process.

Parties interested in the grant proposal process must have letters of intent (utilizing the following criteria) submitted to Brian Raimondo, president of IPC, no later than May 15. Submissions must be submitted via email to ipcleecounty@gmail.com.

Criteria for grants include the following: Grant funds must be used in Lee County for health and/or safety initiatives – not for a profit;

The grant should be for a new program or project that is directed at a clearly defined audience and a documented injury or safety issue within the Lee County community; and

Funds for a new or expansion project must be sustainable beyond the grant year.

Letters of intent will be evaluated by the IPC, and organizations will be notified if actual grant applications will be asked for. The deadline for submitting the applications is July 1.

The Lee County Injury Prevention Coalition serves as a collaborative effort or partnership whose function is to facilitate partners' work and act as a catalyst for injury prevention initiatives. Its mission is to prevent injury, disability and death through advocacy, education, legislation and partnerships.

For more information about the Injury Prevention Coalition or the grant application, contact Raimondo at ipcleecounty@gmail.com or 330-2240.✴

AAUW Supporting Education For Young Women

The American Association of University Women (AAUW) recently announced another year of promoting education for young women. The local Fort Myers organization has grown to a substantial membership, allowing it to support the diverse interests of its membership and fulfilling its mission to provide scholarships to deserving young women in the area.

There was a time when very few women attended college, and there were even fewer women scientists, doctors or lawyers. But in 1881, 17 college women in the Boston area (several different colleges) shared the belief that women could learn and accomplish whatever they had the intellect and energy to accomplish. They had done it, and they knew other women could too. They founded AAUW.

For 137 years, AAUW has worked for women's rights to vote, to work, to go to school. AAUW members have marched, demonstrated, researched and taken positions on the issues affecting women – educational, social, economic and political. AAUW has awarded more money for women's scholarships and

research than any other organization in the world.

AAUW members enjoy activities such as book groups as well as a variety of interest groups including bridge, writing and poetry, movie and theater groups, great decision discussions and day trips. Ladies look forward to the monthly luncheon meetings at the Helm Club in The Landings Yacht, Golf & Tennis Club. In addition to those luncheon meetings with well-known lecturers, AAUW in Fort Myers plans a holiday event, traditionally a fashion show. The proceeds from that event provide funding for a variety of scholarships.

Some of the scholarships awarded regularly include those for students at Florida Gulf Coast University (FGCU), Florida SouthWestern State College (FSW) and to high school students planning on further education. Scholarships to technical schools are also included in its mission. STEM endeavors are supported through awards at science fairs and through GEM, a program for middle school students who meet four times a year at FGCU for a full day exploring science.

AAUW members include women who have had careers in many fields and women who are actively working in the Fort Myers area. For more information, email aauwleecounty@gmail.com or visit www.fmlc-fl.aauw.net.✴

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Will Power

What Are The Duties Of An Agent Under A Power Of Attorney?



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

If you have an estate plan, it should include a durable power of attorney. A durable power of attorney (DPOA) provides you with protection in the event you are incapacitated during your lifetime and cannot manage your own business and financial matters; the word “durable” simply means that the document remains valid even though you are legally incapacitated. If you are incapacitated, a person you have named as your agent can seamlessly take care of your financial responsibilities and decisions.

Under Florida law, a DPOA signed before October 1, 2011 may not be effective or practically useful. Under current law, a DPOA is valid at the time that you sign it. It isn’t subject to a precondition, such as your incapacity.

Practically speaking, a DPOA preconditioned on your incapacity won’t be accepted by most banks and financial institutions anyway. Imagine, for example, that your son is your agent. He walks into your bank and says that he needs to write checks because you’re incapacitated. The bank, concerned with its own liability in allowing your son to write checks, asks “How do we know that your father is incapacitated?” Even if presented with valid proof, chances are the branch manager sends the matter up to their legal department, where it gets stuck for weeks, if not months.

In any event, under current Florida law, a DPOA is effective the minute you put pen to paper and sign it with the appropriate witnesses and notary. What this means is that you must expressly trust that the person you’ve granted the power to act on your behalf will do so without regard to his or her own interests. They must act in a fiduciary capacity.

Agent’s Duties

Notwithstanding provisions in the power of attorney, an agent who has accepted appointment shall do certain things. First and foremost, the agent must act in accordance with the reasonable expectations of the principal (the person who granted the power of attorney) to the extent that these expectations are actually known. If the agent doesn’t know the principal’s specific expectations, he or she is committed to act in the principal’s best interests.

An agent must also act in good faith. This means to act reasonably and honestly, with a reasonable basis for any actions taken. Likewise, an agent must only act within his or her scope of authority. A power of attorney can be very narrow (such as to pay all of the principal’s bills out of a certain checking account), or very broad (such as to manage all assets and debts). An agent who was only granted the power to pay bills would be acting outside of his scope of authority if he sold real estate belonging to the principal.

Lastly, an agent under a Florida power of attorney must try to preserve the principal’s estate plan to the extent actually known by the agent, if doing so is

consistent with the principal’s best interest. Whether actions are consistent with the principal’s best interest is based on all relevant factors, which include: the value and nature of the property; the principal’s foreseeable obligations and need for maintenance; minimization of taxes; and eligibility for public benefits.

An agent must also do certain other things, unless otherwise provided in the power of attorney. These duties include acting loyally for the principal’s benefit (and it is hard to imagine a power of attorney that would encourage the agent to do otherwise).

An agent must also act so as not to create a conflict of interest that impairs his or her ability to act impartially in the principal’s best interest.

An agent must also act so as not to create a conflict of interest that impairs his or her ability to act impartially in the principal’s best interest. For instance, investing some of the principal’s money in a business venture of the agent could create a conflict of interest. The agent might be reluctant to divest the principal’s money from the project even if that was best for the principal, because doing so might create a loss for the agent. A principal could conceivably decide to waive this obligation, especially if the agent was an adult child or other close relative.

Another duty that an agent has is to maintain good records: receipts, disbursements and other transactions made on behalf of the principal. A power of attorney could theoretically waive this obligation, but it is difficult to imagine why an agent would choose to.

Finally, an agent under a power of attorney has the duty to cooperate with a person who has the authority to make healthcare decisions on the principal’s behalf in order to carry out the principal’s reasonable expectations, to the extent that they are known. If not, once again, the default is to act in the principal’s best interests.

Florida Agents and “Hot Powers”

As noted, agents have certain duties under a power of attorney, and they also have certain powers. However, there are some powers that they cannot exercise unless explicitly given them in the power of attorney, referred to as “hot powers.”

These hot powers include the ability to:

Create a trust or amend an existing trust;

Make gifts;

Change existing rights of survivorship, or create new ones, for certain types of assets;

Change beneficiary designations on assets;

Disclaim assets; and

Waive the rights of a beneficiary under certain types of retirement plans and annuities.

Since the exercise of these powers would give an agent an enormous amount of control over the principal’s assets, it might seem as if the simplest course of action would simply be not to grant them. However, under some circumstances, the ability to exercise hot powers could actually be beneficial for the preservation of the principal’s assets. If you are planning to grant powers of attorney, discuss your goals with your estate planning attorney to see if it makes sense to grant your agent hot powers.

If you are an agent under a power of attorney, or are considering accepting appointment as an agent, it is a serious responsibility. If you have questions about what you would be undertaking, contact an experienced Florida probate attorney.

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Funds Help Frontline Workers In Healthcare

The Southwest Florida region’s healthcare leaders Lee Health and NCH Healthcare System (NCH) announced last month the SWFL Stronger Together campaign, a collaboration to raise funds and support for the regional effort to combat the COVID-19 pandemic. Together, Lee Health and NCH are asking the Southwest Florida community to join them and show support for the healthcare professionals on the frontline of the crisis.

Cape Coral Auxiliary, Gulf Coast Medical Center Auxiliary and Lee Memorial Auxiliary were the first to answer the call, all generously giving \$50,000 each for a combined \$150,000 donation, all to aid in the fight against COVID-19.

“It is with compassion, love and deep appreciation for our Lee Health family and the Southwest Florida community that the Lee Memorial Auxiliary is donating \$50,000 to SWFL Stronger Together,” said Sandy Heise, Lee Memorial Auxiliary president. “As the health care keepers and

leaders of our respective communities, Lee Health and NCH have risen to this unprecedented challenge to help us all.”

Gifts to the SWFL Stronger Together fund are providing critical resources, equipment and supplies needed to support doctors, nurses and other healthcare workers as they take on the challenges of COVID-19. Funds are being used to buy additional ventilators and masks, as well as adding to each hospital’s infrastructure including mobile collection sites and more beds to better care for all patients and manage the changing landscape of the crisis.

“We are in this together,” said Sue Twining, Cape Coral Hospital Auxiliary president. “Our Cape auxiliary is committed to fight this virus and keep our community safe.”

Technology has also been a big challenge, so donations are helping to increase resources and bridge the challenges of communication. With a no visitor policy in effect, it has been extremely difficult for patients to communicate with their families, affecting morale for patients and staff. iPads are being purchased and distributed to all campuses so that families can video chat with their loved ones on the outside. As

quickly as iPads are distributed, more are being requested. The added technology has been especially impactful for parents to introduce their newborns to friends and family who are unable to visit.

Beyond the medical equipment and supplies, the impact on employees has been a focus ensuring they feel supported and cared for as well. During a time when food, shopping and packing lunch should not be an added concern for employees, donations have provided free meals to all employees on all shifts. More than 150 restaurants and businesses across the Southwest Florida community have also contributed food, care packages, footwear, as well as plants and flowers.

“The Gulf Coast Medical Center Auxiliary is honored to be able to support the front line of defense against this unprecedented pandemic – the nurses, physicians and support staff of Lee Health, who put themselves in harm’s way to care for their patients,” said Gary Gold, Gulf Coast Medical Center Auxiliary president. “Our contribution of \$50,000 can be measured in dollars and cents, but our spiritual support is immeasurable.”

For more information or to make an online donation to SWFL Stronger Together, visit www.swfltogether.org.✱

Become Drug Free During Pandemic

In this time, encourage your loved ones, or maybe even yourself, to take the step to becoming healthy again without the use of alcohol or drugs. Getting back control of your life is amazing, and being safe from this pandemic is a huge bonus.

At the Narconon Suncoast center, great precaution is being taken in providing preventative measures towards the spread of the coronavirus. Officials are still committed to helping addicts and alcoholics that are seeking treatment during this difficult time. They recognize the need for Americans to stay at home while also recognizing that there are still people suffering all over the country in need of care. They want to be here to assist them with that.

To learn more about how addiction and this pandemic goes hand in hand, visit www.narconon-suncoast.org/blog/tragedy-or-redemption-where-will-your-path-lead.html. Narconon can help you take steps to overcome addiction in your family. Call for free screenings or referrals at 1-877-841-5509.✱

Superior Interiors

How To Design A Bedroom For Multiple Children



by Katie Frederick

You might wind up having to sleep two kids or grandkids per bedroom at some point, particularly in your vacation home. However, having multiple children share a room

doesn't have to be a catastrophe. With a little creativity you can get the most out of any space, no matter how many little ones share it.

As the beds will likely be the largest pieces of furniture in the room, they'll have a big impact over how you arrange everything else. When it comes to multiple children, you have several options. Of course, you can put them side by side, but you can also buy bunk beds or Murphy beds if space is a consideration. Each choice has its advantages, adjacent beds help open the middle of the floor for activities, while lofted or bunked beds add an element of fun for older kids. Keep in mind that if children are separated by a few years in age, they might not go to bed at the same time, so make sure your sleeping situation allows for staggered bedtimes.

Especially as they get older, your children might want to have a little more privacy. In the absence of a second bedroom, a pocket door is a perfect compromise. They can slide right into the middle of the room, creating a barrier that can be taken in or out as necessary, making them one of the more flexible interior design choices. They're also a good way to add a novel textural element into a space, without changing the overall aesthetic of the room.

Even just one child is more than capable of making a mess, so when two are sharing the same space, it's even more important to stay organized. Keep

everybody on track by equipping the room with plenty of storage solutions. Baskets or containers should be clearly labeled based on what should go inside. Each child should know exactly where everything is kept, which cuts down on arguments and makes cohabitation more harmonious.

As children grow up, their tastes change. It's perfectly natural that your little one won't want the same bedroom design at age 5 as they will at age 9. However, you don't need to perform a complete renovation every time your child develops a new interest. Use neutral paint and furniture to begin the room, and then turn to accents and accessories to add bursts of color. This way, you don't have to paint and repaint the room, and it's easy to update the feel.

Kids like to feel included, so allow them to make some of the choices for the room. Choose a few themes that are within your budget and fit in with the rest of your vision. Then, let your children make the final call, together. It's a good time for them to learn about the benefits of compromise, and they'll be much happier knowing that they had some level of ownership over the design of their space.

When a child must share a room with a sibling, he can start to feel like he doesn't really have a space of his own within the house. You can ward off these feelings by adding personalized touches throughout the room, such as monogrammed pillows, or a chest that features his favorite animal painted on the outside. Hang up artwork drawn by both children, so they each understand that even though they are sharing a room, they also have their own individual stakes in the living area. Each child should have a little space of his or her own within the larger room. This provision could be as small as separate drawers or as large as individual night tables, depending on how much space is in the room. Sharing a bedroom doesn't have to be a hassle and can even bring siblings or visiting cousins together and give them something to look forward to during visits.

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

Scholarship Winners Announced

The Sam Sirianni Memorial Scholarship Committee recently announced the 2020 scholarship winners. Since 2002, the foundation has awarded 176 scholarships valued at \$331,000 to Lee County student athletes.

The platform of the scholarship is to recognize student athletes for their work both on and off the field. The committee is proud to select students that carry on the legacy of Coach Sam Sirianni Sr. by honoring high school student-athletes that exhibit integrity, teamwork, sportsmanship and a passion to excel – all qualities that the late Coach

Sam embodied.

The 2020 Fort Myers High School Sam Sirianni Memorial Foundation winners include:

Yasias Young – Sam Sirianni Memorial Scholarship;

Ethan Carr – The Inaugural Rich Lamb Community Scholarship;

Jacob Griffith – sponsored by Mike McQuagge of McQuagge & King Law Firm;

Kaydan Strickland – sponsored by SS Memorial Foundation

The 2020 Sam Sirianni Memorial Foundation All-County winners include:

Listo Fuentes-Badillo – East Lee County High; sponsored by SS Memorial Foundation

Tramese Godfrey – Riverdale High; sponsored by SS Memorial Foundation

Jamie Sukovich – South Fort Myers High; sponsored by Don Retallick of The Retallick Financial Group.✪

Fever, A Nearly Ubiquitous Immune Response

submitted by J. Bruce Neill, Ph.D.

When the human body recognizes a foreign particle (cell or object) in it, a complex series of events occur that are designed to protect the body, an immune response. The spectrum and complexity of immune responses are varied and highly complex, but a common component is raising the temperature of the immediate area, or the entire creature. When an organism's body temperature is increased, it is called a fever; the common medical adjective for exhibiting a fever is febrile.

Fever is a hallmark of immune responses. And, it has been around for approximately 600 million years. Our best evidence suggests that around that time, there was a divergence in animal body types. Prior to that, all animals' body temperatures were mostly controlled by the surrounding external environmental temperatures – we call these animals ectotherms. Frequently known as cold-blooded, ectotherms include amphibians, reptiles, insects and



many fish species.

Some 600 million years ago, a new development appeared, internal body temperatures that are typically above the ambient external environment, and relatively constant – the endotherms. Examples of endotherms, commonly referred to as warm-blooded animals, are mammals, birds and some fish (notably tuna).

Both endotherms and ectotherms utilize fever as an immune response to foreign invasions. Yes, cold-blooded animals have fevers. They mostly accomplish this through behavioral modifications – moving to, and remaining in areas that increase their internal temperature. When ectotherms are treated with human drugs designed to reduce fevers (antipyretics) – they cause the cessation of the behaviors that led them to increased body temperatures. This tells us that the nervous system pathways that increase the metabolic rate and internal temperature of warm-blooded animals, are very similar in the cold-blooded animals, but they change behavior, not metabolic rate.

Perhaps, even more surprising is that fever is also known in plants. Several investigations have documented the fever response to infections in controlled experimental conditions with a variety of plants.

The creation of fever is how our body (and seemingly many varied types of organisms) wards off infections. Fever makes us feel crummy; our

continued on page 17

YOUR NEUROLOGICAL SYMPTOMS MAY HAVE A STRUCTURAL CAUSE!

- Balance problems
- Blurred vision
- Dizziness / vertigo
- Fainting / drop attacks
- Swallowing or speaking difficulties
- Tinnitus or hearing problems
- Torticollis / cervical dystonia
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HELPING THE WORLD SEE CERVICAL INSTABILITY WITH 2020 VISION!

Frankly Speaking



by Howard Prager

Well, sports are back... sort of. At least the future of football is back with the conducting the NFL draft last week and getting us excited about the future of

our favorite teams. I recently had the chance to interview Emery Moorehead, tight end on the Chicago Bears' 1985 Super Bowl team. Emery's comments on the draft: "The day after the draft everyone thinks they have the best talent. Today two-a-day practices are only happening once a week and training camp is just four weeks – not long to evaluate new draft picks." Players are going to have to step up their game quickly.

Emery and I knew each other at Evanston Township High School just north of Chicago where he was a standout wide receiver and went on to captain the football team at the University of Colorado. We intersected in two ways – music (he played trumpet) and we were both Eagle Scouts. Emery has retired to Colorado where he bikes, walks, golfs and, when "it's not crazy with people home from work," goes for hikes in the mountains. His son Aaron played for the Indianapolis Colts and also won a Super Bowl ring, and is now a wide receiver coach for the Eagles.

I asked Emery how the game has changed from his time to his son's time to today. "Today, the money plays a huge role in terms of how players react to a lot of things, including injuries because the money is given up front. When I signed my rookie contract, I had a one-time bonus. When Aaron played, signing bonuses were for first and second year, and the money was guaranteed. Today, because of league profitability and TV, it's exploded for the players. They play less, and are guaranteed more money. They also

don't play hurt anymore so they don't go out there when they're not 100 percent. It's all about the money," he said. A new 10-year NFL Players Agreement was just signed in March, adding more people on the active day roster and on practice squads. "They (the NFL) wanted to get this deal done because the TV contracts will be coming up soon, and they wanted everything in place," said Moorehead.

What about college players, how are they different? His perception is "It's more subtle in NCAA. Not playing in a bowl game senior year because players don't want to risk getting hurt. Why play one more game when you're training for an NFL career and will make more than anyone in your class right out of school? Kids are also smarter today and are soaking up far more knowledge than previous players."

What will hurt NFL players this year? "They're not going to have the time to learn the playbook and getting to know the others on the team," he said. Undrafted players will have less opportunity to hook on with a team with a short training camp and the importance of getting draft players into the mix. Yet Emery pointed out, "Everyone's at the same disadvantage. Just the rookies are at a little bit more of a disadvantage because they don't get the playbook until camp. More old school with shorter time in camp. New coaches will be at a terrible disadvantage because they don't have experience with players and the team, and they're going to have to get to know their players rapidly when camp opens." How do you build camaraderie with your team? "Training camp and mini-camps are some of the big ways. Yet all teams are in the same boat and have to build their own team experience."

What are your thoughts about training camp opening the end of July and playing this season? "They will push for it but if it's not safe for fans in stadium, how safe will it be for the players? That decision will go up to the wire on whether they will start on time or delay the season. Safety is most important." And yet when asked about

safety of players in the game today, he said that all the way from Pop Warner to the NFL, there's increased focus on safety, especially of the quarterback and receivers. Linemen and defense take the bulk of the hits every play.

If you could talk to your 22-year-old self today, what would you say to him? "Work harder in college. The difference between being a first and sixth round draft choice is huge money. We didn't have free agency when I was drafted and kept in that slot. Now with free agency and guys bouncing around, it's a little different. I would have also said don't spend a dime – put it all in the bank. Don't go crazy."

What was most important to you growing up that helped lead to your success on the field? "Scouting. The model of scouting is very good – a goal setting program along the way to attain ranks. Put a goal out there to be eagle and try and reach it.

Teaches about how to lead others, responsibilities and survival. Great tool for any young man or woman to learn about leadership. Confidence you can get it done. This definitely helped me in my career because in football you need leaders. My most important lesson? Character and knowing right from wrong. You have to learn how to be an ethical person in life," he said. Lasting values and lasting memories. After retirement from football, Emery started a successful real estate business and gave back to the community in many ways, including serving on the board of the Northeast Illinois Council, BSA for 27 years.

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.

FWC Online Meeting Open To The Public

The Florida Fish and Wildlife Conservation Commission (FWC) will hold an online meeting on Thursday, May 14 beginning at 9 a.m. The meeting originally scheduled to be held in Miami will now be held virtually due to COVID-19 social distancing guidelines. Public comment will be accepted regarding agenda items requiring action via a telephone conference line. The Florida Channel will be broadcasting live video coverage at www.thefloridachannel.org.

Because this meeting is being held by video conference and a telephone conference line, the FWC is presenting a reduced agenda and limiting public comment to one hour per agenda item. The FWC is also offering the opportunity for stakeholders to provide their comments regarding the agenda item topics in advance. Advance comments should be submitted no later than Friday, May 1 via email to commissioners@myfwc.com.

For the full agenda, links to background reports and ways to participate, visit www.myfwc.com/about/commission/commission-meetings, or www.myfwc.com/about and click on "The Commission" and "Commission Meetings."

From page 1

Day Of Giving

temporary cash) have quadrupled. "The families in Harlem Heights are extremely vulnerable, particularly now," said Kathryn Kelly, founder, president and CEO of The Heights Foundation/The Heights Center. "We need to provide support to our families so they can keep a roof over their heads and food on the table while kids are out of school and parents are out of work. We hope our community will contribute to helping these families on Giving Tuesday Now."

Examples of what contributions can provide:
\$10,000 – Two months of rent and utility assistance for five families;
\$5,000 – A month of food vouchers for 10 families;
\$2,500 – A month of utility assistance, childcare or car payment for five families;
\$1,000 – Two months of Grab & Go meals for 10 children;
\$500 – A month of food vouchers for a family;
\$250 – Utility assistance, childcare or a car payment for a family.
"As a global community, we can mourn this moment of extreme crisis while also finding the opportunity to

support one another. We each have the power to make an impact with acts of generosity, no matter how small, and to ensure the sustainability of organizations and services that are crucial to the care and support of our communities," said Asha Curran, CEO of GivingTuesday. "#GivingTuesdayNow is a chance for us to stand united and use grassroots generosity to show that we are all in this together, beginning to end. Even as many face financial uncertainty, generosity is not about size. From calling an elderly neighbor to chat to offering translation help; from showing gratitude to our healthcare workers to donating to your local food bank, every act of kindness is a beacon of hope in this crisis. We all have something to give, and every act of human consideration and kindness matters."

Those interested in joining The Heights Foundation's #GivingTuesdayNow efforts can visit www.heightsfoundation.org/donate or call 482-7706.

For more information about the GivingTuesday movement, visit www.givingtuesday.org, www.facebook.com/givingtuesday or follow @GivingTuesday and #GivingTuesdayNow on Twitter. For youth interested in joining the movement, visit www.givingtuesdaykids.org for inspiration and project ideas.

SPORTS QUIZ

- 1. "Sometimes I underestimate the magnitude of me" is a quote from what 1993 inductee into the National Baseball Hall of Fame?
- 2. In March, what NFL star announced the establishment of media company 199 Productions, named after his selection number in the 2000 NFL Draft?
- 3. What martial art was introduced as an official medal event at the 2000 Summer Olympic Games in Sydney, Australia?
- 4. The Indianapolis Colts selected Tennessee quarterback Peyton Manning with the No. 1 overall pick in the 1998 NFL Draft. What player was drafted at No. 2 by the San Diego Chargers?
- 5. True or false: On April 20, 1986, the Chicago Bulls' Michael Jordan scored an NBA record 63 points in a first-round playoff win over the Boston Celtics.
- 6. At what track did motorsports pioneer Danica Patrick win her first and only IndyCar race?
- 7. NHL great Wayne Gretzky concluded his playing career on April 18, 1999, as a member of what team?

ANSWERS

1. Reggie Jackson. 2. Tom Brady. 3. Taekwondo. 4. Ryan Leaf, Washington State quarterback. 5. False. Despite Jordan's playoff record 63 points, the Celtics defeated the Bulls 135-131 in Game 2 and went on to sweep the series 3-0. 6. Twin Ring Motegi. Patrick won the Indy Japan 300 in 2008. 7. The New York Rangers.

dearRPharmacist

Immune System Benefits Of Andrographis



by Suzy Cohen, RPh

Dear Readers: People are starting to think outside the pill as they shelter-in-place, and look online for herbs and vitamins that support immune function. As consumers become more savvy about

natural plant-based medicine, we are seeing increasing interest in one herb in particular called Andrographis.

Research articles typically refer to one of its biologically active constituents called "andrographolide." This is an extracted natural compound from the leaves and

stem of *Andrographis paniculata*. It's one of many compounds that has a medicinal action on the body.

Andrographolide has many powerful actions on the human body and may help cardiovascular conditions such as high cholesterol, diabetes, hypertension. This cluster of problems is sometimes called metabolic syndrome.

Andrographis is used widely overseas for a variety of conditions, but especially those of the upper respiratory tract. For example, Andrographis is commonly given to people who suffer with respiratory infections, such as the common cold, influenza, sore throats, acute and chronic cough conditions, sinusitis, bronchitis, and upper respiratory tract infections with fever. Here in the U.S., pharmaceuticals are typically used for these conditions, either to treat the infection, or as an adjunctive. That's why you've probably never heard of Andrographis until today.

That said, if you have Lyme, you may have heard of this before because Lyme doctors should know about Andrographis. It's an herb that can be

used to target and destroy the causative agent, *Borrelia burgdorferi* and, in my opinion, it probably works better than Cat's Claw.

Today, I'd like to share some findings about Andrographis. It is sold over-the-counter, however, ask your doctor if this is something you should take for your individual concerns. I'm not a doctor so I cannot advise. Furthermore, I am not suggesting this as a treatment for COVID-19 or any coronavirus.

Studies done on animals suggest that Andrographis might help with brain inflammation such as encephalitis. In one study, andrographolide improved synaptic plasticity in the hippocampus and cerebral cortex (in animals) and down-regulated the expression of genes that were causing harm.

In other words, andrographolide helped ameliorate symptoms of brain damage in rodents.

Can it do that in humans? No one can say, but getting into the brain is a big deal. A recent study on this herb found that it could produce some anxiolytic effects on the brain, but it

was in combination with ashwagandha. That means it has some activity on GABA receptors and, therefore, your sleep cycle. The adaptogenic potential of andrographis suggests that it 'knows' what to do in the body and can regulate physiological responses by turning them up or down, depending on what your body needs. That's how adaptogens work.

There are over two dozen species of andrographis, and only some have useful medicinal properties. I have a longer version of this article listing more benefits. You can get it if you sign up for my newsletter at www.suzycohen.com. Andrographis is sold in dietary supplements nationwide and online. It comes in various forms. Again, I must ask you to refer to your practitioner to see if it's right for you.

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.✱

Beautifulife: Truth



by Kay Casperson

We are living in a time of information overload. We are learning things from so many sources now more than ever, but how reliable are they?

How do you learn your truths? Is it from the news, online searches, or social media? Is it from your friends, your family, or a mentor? Regardless of who you are listening to or learning from, you need to understand how to filter through all of it to eventually get to your truth.

Nothing is one size fits all. Very few things can be relatable to everyone. Everything needs to be digested, researched, and ultimately understood and accepted. We all believe differently in so many aspects of our lives. From our spiritual beliefs to how we approach our health, and everything in between. Our families are raised differently and our routines all vary, but one thing remains the same; we want to live our best and most beautiful life.

So, what is the best way to take all of this information that we get on a daily basis and turn it into a truth that can lead you to your best life? Here are my suggestions:

Know that when someone says, "I think" before a sentence that it is not something that you should automatically take with you as truth, but instead, look into as an opinion.

If you are relying on the media for your information, make sure that you have fact-checked it with various sources to ensure there is not an underlying motive or message.

Try not to put too much weight or

value on things you hear, see or read on social media as this tends to be a place for many to create a platform without merit or credibility.

Trust your heart, your mind and your instinct before jumping in full force with any belief, concept or conclusion.

Refrain from sharing news or information with others until you feel confident that your information is real, true and helpful.

We need to make it a point to use our ultimate judgment when it comes to our truths. Let's try hard to look deeper into what is real, what is lasting and what will keep us moving forward.

My affirmation for you this week is:

"I am taking all the information I receive at face value until I research and know that this will be my truth."

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

From page 15

Immune Response

system is on overdrive; we burn through a lot more calories; we are tempted to take medications to reduce the fever. Significant research demonstrates that survival is increased when fever is not suppressed by drugs. Typical immune response fevers make us feel bad, but they allow us to heal more quickly.

Please stay well, enjoy small things, value one another and wash your hands often.

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

Doctor and Dietician

Recipes For That Peanut Butter You Stocked Up On



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

Peanut butter flew off the shelves over the last few weeks of pandemic mania! Now what are you going to do with all that peanut butter? Well, we're going to help you!

Let's talk a little about nut butters. We recommend organic nut butter made with just nuts. Peanut butter is a healthy food full of nutrients such as monounsaturated fatty acids, B vitamins, vitamins E, C and A, and other minerals and antioxidants. Peanut (or other nut) butters are a rich source of vegetarian protein. A 2016 paper from the *Journal of Food Science and Technology* reported that peanuts are an excellent source of resveratrol, flavonoids and phytoesters that stop absorption of cholesterol from the diet. The type of fat in nut butter is similar to olive oil which can help lower bad cholesterol (LDL) and promote good cholesterol (HDL). Other studies have

shown nut butter to help reduce risk of Type 2 diabetes and improve insulin sensitivity.

What to make with your peanut butter?

1. Smoothies: Our favorite recipe is 1 scoop of organic pea protein, 1 cup of non-dairy milk, ice cubes, half banana or berries, and 1 tablespoon nut butter. Optional: handful fresh spinach. Blend.

2. Paleo peanut butter cookies: Mix 1 cup peanut butter, ½ cup monk fruit (or cane sugar), 1 egg, 1 teaspoon vanilla. Combine, roll into balls, press down, cross with a fork, bake 350 degrees for 12 to 15 minutes.

3. Thai peanut sauce: THE best sauce that can be used to dip veggies, as a salad dressing, or atop your favorite stir fry or Asian cuisine. Mix ½ cup PB, 2 tablespoons soy sauce or liquid aminos, 1 tablespoon rice vinegar, 1 tablespoon brown sugar, 2 teaspoons chili garlic sauce (or hot sauce), 1 to 2 tablespoons fresh lime juice, 3 minced garlic cloves, 2 to 4 tablespoons warm water. Combine all and whisk, add water 1 tablespoon at a time until desired consistency. (Thinner if using for salad dressing)

4. Peanut butter granola bars: Mix 3 cups oats, ¾ cup organic peanut butter, 1/3 cup maple syrup, ½ cup raisins, 2 eggs. Optional: mini choc chips, nuts, chia seeds, dried fruit. Combine, mix, place in 9-inch-by-9-inch pan, bake 350 degrees for 12 to 14 minutes.

Go nuts with your peanut butter! Cheers!

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.✱

Support Southwest Florida restaurants, order take-out



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 27, 2020

Aries (March 21 to April 19) You still might have to deal with some lingering confusion that marked a recent workplace situation. But for the most part, you should now be well on your way to your next project.

Taurus (April 20 to May 20) A new commitment might demand more time than you'd expected to have to give it. But rely on that special Bovine gift for patience, and stick with it. You'll be glad you did.

Gemini (May 21 to June 20) You're earning the admiration of a lot of people who like the way you handle yourself when your views are on the line. Even one or two of your detractors are being won over.

Cancer (June 21 to July 22) Taking your responsibilities seriously is what you do. But ease up on the pressure gauge, and make time for much needed R & R. Start by making this weekend a "just for fun" time zone.

Leo (July 23 to August 22) Some recently uncovered information might make a change of plans inevitable. If so, deal with it as quickly as possible, and then find out what went wrong and why. What you learn might surprise you.

Virgo (August 23 to September 22) Aspects favor moving carefully and deliberately when making any significant changes. Could be there are more facts you need to know, which you might overlook if you rush things.

Libra (September 23 to October 22) A problem neighbor might be looking to goad you into an action you don't want to take. Ask someone you both respect if he or she would act as an impartial arbitrator for both of you.

Scorpio (October 23 to November 21) A recent workplace accomplishment hasn't been overlooked by those who watch these things. Meanwhile, start making travel plans for that much-too-long-deferred trip with someone special.

Sagittarius (November 22 to December 21) Those money matters continue to move in your favor. Now would be a good time to start putting some money back into the house, both for esthetic as well as economic reasons.

Capricorn (December 22 to January 19) A changing workplace environment can create job pressures. But, once again, follow the example of your birth sign and take things a step at a time, like the sure-footed Goat you are.

Aquarius (January 20 to February 18) Cheer up. You could soon have the funds you need for your worthy project. Your generous gifts of time and effort are well known, and someone might decide it's time to join with you.

Pisces (February 19 to March 20) Your inner scam-catcher is right on target, and you're absolutely right to reject that "too good to be true" offer. Meanwhile, something positive should be making its way to you.

Born This Week: You are generous, and also sympathetic to people who find they need the help of others.

MOMENTS IN TIME

• On May 9, 1671, in London, Thomas Blood, an Irish adventurer better known as "Captain Blood," is captured attempting to steal the Crown Jewels from the Tower of London. King Charles II was so impressed with Blood's audacity that he made him a member of his court.

• On May 10, 1749, the 10th and final volume of Henry Fielding's novel *Tom Jones* is printed. The serialized novel told the humorous story of the attempts of the illegitimate but charming Tom Jones to win his neighbor's daughter.

• On May 7, 1902, Martinique's Mount Pele begins the deadliest volcanic eruption of the 20th

century. The city of Saint Pierre was buried and virtually everyone died instantly when a cloud of superheated gas sent an avalanche of boiling ash down the mountain.

• On May 6, 1937, the airship *Hindenburg*, the largest dirigible ever built and the pride of Nazi Germany, bursts into flames upon touching its mooring mast in Lakehurst, New Jersey, killing 36 passengers and crewmembers.

• On May 4, 1965, San Francisco Giants outfielder Willie Mays hits his 512th career home run to break Mel Ott's National League record. Mays would finish with 660 career home runs, good for third on the all-time list at the time.

• May 8, 1988, Stella Nickell is convicted of murder by a Seattle jury. She was the first person to be found guilty of violating the Federal Anti-Tampering Act after putting cyanide in Excedrin capsules in an effort to kill her husband. She began planning his death after their 1976 honeymoon.

• On May 5, 2002, the comic book adaptation of *Spider-Man* becomes the fastest movie ever to earn more than \$100 million at the box office. Its \$39 million opening day bested the previous record of \$32 million, set by *Harry Potter and the Sorcerer's Stone* in 2001.

TRIVIA TEST

1. **Explorers:** Which Western explorer discovered the Grand Canyon?
2. **Television:** In the *M*A*S*H* series, which U.S. state did Radar O'Reilly hail from?
3. **Language:** What does the Latin phrase "acta non verba" mean?
4. **Games:** What are the names of the utilities in the Monopoly board game?
5. **Comics:** Who is Garfield's girlfriend in the comic?
6. **General Knowledge:** What is the traditional birthstone for April?
7. **Music:** What does the musical notation "allegro" mean?
8. **Movies:** In which 1970s movie does the Cahulawassee River play a major role?
9. **Literature:** What do the abbreviations stand for in the poet e.e. cummings' name?
10. **Royals:** What was Princess Diana's maiden name?

TRIVIA ANSWERS

1. Francisco Vasquez de Coronado 2. Iowa 3. Deeds, not words 4. Water Works and Electric Company 5. Arlene 6. Diamond 7. Lively and brisk 8. *Deliverance* 9. Edward Estlin 10. Spencer

NOW HERE'S A TIP

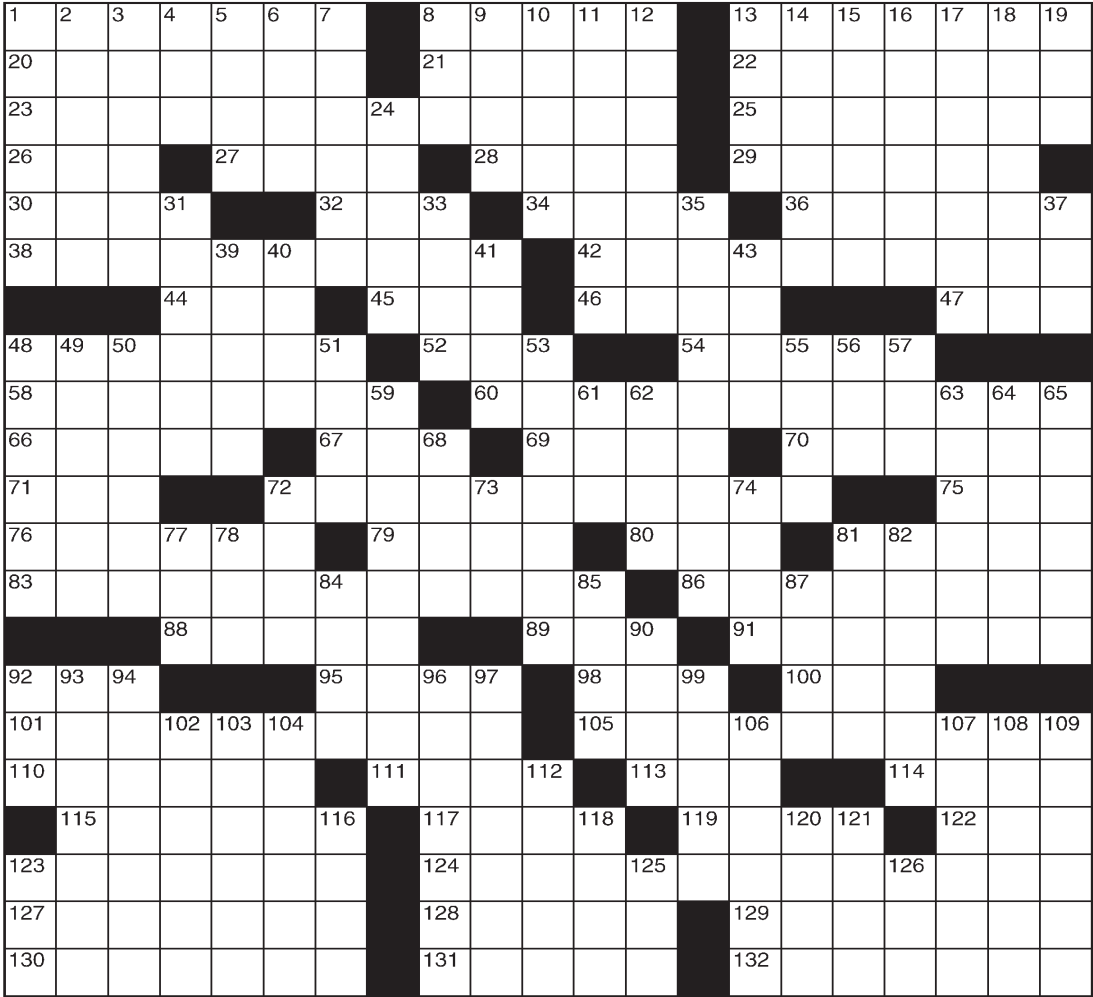
- "I use curbside pickup for my groceries these days. I keep two large laundry baskets in the hatchback of my vehicle. Any bags go in the baskets, so it's easy to transport them into the house and keep contact to a minimum. When I'm done unloading and wiping down, I can spray out the laundry baskets and let them dry in the sun for next time. Can't be too careful." TE in Virginia
 - "Stay ahead of the drain: Pour a tea kettle of boiling water down the drain once a month, or if you notice the drain slowing. The hot water can break up material collecting inside the drain. Half a cup of baking soda added to the water will absorb any odors that are building." Colepepper Plumbing in California
 - "I color code my plants by their light needs.
- continued on page 22

PUZZLES

Answers on page 23

Super Crossword WHOO-HOO!

- ACROSS**
- 1 Laid fresh concrete on
- 8 Waste
- 13 Found
- 20 Like gushing actors
- 21 Malia's sister
- 22 Kildare locale
- 23 More with-it red fish?
- 25 Runs fast
- 26 1980s NBC sitcom
- 27 "Teh" for "the," for one
- 28 Jazzy singing
- 29 "Growing Pains" actor Alan
- 30 Tower for fodder
- 32 Uncanny
- 34 24-hr. money sources
- 36 Japan natives, e.g.
- 38 "Lookie there, muscle-building stuff!"?
- 42 Terrestrial chapeau?
- 44 Dem.'s opponent
- 45 —cone (frozen treat)
- 46 "Just you wait, — 'iggins ..."
- 47 Near-failing mark
- 48 Analyzed
- 52 Cochlea site
- 54 "Will — learn?"
- 58 Beer brand
- 60 Microwave saltines?
- 66 Orchestra section
- 67 — Moines
- 69 Old Spice alternative
- 70 Reagan speechwriter Peggy
- 71 Cyberspace address
- 72 Pars?
- 75 Lose power
- 76 "Later!"
- 79 Arduous trip
- 80 Suffix with Japan
- 81 45 half
- 83 "My gripe is as follows ..."
- 86 Coup, e.g.
- 88 Lay new turf on
- 89 Not well-lit
- 91 Crab claws
- 92 Bullfighting cheer
- 95 Gaudy scarves
- 98 Be soaked
- 100 Zool. or ecol.
- 101 Skeptical egg layer?
- 105 Disease-free predators?
- 110 Actress
- 111 Rat catcher
- 113 '60s conflict site
- 114 "Star Wars" royal
- 115 Royal home
- 117 Gillette shaver brand
- 119 "— yellow ribbon round ..."
- 122 Journalist Nellie
- 123 Not unusual
- 124 Things found at discount shoe stores?
- 127 Italian city
- 128 Steel, for one
- 129 Adversaries
- 130 Agrees (to)
- 131 "Black Velvet" singer
- 132 Orchestra leader
- DOWN**
- 1 Go over again, as old issues
- 2 Mrs. Oskar Schindler
- 3 Easy-to-catch hit
- 4 Org. for Rafael Nadal
- 5 — Cong
- 6 "— Time We Say Goodbye"
- 7 Dictator
- 8 Air marshal's org.
- 9 Copies Dr. Dre
- 10 U.S. humane org.
- 11 Put away, as a sword
- 12 "NewsRadio" co-star Phil
- 13 Shopping aid
- 14 Oliver Twist, e.g.
- 15 Bright red
- 16 Silverstone or Keys
- 17 Tall ale mug
- 18 International compact
- 19 Cavity filler's deg.
- 24 Branching-out points
- 31 "— Next Chapter" (Winfrey series)
- 33 Eat in style
- 35 Least lenient
- 37 "— loves me ..."
- 39 California's Point —
- 40 Astra automaker
- 41 Biblical ark builder
- 43 — and terminator
- 48 Waylay
- 49 "Yes, —!"
- 50 Peak climber, e.g.
- 51 Dumbbell
- 53 Chastised
- 55 SUV cousins
- 56 Prefix with warrior
- 57 "Bringing Up Baby" studio
- 59 Sang loudly
- 61 Radius site
- 62 Part of CRT
- 63 Alternative to lettuce
- 64 Oakland footballer
- 65 Smiles villainously
- 68 Dinar earner
- 72hovels
- 73 Once named
- 74 Lop the crop
- 77 "— goin' down!"
- 78 Suffix of sugars
- 81 Pianist's seat
- 82 Communal
- 84 Boxcar rider
- 85 Bait biter
- 87 Smack
- 90 Complain
- 92 Unit of resistance
- 93 Frogs and kangaroos
- 94 Angers a lot silver
- 96 Patriarch of Judaism
- 97 Majestic
- 99 Juan's
- 102 Enlighten, in poems
- 103 Kevin of "Saturday Night Live"
- 104 Pour gently, as wine
- 106 "Relapse" rapper
- 107 Hang a new worm on
- 108 Word with app or bee
- 109 Makes the assertion
- 112 Green shampoo
- 116 Periods
- 118 Burn balm
- 120 Ferber or Krabappel
- 121 Chick chaser?
- 123 Nipper's co.
- 125 Procedure: Abbr.
- 126 Dash lengths



King Crossword

- ACROSS**
- 1 Resided
- 6 Things
- 11 Demosthenes or Cicero
- 12 Cancel out
- 14 Ubiquitous fastener
- 15 Early spring bloom
- 16 Feedbag tidbit
- 17 — the manger
- 19 Owns
- 20 Press
- 22 Ballet step
- 23 — song (cheaply)
- 24 Force measures
- 26 Decorum
- 28 Quite some time
- 30 Actor Stephen
- 31 Went sour
- 35 Contents of some trays
- 39 Responsibility
- 40 Court
- 42 Story
- 43 Donkey
- 44 Impostor
- 46 Sudden turn
- 47 Traditional usage
- 49 Love apple
- 51 Medical prioritization
- 52 Portuguese island group
- 53 Stationery brand
- 54 Is inclined (to)
- 9 He-men
- 10 George Washington portraitist
- 11 Egg-shaped
- 13 English composition
- 18 Leg, slangily
- 21 Angler" author
- 23 Banquet (Abbr.)
- 25 Scale member
- 27 Part of the Justice Dept.
- 29 Cronkite, Rather, et al.
- 31 Work together
- 32 Doubtful
- 33 Neighbor of Georgia
- 34 Female deer
- 36 Risk
- 37 Cheers up
- 38 Some lilies
- 41 Lash — (berate)
- 44 Comic strip possum
- 45 Nap
- 48 Body art, for short
- 50 Calendar abbr.
- DOWN**
- 1 Cheerless
- 2 "The Compleat Angler" author
- 3 And so on (Abbr.)
- 4 Tennyson title
- 5 Cavalry unit
- 6 Canine's neighbor
- 7 Sea bird
- 8 Id counterpart

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V A T T R P A E S D A E D L S

O M B K O L P E I L G B U E A

D B Z A E B T X S W A G A U E

T L I V E D A E S D A R R E S

Q O E N L S I E J E E I O G S

F L D C A Y N X S W V R T C S

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: FISH WITH HORSE-LIKE HEAD

Black Sea	Sea anchor	Sea captain	Sea slug
Coral Sea	Sea bag	Sea devil	Seabird
Dead Sea	Sea bass	Sea gull	Undersea
Red Sea	Sea bottom	Sea level	



Fish Taco

- 1 pound fish fillets (such as grouper, flounder, snapper)
 - 2 cups lettuce, shredded
 - 4 Radishes, sliced thin
 - 2 cups sweet corn salsa
 - 2 Eggs, beaten
 - 1 cup all-purpose flour
 - 1 cup bread crumbs
 - 2 tablespoons all-purpose seasoning (such as Everglades)
 - Vegetable oil for frying
 - 1 cup cotija cheese (or similar crumbling cheese)
 - 10 small corn tortillas
 - Sea salt and fresh ground pepper, to taste
- Prepare salsa according to directions, store in refrigerator until ready to use.
- Add oil to deep fryer and preheat to 350-375 degrees. Set up bread station in three separate bowls as follows: beaten eggs, flour, and bread crumbs. Season each with salt and pepper. Season flour



Fish Taco with Sweet Corn, Tomato and Avocado Salsa

photo courtesy Fresh From Florida

and bread crumbs with 1 tablespoon all-purpose seasoning each. Dip each fillet into egg mixture, then flour, then bread crumbs and lay onto sheet pan. Fry fish until internal temperature reaches 145 degrees. Drain onto pan lined with paper towels. Season immediately with salt and pepper.

Warm tortillas in oven at 300 degrees for 5 minutes. Assemble tacos with lettuce, salsa, fish, and radish. Serves five.

Sweet Corn, Tomato and Avocado Salsa

- 4 ears sweet corn
- 2 large tomatoes, diced
- 1 large avocado, peeled, pit removed and diced
- 1/2 cup bell pepper, chopped fine
- 1/2 cup red onion, chopped fine
- 1/4 cup fresh cilantro, hand-torn
- 1 Lime, juiced
- 1 teaspoon powdered cumin
- Dash of hot sauce (your favorite)
- Sea salt and fresh ground pepper, to taste

Remove corn from cob. In a medium mixing bowl combine all ingredients and mix thoroughly. Taste and adjust seasoning with salt, pepper, and hot sauce.✱

PUZZLES

Answers on page 23

"No, I don't need you right now, Doctor, I just wanted to see if your were _____."

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!

Shine
LARGE

Sheet
BOLTAID

Bandanas
CRAVSS

Cry
TABLE

TODAY'S WORD

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

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. Sign is missing. 2. Step is added. 3. Window is smaller. 4. Tree is added. 5. Vest is added. 6. Hat is different.

	FRIDAY Sunny High: 82 Low: 69		SATURDAY Sunny High: 84 Low: 71		SUNDAY Sunny High: 81 Low: 68		MONDAY Sunny High: 83 Low: 70		TUESDAY Sunny High: 84 Low: 71		WEDNESDAY Sunny High: 83 Low: 70		THURSDAY Sunny High: 84 Low: 71
----------------------------------------------------------------------------------	--------------------------------------------	-----------------------------------------------------------------------------------	----------------------------------------------	-----------------------------------------------------------------------------------	--------------------------------------------	-----------------------------------------------------------------------------------	--------------------------------------------	-------------------------------------------------------------------------------------	---------------------------------------------	-------------------------------------------------------------------------------------	-----------------------------------------------	-------------------------------------------------------------------------------------	----------------------------------------------

Redfish Pass Tides

Day	High	Low	High	Low
Fri	11:18 am	2:49 am	8:01 pm	1:54 pm
Sat	11:25 am	3:47 am	9:42 pm	3:41 pm
Sun	11:41 am	4:37 am	11:05 pm	4:51 pm
Mon	12:00 pm	5:19 am	None	5:48 pm
Tue	12:17 am	5:54 am	12:20 pm	6:39 pm
Wed	1:22 am	6:25 am	12:43 pm	7:29 pm
Thu	2:24 am	6:50 am	1:08 pm	8:17 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	10:23 am	2:51 am	7:06 pm	1:56 pm
Sat	10:30 am	3:49 am	8:47 pm	3:43 pm
Sun	10:46 am	4:39 am	10:10 pm	4:53 pm
Mon	11:05 am	5:21 am	11:22 pm	5:50 pm
Tue	11:25 am	5:56 am	None	6:41 pm
Wed	12:27 am	6:27 am	11:48 am	7:31 pm
Thu	1:29 am	6:52 am	12:13 pm	8:19 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	9:30 am	2:59 am	8:12 pm	2:25 pm
Sat	10:20 am	3:52 am	9:43 pm	3:46 pm
Sun	11:02 am	4:41 am	11:02 pm	4:50 pm
Mon	11:38 am	5:27 am	None	5:48 pm
Tue	12:08 am	6:10 am	12:08 pm	6:41 pm
Wed	1:00 am	6:49 am	12:36 pm	7:31 pm
Thu	1:47 am	7:27 am	1:03 pm	8:21 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	1:28 pm	6:05 am	10:11 pm	5:10 pm
Sat	1:35 pm	7:03 am	11:52 pm	6:57 pm
Sun	1:51 pm	7:53 am	None	8:07 pm
Mon	1:15 am	8:35 am	2:10 pm	9:04 pm
Tue	2:27 am	9:10 am	2:30 pm	9:55 pm
Wed	3:32 am	9:41 am	2:53 pm	10:45 pm
Thu	4:34 am	10:06 am	3:18 pm	11:33 pm

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THE RIVER WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

Harry Chapin Food Bank OF SOUTHWEST FLORIDA

From page 18

Now Here’s A Tip

The closer the pot color is to red, the more light it needs. For instance, my lavender is in a red pot – full sun. I have a nice potted citronella that likes part sun, so it’s in a lime-colored pot (yellow-green) and my indoor pots are plum. I have a lovely rainbow of plants!” – YS in Arizona

- A hanging shoe rack is a handy place to keep office supplies and school supplies for the whole family. Pencils, markers, assignment cards, and even papers. You can give each person a row, or label the pockets.

- There’s a lot of decluttering going on across the country right now. Here’s a pro tip: For seasonal items, if you didn’t wear it last season, consider selling or donating. Same applies if it’s a specialty item (skiwear, hiking boots, formalwear) that hasn’t been used for more than two years. Many people keep items that are on the expensive side, even though season after season goes by without the item being used. If you rationalize keeping the scuba suit, plan a scuba trip!

STRANGE BUT TRUE

- The first real shampoo dates back to the 1500s. In India, “sapindus,” aka soapberries or soapnuts, were boiled with dried Indian gooseberry and other herbs. The extract created a lather and resulted in soft, shiny hair.
- A single human hair can hold up to

100 grams in weight, while an entire head of hair could bear up to 12 tons – the equivalent of two African elephants.

- On April 1, 1974, black smoke was seen rising from Mount Edgecumbe, a volcano in Alaska. When a Coast Guard pilot came closer to investigate, he found 70 tires burning and the words “APRIL FOOL” spray painted into the snow.

- While it’s hard to imagine that anyone would dare to steal an infant Jesus, especially during the most wonderful time of the year, BrickHouse Security’s “Saving Jesus” program offers a free GPS tracker for the star of your nativity scene.

- U.S. park ranger Roy C. Sullivan had the flabbergasting distinction of being struck by lightning the most times and surviving: seven times between 1942 and 1977.

- Speaking of distinctions, Buzz Aldrin holds the curious title of being the first man to urinate on the moon, shortly after stepping onto its surface.

- At the end of the 19th century, American con artist, gangster and crime boss Jefferson Randolph Smith earned the nickname “Soapy” for his scheme of wrapping soap bars in notes of varying denominations and covering them with plain paper, then pretending to mix them in with bars devoid of money and selling the latter at an inflated price while maintaining the pretense that some of the packages contained cash.

- Ben & Jerry learned how to make

ice cream by taking a \$5 correspondence course (which they split between them) offered by Penn State.

THOUGHT FOR THE DAY

“Sometimes you put walls up not to keep people out, but to see who cares enough to break them down.” – Anonymous

From page 6

Frontline Foods

keeping our community safe and healthy,” said Scott Kashman, chief officer of hospital operations for Lee Health. “This token of appreciation is very meaningful. Our entire team is grateful for the kindness, support and generosity of the Southwest Florida community.”

Diana Willis, owner of Jason’s Deli, originally brought the idea to Lee Health after participating in the program with other Jason’s Deli locations across the country. With the support of the Southwest Florida Community Foundation, Frontline Foods is now available in Southwest Florida, enabling local restaurants to provide daily meals to Lee Health’s 10 different frontline medical locations treating COVID-19 patients.

To make a tax-deductible donation, with 100 percent going to restaurants providing meals for frontline healthcare workers, visit /www.frontlinefoods.org/

swfl. Any donation, big or small, will make a difference. Donations of \$1,000 or more allow donors to request the restaurant they would like to support in the comment section. Otherwise, donations will be rotated through the participating restaurants. Unrestricted gifts will be distributed across the participating restaurants.

According to hospital liaison Christin Collins, Lee Health is serving 3,500 meals daily to their frontline staff.

“With the Frontline Foods program, we can streamline donations and deliveries from local restaurants and provide a way for philanthropic-minded individuals to help thank our local heroes who are working 24/7 to fight this pandemic in our region,” she said. “The parents of one of the founders of Frontline Foods live in Cape Coral and are joining us in our efforts.”

Collins added the program will hopefully expand to other regional providers and emergency workers in the future as the momentum increases.

“This program through Frontline Foods is a great collaborative approach to supporting two groups devastated by the COVID-19 crisis,” said Sarah Owen, president and CEO of the Southwest Florida Community Foundation, who is helping to promote and support the program. “Healthcare workers across our region and country are putting their lives on the line every day and at the same time hundreds of local restaurants

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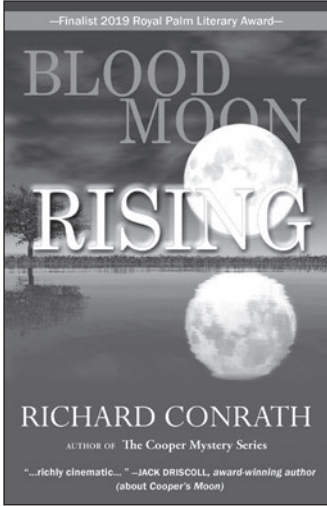
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have been forced to shut down and put workers out of jobs. By working with local restaurants to provide food for healthcare workers, the money will be put back into our community while supporting frontline workers with nourishment and a show of solidarity.”

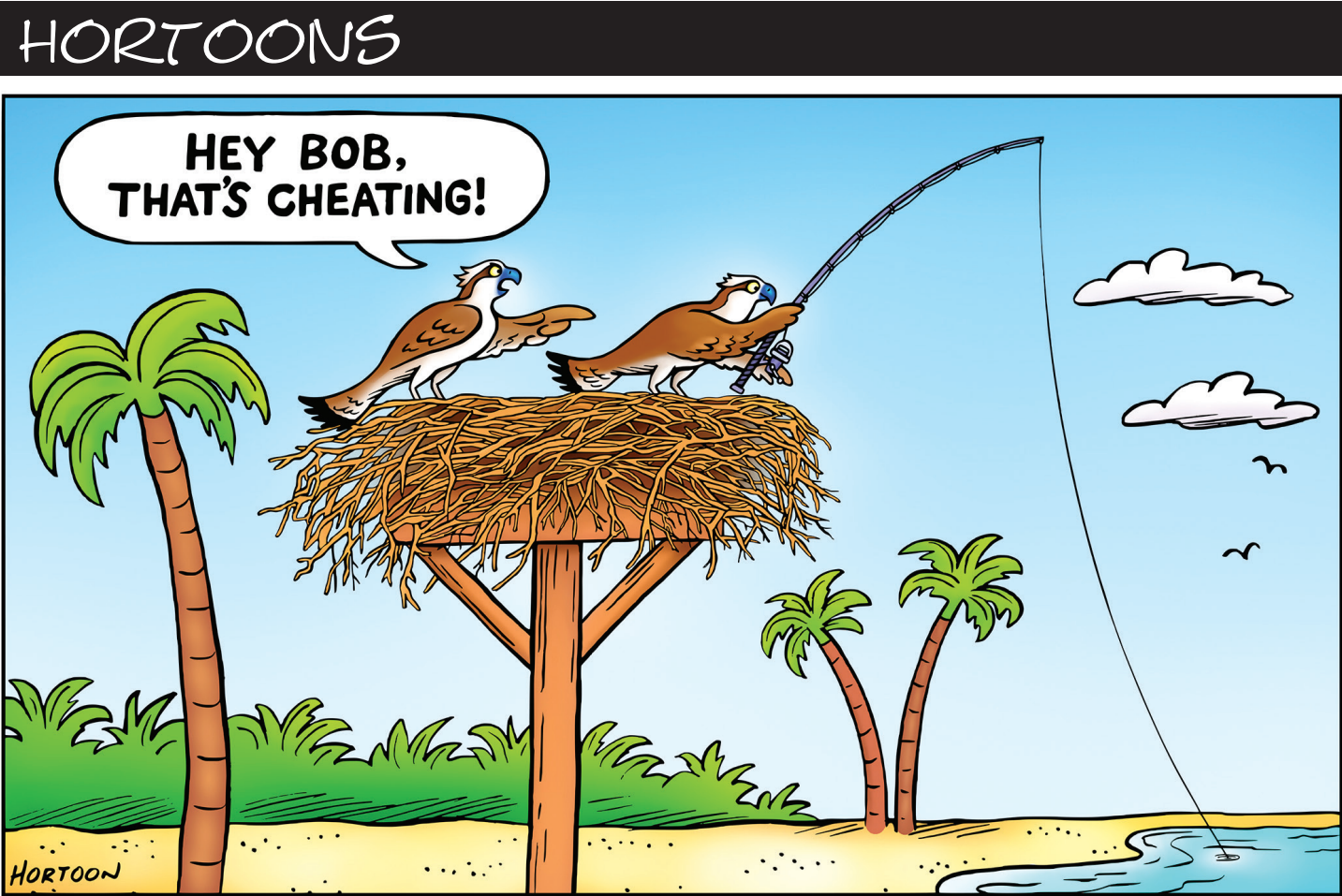
Frontline Foods is partnered with World Central Kitchen, a tax-exempt, registered 501(c)3 charitable organization and all donations will be made and distributed through World Central Kitchen.

For more information, contact Corinne Wyard at 617-538-8973 or swfl@frontlinefoods.org.*

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SCRAMBLERS

- 1. Glare; 2. Tabloid;
 - 3. Scarves; 4. Bleat
- Today's Word
AVAILABLE



PUZZLE ANSWERS

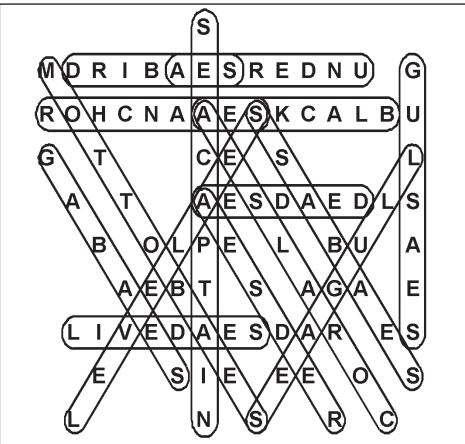
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TALE	
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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Holiday Heights	Fort Myers Beach	2011	4,011	\$3,750,000	\$3,500,000	120
Southport On The Bay	Bonita Springs	1995	5,812	\$2,190,000	\$1,900,000	1,233
Southport On The Bay	Bonita Springs	1990	3,068	\$1,795,000	\$1,550,000	28
Sanibel Isles	Sanibel	1991	3,407	\$1,695,000	\$1,500,000	84
Pennyroyal	Bonita Springs	2001	4,082	\$1,399,000	\$1,200,000	151
Vittoria	Fort Myers	2005	4,372	\$975,000	\$890,000	93
Avallone	Bonita Springs	2006	2,914	\$950,000	\$950,000	0
Corkscrew Shores	Estero	2015	2,866	\$799,000	\$740,600	83
Cape Coral	Cape Coral	2003	3,705	\$799,000	\$750,000	120
Bonita National Golf And Country Club	Bonita Springs	2018	2,394	\$759,000	\$739,000	0



Randy Wayne White

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