



Soldiers Hope Masks

photo provided

Hope Hospice Volunteers Sew Masks For Soldiers

Twenty-four Floridian soldiers sent thanks to Hope Hospice volunteers who sewed camouflage masks and delivered them to the 164th ADA BDE

Florida National Guard in Anspach, Germany. Holding the "thank you" sign is Maj. Rob Sheehan, who shared a request for homemade personal protective equipment with his father, who works for Hope Hospice. With all available personal protective equipment assigned to medical units, the masks will provide peace-of-mind for this traveling

continued on page 6

Restaurants Open Doors For Business



Doc Ford's Rum Bar & Grille on Sanibel

photo by Bob Petcher

Lee County Manager Roger Desjarlais recently signed an order providing a temporary policy for additional outdoor seating at restaurants so business owners can expand outdoor seating while

maintaining Centers for Disease Control social distancing, as outlined by Gov. Ron DeSantis.

Gov. DeSantis' April 29 executive

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Nick Adams filming Sanibel from a paramotor

photos by Nick Adams

Photographer Shares Unique View Of Islands

by Kathy Kurtz Ferrari

Imagine what it must be like to be a bird, to glide and soar in the sky while looking down on our beautiful islands. It's a view of which most of us can only dream.

Sanibel business owner and professional photographer Nick Adams knows what it's like, and he's sharing the view with others, just when we could all use a little diversion.

Adams has been shooting and posting

breathtaking videos on Facebook which capture an unprecedented time of isolation on Sanibel and Captiva.

Most of the footage has been shot by drone, which Adams ordinarily uses for commercial photography like large construction projects or real estate brochures as part of his business, Nick Adams Photography.

But seizing a rare opportunity, and with extra time on his hands, Adams decided to use his equipment to document the impact restrictions due to the COVID-19 pandemic have had on the islands. Dramatic footage reveals stretches of pristine, empty beaches and nearly deserted roadways rarely seen in modern times.



Drone shot of Blind Pass

"We thought it would be a shame not to get the opportunity to get some amazing footage with the beaches the way they are," Adams explained by phone after a recent day of shooting.

Over the past month or so, he and his wife Lori have teamed up to shoot footage around Sanibel and Captiva six days a week. Every day, a new video is posted on Adams' Facebook page.

Shooting some of the video has been a bit of a challenge, as Adams has to be within sight of the drone, which is controlled by two joysticks and a video screen. Because beach parking areas have been closed, Adams has to travel mostly by bicycle, with Lori following in the car.

Adams also shoots video while piloting a paramotor, which is sort of a motorized hang glider, as well as from his boat.

"I have definitely improved on drone flying. The drones are amazing. They're easy to fly but they're hard to fly smoothly, so practicing as much as I have has been a big help," he said.

The resulting video is crystal clear and high quality. Lori writes up accompanying dialogue for the footage, researching local history books and the Internet. Adams, who is a native of England, narrates the vignettes in his soothing British accent.

"We basically record the audio at home, actually in a closet. We had a sound booth

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Historic Downtown Fort Myers, Then And Now:

'Big Store' With Long History



by Gerri Reaves, PhD

This 1920s photo shows the interior of one of Fort Myers' longest running businesses, Henderson's Big Store. This large store was located on the corner of Anderson Avenue, now Martin Luther King, Jr. Boulevard, and Hendry Street, the last of several locations. The name suited it, for it was big. Just look at that aisle stretching way in the distance and those many shelves stacked with merchandise almost to the ceiling. Pictured, from left, are Robert Abner "RA" Henderson, an unidentified man and RA's son, Frank J. Henderson.

The elder Henderson was a true local pioneer, having founded the store in 1887. A native of Madison, Florida, he had come to town in 1885 to work as a clerk in Towles & Hendry general store, which was located on the southwest corner of First and Jackson.

After a couple of years, Henderson started his own store on First Street, later moving his business to the corner where he had first worked. He remained there for 13 years and then built a new store at Hendry and Main.

During those early years, the store was known as the Big Cash Store because Henderson, unlike some merchants, paid customers cash for the merchandise they supplied to the store instead of trading.

Among his customers were Seminoles, who received top prices for the pelts and hides they brought to trade.

Henderson also delivered goods to Mobile, Alabama, via schooner. The term "cash" also referred to his role as a trusted but informal banker before the town had its first real bank. He secured customers' cash in the store's big steel safe.

The store's slogan "Everything for Man and Beast" stuck through the decades, although it was revised to "Everything for Man, Bird and Beast." Another slogan appeared in the later years, "The People's Best Merchant."

RA took a few years off for health reasons. He sold his store, lived out in the country and managed his cattle and citrus businesses.

In 1920, his health restored, he and son Frank joined forces in a store he had built for his son at the location pictured above.



From left, RA Henderson, Sr. and son Frank (behind the counter) at Henderson's Big Store in the 1920s. The man in the center is unidentified. The store was located on the southwest corner of MLK Boulevard and Hendry Street. photo courtesy SWFL Historical Society



The former location of Henderson's Big Store photo by Gerri Reaves

The business grew, and the store eventually included enormous storage space and state-of-the-art cold-storage facilities, an advantage when buying big shipments of produce or meat.

The demands of founding and running a store might have been enough for some people, but Henderson balanced that with other community and civic endeavors throughout his life, such as helping to organize the Bank of Fort Myers, holding public office – he was county treasurer for 22 consecutive years – and serving as director of the first Board of Trade.

He served as town and city councilman, as well as two terms as a representative to the Florida State Legislature. And, he invested in the citrus and cattle industries.

In December 1930, a year after celebrating his business's 44th anniversary, RA Henderson died, only weeks before his 65th birthday.

Frank continued the family business. Memories of the store shared by the late Dicky Jungferman, whose mother worked there, help bring the historic photo to life circa 1940.

He recalled Mrs. Henderson as a "guardian angel, like a perfect grandmother." That's understandable, since he said she "saved his life" when he was 4 years old and had an accident involving broken glass.

He also remembered that the store had not only groceries, but an intriguing array of goods, from saddles and farm implements to gardening supplies and hardware.

Two other details impressed the boy: the store ground its own sausage and Mrs. Henderson used to "pluck chickens out back."

In 1945, the store property was sold. Frank died in 1953 in a boating accident. Until a few years ago, an antique business was located there.

Walk to the corner of MLK Boulevard and Hendry and appreciate the long history of a big store that served Fort Myers from the pioneer days to World War II.

Then visit the following research centers to learn more about the general stores of early Fort Myers.




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.leeconomyblackhistorysociety.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 Passing Scene* by Marian B. Godown and *The Story of Fort Myers* by Karl H. Grismer.✱

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THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

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Maestro To Return In Spring 2021 For Farewell Concerts

Maestro Nir Kabaretti will return in spring 2021 to guest conduct concerts of the Southwest Florida Symphony as a proper farewell befitting his six years as the orchestra's music director.

"It's more than just a concert (that) was canceled," said Amy Ginsburg, executive director of the symphony. "This was an abrupt end to his final year as music director, and the relationship between the Southwest Florida Symphony Orchestra and Maestro Kabaretti was cut short by a pandemic. That was not OK with anybody, so he figured out a way to adjust his schedule to make himself available to us so he could come back to say a proper goodbye."

As part of the orchestra's 60th season, Kabaretti will conduct the Pops 3 concerts in Charlotte and Lee counties on April 23 and 24, 2021, and the Masterworks 5 concert at the Barbara B. Mann Performing Arts Hall on May 1, 2021. The farewell originally planned this spring to celebrate the end of Kabaretti's service as the orchestra's music director and primary conductor will take place when he returns to conduct these three concerts.

"I'm thrilled to still be performing in the area," Kabaretti said. "This community means a lot to me. I have a lot of friends and a lot of people that I will stay in touch with much beyond my tenure as music director. We all felt that we cannot let the coronavirus situation disturb our plans, so luckily we were able to reschedule two dates next year, and I'm looking forward to that. It will close that chapter and open a new chapter at the same time for the symphony and for myself."

Kabaretti has a busy schedule lined up all over the world for the next few years, including a date to record in London as well as guest conductor stints in Italy at opera houses in Rome and Verona and a conducting commitment in Israel. Amid these globe-trotting plans, he found a way to make time to return to Southwest Florida.

"I would have hated the possibility that I was not allowed to do a nice farewell properly," Kabaretti said. "It's a musical thing, but it's much beyond that. We want to also ensure the future of the Southwest Florida Symphony and making the transition to the new music director the smoothest possible, so that's also part of it."

As well as celebrating its 60th anniversary, the Southwest Florida Symphony Orchestra will also be conducting a search for its new music director during the 2020-21 season. Kabaretti spoke with hope about the future while musing upon the challenges the pandemic posed the symphonic community, where musicians and conductors often travel to work for multiple orchestras.

"As musicians, by nature for us, when we know we have a concert,



Nir Kabaretti

photo provided

the process starts a few weeks before, and we practice until we come to that performance," Kabaretti said. "I'm really happy that we can think of this, a year from now, for this farewell. That's also some kind of a relief and hope for a lot of us."

Until the Southwest Florida Symphony is able to resume performances, Kabaretti said he encourages everyone to view the excerpts from past performances and other resources for music fans that are being posted on the symphony's social media accounts.

"We are planning to return next season, a little later than usual to make sure the coast is clear for all of us, but a season will happen and a music director search will happen," Ginsburg said. "And, we'll have the added benefit of saying goodbye to Maestro Kabaretti. This is way more than rescheduling a concert – this is the end of a music director's tenure."

Tickets for the Symphony's 60th season are available by calling the symphony box office at 418-1500 or visiting www.swflso.org. Season subscriptions and single tickets to some individual concerts are currently on sale.✪

University Waives Application Fees For May

New and returning students to Hodges University will not pay application fees for undergraduate, graduate, or English as a second language (ESL) programs through May 31.

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

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Fort Myers Art:

Mural Project Being Installed In Downtown Fort Myers



by Tom Hall

The Fort Myers Mural Society is launching a new mural project this week. Called Water, the Source of Life, it is being painted by local muralist Erik Schlake in Viva Court in downtown Fort Myers.

In its press release announcing the project, the Fort Myers Mural Society states that the mural will draw attention to the Seminole

Nation’s desire to preserve and share their culture while reminding all of us of the importance of clean water.

Traditional Seminole cultural, religious, commercial and recreational activities depend on clean water, which is inextricably linked to a healthy Everglades ecosystem. In fact, the tribe’s identity is so closely linked to the land that tribal members believe that if the land dies, so will the tribe. Consequently, when the Everglades went into decline, the tribe recognized that they had to act to protect and preserve the endangered natural ecosystem. So the tribe formulated an ambitious \$65 million multi-year program designed to mitigate the impacts of development on the environment and, more specifically, improve water quality, increase water storage capacity, enhance hydroperiods and remove phosphorus and other pollutants from water leaving the reservation, flowing through Big Cypress National Preserve and entering Mullet Slough and the Everglades Protection Area. Because of its importance, the Seminole Everglades



One of Erik Schlake’s murals in the project

image courtesy www.artswfl.com

Restoration Initiative has been included in the report issued by the Governor’s Commission for a Sustainable South Florida on the projects needed for Everglades restoration.

The Seminole Tribe occupies a prominent place in the history of Southwest Florida, particularly Fort Myers. The fort from which our town takes its name was constructed to serve as a base of operations for locating, rounding up and deporting the Seminoles living in the Big Cypress and Everglades in 1850. When the federal government could not persuade Chief Billy Bowlegs and his people to voluntarily relocate to Indian territory in present day Oklahoma, they instigated a war that ended in the Spring of 1858 with the surrender and deportation of Bowlegs and 123 of his tribe. But roughly 300 Seminoles refused to leave, including 108-year-old Sam Jones, the former leader of the once mighty Mikasukis. They were the undefeated, the unconquered. But they did not possess an acre they could call their own until the State of Florida set aside 100,000 acres of swamp, sawgrass and wilderness as a reservation that exists to this day.

“Historians and anthropologists share with us the

Seminole contribution to Southwest Florida’s cultural legacy,” the Fort Myers Mural Society amplifies. “Already a vulnerable population, the tribe depends heavily on its natural resources for economic and sacred cultural identity. This is especially true when climate change alters the landscape and ecosystems on native lands. When hunting, fishing and traditional gathering sites shift, and plants, animal, and aquatic species disappear, the tribe will be unable to protect an ancient way of life.”

Schlake started his art career in St. Louis at the age of 23. After studying fine art, he felt unsettled until discovering various forms of decorative arts. Becoming fascinated with the work of European decorative painters, the New York native quickly moved his work in that direction. Schlake has worked with numerous private and commercial clients, developing one-of-a-kind murals and a multitude of decorative arts in both residence and business locations. The project also bears the influence of contemporary street art and Schlake’s participation in 2017, 2018 and 2019 in Salon, a worldwide gathering of artists from different countries that exhibit their work, teach master classes and discuss old and new techniques.

Pre-COVID-19, the Fort Myers Mural Society shared and celebrated the mural painting process with the community through an event it has affectionately called an “Art Stumble.” However, in response to the pandemic and the ban on public events, the society is inviting everyone to participate in the process instead via: www.facebook.com/fortmyersmuralsociety; www.fortmyers-sanibel.com; and www.facebook.com/erikschlakedesign.

For more information, email fortmyersmuralsociety@gmail.com or call Shari Shifrin at 461-7245.

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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Dining In The Dark At A Distance

On Saturday, May 16, Lighthouse of SWFL will hold its 10th annual fundraiser Dining in the Dark at a Distance: Cheers to 10 Years with Craft Beer, adapted to respect social distancing while carrying out the event “at a distance.”

Guests will purchase an advance ticket online at www.dininginthedarkswfl.com for the event. On Saturday, guests will arrive at their scheduled time at Millennial Brewing, located at 1811 Royal Palm Avenue in downtown Fort Myers, where they will pick up a package including a meal prepared by 3g Catering, craft beer brewed by Millennial Brewing, dessert from Bimbo Bakery, and a blindfold – all provided curbside by volunteers practicing safe distancing.

The evening’s activities will begin with insightful video clips for guests to view while they wait in their vehicles curbside for their scheduled meal pick-up. Guests will continue to engage in the experience of Dining in the Dark at a Distance when they arrive home and view the instructional video that will guide them through donning the blindfold and using techniques taught by Lighthouse of SWFL certified instructors to help them experience their food and beverage without vision.

Once guests have savored their sensory

experience with food and craft beer, the online auction with fabulous items including more dining opportunities for future dates, experiences and unique gifts will finish off the evening.

Proceeds from the agency’s signature event supports vision rehabilitation and support programs for people with low vision and blindness. Dining in the Dark heightens awareness and sensitivity to the challenges faced by individuals of all ages that are experiencing blindness or significant vision impairment. The Lighthouse of SWFL team has taken the bold step to quickly shift the model of this important event to accommodate social distancing and safety for staff, volunteers and guests.

The online auction offered in conjunction with Dining in the Dark at a Distance will open at noon Friday, May 15 and end Monday, May 18 at midnight. Participants will have the opportunity to check their bids throughout the weekend. All proceeds benefit the Lighthouse of SWFL’s mission-driven programs for people of all ages with low vision and blindness.

Event sponsors include Schlager, Schlager & Levin, CRS Technology Consultants, Motto Mortgage Infinity, Scott White Advisors, McGriff Insurance, Right at Home and Lee County Sheriff’s Office. For information regarding sponsorship, contact info@lighthouseswfl.org or visit www.dininginthedarkswfl.com.

For ticket information, contact 997-7797, info@lighthouseswfl.org, or visit www.dininginthedarkswfl.com.✽

Sixteen Scholarships To Future Teachers

Seventeen high school seniors and nine college students are being awarded Grow Your Own Scholarships by the School District of Lee County to continue their education and become teachers. The scholarships pay for their tuition at Florida Gulf Coast University or Florida SouthWestern State College, as long as the students commit to teaching in the district for three years after graduation.

Estero High School Senior Alyssa Schwatzman found out on her 18th birthday she had been chosen for a scholarship to attend FGCU. Wiping away tears, "Thank you so much," is all she could say.

The students were all notified in zoom meetings of their scholarships. District staff, school and college administrators, teachers, parents and siblings were all included. Melissa Robery, principal at East Lee County High School, said of senior Brianda Camille, "We are so, so proud of you. She is an amazing student. She is an amazing representative of our school. I cannot speak highly enough of her."

The Grow Your Own Teacher Scholarships were announced in December after the Florida State Legislature approved a school district request for the funding. State Senator Lizbeth Benacquisto and State



A teacher instructs her students

photo provided

Representative Spencer Roach sponsored the bill. Applications were accepted in January, February and March. The winners will start taking education classes in the fall.

"It's been her passion since she was a little girl. She's wanted to be a teacher," Patricia Krupp says of her daughter Helen, a senior at Fort Myers High School. "I think she's going to be wonderful."

Awarded \$30,000 to attend FGCU, major in education and teach for the district are:

Taylor Carofano, Fort Myers High
Brianda Camille, East Lee County High

Alyssa Schatzman, Estero High
Awarded \$20,800 to attend FSW,

major in education and teach for the district are:

Donna Hull, Ida Baker High
Helen Krupp, Fort Myers High
Jules Nesby, Riverdale High
Katie Vachez-Castro, Lehigh Senior High

The Grow Your Own Teacher Scholarship program also awards two-year scholarships to current students at FGCU and FSW who agree to change their majors to education and commit to teaching in the school district for three years after graduation.

Awarded \$15,000 to attend FGCU and teach for the district are:

Rachel Bledsoe-Bass, FSW student
William Buchanan, FSW student
Madison Dugas, FGCU student
Kristin Sands, FSW student

Awarded \$10,400 to attend FSW and teach for the district are:

Colton Poling, FSW student
Jennifer Rowan, FSW student
Rebecca Torres, FSW student
Kaitlyn Ulrich, FSW student
Emily Winton, FSW student

The Grow Your Own Teacher Scholarship winners will receive support and internship opportunities from the district while studying to become teachers. Once they start teaching, the district will provide them a mentor,

training, monitoring and evaluations to ensure they have a successful career.

Any unused scholarships this year will be applied to next year. One four-year scholarship remains for a high school senior who wishes to attend FGCU or FSW and three two-year scholarships remain for college students who change their major to study education. Applications will be accepted in the fall.

Zoom meeting recordings of the students being notified that they are scholarship winners are available upon request.

The Foundation for Lee County Public Schools and the School District of Lee County have been combining efforts to recruit and retain teachers from the greatest community asset, local students. The goal is to keep interested students who want to seek a career as a teacher here in the School District of Lee County.

The Foundation for Lee County Public Schools also partners with The School District of Lee County on the Golden Futures Scholarship Program, which provides four years of tuition to Florida Gulf Coast University and Florida SouthWestern State College and is awarded annually to deserving high school seniors attending a Lee County District school. The foundation will be announcing the winners soon.✱

FSW High Schools To Hold Virtual Commencement

Florida SouthWestern State College's collegiate high schools in Lee and Charlotte (FSWC-Lee and FSWC-Charlotte) counties will hold virtual commencement ceremonies to honor their Class of 2020 graduates.

FSWC-Lee will hold its virtual commencement ceremony at 5:15 p.m. on Saturday, May 9. Prior to the virtual ceremony, graduating students will receive a customized Senior Time

Capsule Graduation Gift Box, which will include their cap, gown and diploma so family members can present the students with their diplomas as their names are read.

FSWC-Charlotte will hold its virtual ceremony at 6 p.m. on Friday, May 15. The ceremony will feature graduation keynote speakers, senior videos and pictures. Each senior will be individually featured as their diploma is presented virtually.

Both ceremonies will be livestreamed on FSW's website at www.fsw.edu/ livestream and video links will be available to view each ceremony following the livestream.✱

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CROW Founder Passes Away, Legacy Lives On

The Clinic for the Rehabilitation of Wildlife (CROW) officials announced that their beloved founder, Shirley Walter, recently passed away due to causes unrelated to the ongoing pandemic.

In 1968, shortly after the Sanibel Causeway was built, Walter – a postal worker and island resident – found a royal tern that had been hit by a car on the causeway. Finding no services available for injured wildlife, she took the bird to her Sanibel home. A small group of volunteers joined Walter, and CROW was born. In the first year, 500 distress calls were answered. From the beginning, the late Dr. Phyllis Douglass assisted Walter in her call by providing veterinary assistance. Wildlife medicine was in its infancy in the 1960s, so Walter, the volunteers and Dr. Douglass all learned together, with the network of rehabilitators around Florida.

CROW incorporated as a nonprofit organization in 1972, receiving its 501(c)3 IRS exemption in 1973. The name was Walter’s idea – she wanted a bird’s name, a “W” for wildlife, and she considered crows intelligent – and so the CROW acronym was born.

Over the years, CROW has grown



Shirley Walter with a patient at CROW

photo provided

to become one of the leading wildlife rehabilitation hospitals in the country. In addition to admitting over 5,000 wildlife patients a year, the teaching hospital’s student programs provide training for the next generation of animal care professionals. CROW’s AWC Visitor Education Center sees thousands of visitors each year who want to learn about what it takes to

care for wildlife, and it all started with a simple act of kindness from Walter.

“CROW will miss Shirley but she will never truly be gone so long as CROW continues her passion. Shirley lives on in every student who comes through the hospital and every patient we treat and release back into the wild. Shirley’s legacy is CROW and Southwest Florida is blessed beyond measure because

of her,” said Alison Charney Hussey, executive director of CROW.

Walter’s passion for helping wildlife is carried on by the hundreds of students, volunteers and staff members she inspired over the years, including the current staff veterinarian at CROW, Dr. Robin Bast, who remembers her time with the clinic’s founder.

“Shirley had the biggest heart, and was a true champion for wildlife. Our friendship is something I will cherish for the rest of my career. I will think of her every time I see the inspiration on a student’s face after we’ve taught them something new about wildlife conservation. She lives on in each person walking through the doors of CROW as we continue to grow the next generation of wildlife health advocates in our community and beyond. We will miss her more than words can say, but know she will never leave our hearts.”

If you are interested in making a donation in honor of Walter, visit www.crowclinic.org/donate/tribute.✧

From page 1

Hope Hospice

unit and everyone they encounter.

Hope Healthcare is a not-for-profit health care organization dedicated to providing care and comfort to every individual and their loved ones as they fulfill life’s journey. For more information, call 482-4673 or visit www.hopehcs.org.✧

Churches/Temples

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

FIRST PRESBYTERIAN CHURCH OF FORT MYERS
11 a.m. Sunday, www.fpcfmyers.org, 2438 Second Street, 239-334-2261

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

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

KINGDOM LIFE
Sunday 10:30 a.m., 2154 McGregor

Boulevard, 218-8343.
LAMB OF GOD
Sunday 7:45 and 10 a.m., www.lambofgodchurch.net, 19691 Cypress View Drive, 267-3525.

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

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

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

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

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

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

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

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

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.✧

Plant Smart

Chapman's Wild Sensitive Plant

by Gerri Reaves

Chapman's wild sensitive plant (*Senna mexicana* var. *chapmanii*) is a native multi-branched shrub whose natural habitat is the pinelands, hammocks, pine rocklands and coastal dunes of Miami-Dade and Monroe counties.

It is the host and nectar plant for cloudless Sulphur and orange-barred Sulphur butterflies, as well as the sleepy orange. Several species of bees also visit the showy flowers for nectar and pollen.

It is listed as a threatened species in Florida.

One of its other common names is Chapman's senna.

A member of the pea, or legume, family, this fast-growing evergreen shrub can be erect, reaching several feet tall, or prostrate and sprawling. The latter characteristic makes it useful as a groundcover.

The bark is smooth and dark. Pairs of oval to elliptic leaflets of about an inch long make up the feather-like alternate leaves. Leaflets sometimes have sharp tips.

Late in the day, the leaflets fold together, thus the term "sensitive."

The five-petaled flowers are about an inch across. Reddish venation and anthers add to the plant's ornamental



Chapman's wild sensitive plant is listed as a threatened species in Florida. It is a host and nectar plant for several native butterflies. photo by Gerri Reaves

value.

The clusters of four to nine flowers appear in the leaf axils and at the branch tips. They bloom throughout the year, most profusely in the dryer months of winter and spring.

Plant this beauty in full sun for fuller foliage in a well-drained dry to moist spot. It reseeds, is relatively pest-free and has high salt tolerance.

Propagate it with the seeds found in the slender flat brown pod.

Sources: *Everglades Wildflowers*

by Roger L. Hammer, *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan Taylor, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Gardening for Florida's Butterflies* by Pamela F. Traas, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, www.edis.ifas.ufl.edu, www.fnps.org, www.wildflower.org.

Plant Smart explores the diverse flora of South Florida. ☆

Women-Led Groups Join Climate Efforts

Girl Scouts of Gulfcoast Florida, the League of Women Voters of Collier County and Women for a Better Lee have joined Growing Climate Solutions in its efforts to expand climate change education and action in Southwest Florida.

Since its leadership kickoff meeting in March, Growing Climate Solutions has welcomed more than 20 influential community, health, education, business, environmental and philanthropic organizations as its partners.

Growing Climate Solutions partners pledge to further the organization's mission of educating the Southwest Florida community about the changing climate, as well as encouraging positive efforts within their organizations to act and advocate.

"Girl Scouts has always been a protector of Mother Earth," said Mary Anne Servian, CEO of Girl Scouts of Gulfcoast Florida. "This partnership reinforces the Girl Scout Law by using our resources wisely and doing all we can to make the world a better place."

"The League of Women Voters of Collier County works on climate-related issues with the desire to create a safer and healthier Southwest Florida, just like Growing Climate Solutions," said League of Women Voters Co-presidents Janet

continued on page 10



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Escape To The Water



by Capt. Matt Mitchell

In my last 20 years of guiding, we just do not get days off in May. With prime time tarpon season in full swing, it's just strange to see very few other fishing boats. With so many cancellations due to the coronavirus, I consider myself fortunate to be working at all. Luckily, my local clients have kept me busy at least a few days a week as we all struggle to keep our businesses afloat during these crazy times.

Having an escape to jump on a boat and get out on water has made these tough times bearable. I could not imagine how hard it's been for city people that have not been able to leave their own homes. It's really reminded me how much I enjoy fishing with or without clients. We really do have an amazing back yard.

Most of my fishing this week with clients was for snook, redfish and trout. Staying in and around the passes for a few days made it possible to get this bite dialed in. One big surprise was the return of large trout in the passes like we haven't seen in several years. The best trout bite was during the first part of the falling tide, while the better snook and redfish action came during the lower water periods.

Mangrove snook fishing has been another option. Some of the larger snook we caught this week came while throwing shiners to favorite shorelines. After fishing with Nick and Bob these past few Sundays, Nick got lucky and landed a 38-inch monster. This big fish put on a battle, like long-time bass fisherman Nick had never experienced. After several crazy close calls with the mangrove roots, he managed to muscle this bruiser into the boat for a few quick photos.

Cooler mornings made finding any tarpon tough for a couple of days. As conditions improve and we have a full week of warmer weather forecasted, things should get a whole lot better. Until then, we have plenty of other options in both the mangroves and passes.

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 with a 38-inch snook caught this week with Capt. Matt Mitchell

photo provided

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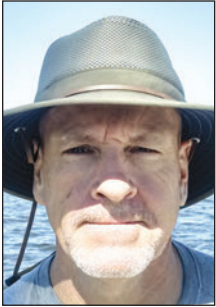
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CROW Case Of The Week:

Diamondback Terrapin



by Bob Petcher

The diamondback terrapin (*Malaclemys terrapin*) normally resides in brackish coastal tidal marshes of eastern and southern parts of the nation. It is so-named due to the

multiple "diamond-shaped" rings on its carapace.

At CROW, a female diamondback terrapin was admitted after being hit by a car while crossing the road in Matlacha. She reportedly sustained a fracture to her carapace as well as one along her bridge (area that connects top and bottom shell) and plastron (bottom shell).

"The original injury was fairly extensive, causing severe head trauma and the fractures. The terrapin received pain medication first, then underwent testing — bloodwork and x-rays," said Dr. Mariah Lancaster, CROW veterinary intern. "A sedated procedure was performed which allowed us to flush the blood and road debris from her wounds prior to shell fixation. One of our rehabilitation staff recently taught us a technique learned at the National Wildlife Rehabilitators Association annual conference, which allows us to use foil tape and superglue



Patient #20-1702 is still recovering from injuries

photo by Brian Bohlman

to secure the shell rather than the more invasive screws and wire. Due to her small size and the freshness of the fractures, she was an ideal candidate for this technique."

The x-ray revealed the patient was also gravid, or carrying eggs, with six eggs visible on the radiograph. She had lost so much blood from her injuries that she became very anemic. A blood transfusion was needed to help her and her future offspring.

"It is difficult to know exactly how long she has been developing her eggs, however, diamondback terrapins typically average three weeks in between laying each clutch of eggs. Based on our ability

to see the eggs on x-rays, there has to be minerals (calcium) already within the shell, which means she is on the closer side to laying the eggs," said Dr. Lancaster. "The shell was repaired the same day the patient arrived at CROW, but a few days were necessary to arrange the donor for the transfusion."

The turtle is currently recovering because of Jordan Donini, a herpetologist and professor of biology at Florida SouthWestern State College Collier campus. The blood for the transfusion was able to be donated by his terrapin, who was rescued by authorities from a poacher that had removed her from the wild for the

illegal pet trade.

"Jordan is a former CROW staff member and has remained close with the staff. We reached out to Jordan knowing he has some ambassador terrapins at the moment," said Dr. Robin Bast, CROW staff veterinarian. "According to Jordan, this terrapin in particular was rescued from someone who tried to take it from the wild and sell it to a pet store."

Since it was not able to be determined where the blood donor came from, she could not be released to the wild and is now an ambassador for Jordan's research and education group, The Southwest Florida Turtle Project.

"The Southwest Florida Turtle Project was started with three main goals in mind: to study and elucidate the life history of lesser known/less revered species of turtles in the Southwest Florida Peninsula — specifically species of conservation concern such as diamondback terrapins, and Florida box turtles," said Donini. "The other goals are) to educate locals on current conservation and environmental issues revolving around turtles, other species and the habitats they live in; and to train and encourage students to take part in active wildlife/conservation research. You can follow the project and the work we do on our Instagram page (@swfl_turtle_project)."

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

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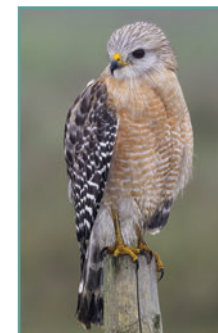
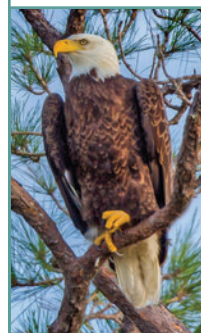
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Hope Volunteers Spread Cheer With Pet Parade

More than a dozen Hope Hospice volunteers – and their dogs – recently spread cheer to Hope’s patients, family and staff during a festive Pet Parade around the grounds of Hope’s care center in Fort Myers.

Hope Healthcare President and CEO Samira Beckwith thanked the volunteers for what they do every day at Hope, and explained why events like this are especially important for those in Hope’s care.

“People in our care and their families really need the opportunity to smile and to laugh,” said Beckwith. “Watching the parade of dedicated Hope volunteers with their uplifting signs and adorable pets provided some much-needed joy.”

Lehigh resident Geri English, who has volunteered with Hope for nearly four years, said she takes her rescue pug Lilly with her on visits to Hope’s Lehigh Care



From left, Geri English, Brenda Burton and Lilly photos provided Center and on weekend home visits. A Navy veteran, she also helps with Hope’s VALOR program.



John Shields strengths to help out in different ways. It’s a great way to do something special for others,” said English.



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From left, Ford Ferrara, Hugo and Belinda Metz



From left, Cathy Castner with Pippa and Frank Ryan

Hospitals Earn Top Grades For Patient Safety

Patient safety is a top priority at Lee Health and, for the third straight report card, all four of its adult acute care hospitals have earned the highest national marks for safe care.

The Leapfrog Group recently announced its Spring 2020 Hospital Safety Grades, awarding Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical Center and Lee Memorial Hospital each “A” grades.

“Leapfrog is a national leader in driving quality healthcare, and it is an honor to be recognized for our commitment to patient safety,” said Scott Kashman, chief officer of hospital operations for Lee Health. “This recognition is a reflection of our dedicated team of doctors, advanced providers, nurses and support staff and the amazing work they do every day to provide safe and compassionate care.”

Since 2000, The Leapfrog Group has promoted improved health care

safety, quality and affordability in the United States through a commitment to transparency. The nonprofit organization releases its hospital safety grades twice a year, rating hospitals on 27 measures of safety data. Only 33 percent of the approximately 2,600 acute care hospitals Leapfrog graded received an “A.” To earn a top grade, hospitals must receive a raw score of at least 3.151.

“As the nation copes with a challenging pandemic, our gratitude extends to hospital leadership and healthcare workers everywhere for their tremendous dedication,” said Leah Binder, president and CEO of The Leapfrog Group. “We hope this ‘A’ helps to thank the people who work and volunteer for Lee Health hospitals. They are role models in putting patients first, and their service has been extraordinary in our country’s time of need.”

Lee Health’s report card with raw scores:

- Cape Coral Hospital: A – 3.4501
- Gulf Coast Medical: A – 3.3596
- HealthPark Medical: A – 3.1602
- Lee Memorial Hospital: A –3.2652

To learn more about Leapfrog’s Spring

2020 Hospital Safety Grades, visit www.hospitalsafetygrade.org.✪

From page 7

Climate Efforts

Hoffman and Pat Plummer. “The league has been educating our communities in the United States for 100 years, and we aim to continue this to help preserve a green and more livable planet for future generations.”

“Women for a Better Lee is excited to partner with Growing Climate Solutions to foster greater understanding of the preeminent issue for our generation and generations to come,” said Charlotte Newton, a member of the organization’s Steering Committee. “WFBL members are Lee County influencers and leaders, and we look forward to working with them in coordination with Growing Climate Solutions to raise awareness about the impact of climate change on our community.”

Growing Climate Solutions counts a number of area businesses and organizations among its committed partners such as: Audubon of the Western

Everglades, Baywater Boat Club, Bond Schoeneck & King, the Bonita Springs Area Chamber of Commerce, the City of Naples, Community Forum Foundation, Conservancy of Southwest Florida, The Estero Council of Community Leaders (ECCL), Healthcare Network of Southwest Florida, IFAS/UF Extension, IMAG History & Science Center, Lipman Family Farms, Lutgert Companies, PMS Architecture, Temple Beth El, Temple Shalom and United Church of Christ.

Growing Climate Solutions is a partnership between the Community Foundation of Collier County, Southwest Florida Community Foundation, Florida Gulf Coast University and Conservancy of Southwest Florida, with support from the Kapnick Family Foundation and other future-focused organizations, businesses and individuals.

The partnership’s four primary goals are to empower community members and leaders to initiate change, ensure a prosperous and healthy community, build climate literacy and protect natural assets.

For more information or to become involved with the initiative, please visit www.growingclimatesolutions.org.✪

Can't Wait To Go Back To Normal

by J. Bruce Neill, Ph.D.

Right about now, we hear that, we say that, we so badly yearn for that, getting back to normal. I'm sorry to be the annoying one to remind, or tell you, perhaps once again, but we're not going back. That's not how time, history or civilization works – we go forward, never back. It's never, ever gonna be like it was before the 2020 pandemic. I don't know exactly how it'll be different, but I feel strongly that we ought to embrace the new, not yearn for the old.

We will emerge from the COVID-19 pandemic a new, changed community, nation and world, and if we embrace the concept of moving forward, I believe we will create better lives. But better won't happen by accident. We have to be brave and think about what we have learned and what we want for our future. And, it will require the strength of conviction to do the work to move into, and maintain that new, better way of life until it becomes habitual.

Don't be confused, I'm not, in any way, making light of the loss of human life, nor suffering, nor hardship, but in some ways this pandemic can serve for many of us as a gift. An opportunity for a reset. The motivation to choose how and what we want our lives to be as we go forward in the new, post-pandemic world. I would bet that most of us had lives that weren't perfect before COVID-19, and they won't be perfect after; however, we can make all our lives a little better. We have it to do all over again. And now is the time for us to think about the future we want to create.

In the conservation business, we have to grapple with, accept and, ultimately, embrace the inevitability of change rather than constancy. In conservation discussions, we sometimes



use the jargon restore, but it's just that, jargon; dynamic things don't get restored. As an example, we are never going to restore the Caloosahatchee; there are too many people in Southwest Florida who impact it, and we have changed it too radically. Even if we could somehow magically wind the hands of time backwards, what would be our desired stopping point?

Would Caloosahatchee restoration be before it was connected to Lake Okeechobee, or before the Calusa dug canals and diverted its flow? The questions of restoration become numerous and complex; the simple path is that for conservation, our task is to design for the future so that natural environments can be sustained and remain as healthy as is possible under prevailing and possible future conditions – the new normal.

As individuals, sheltered at home, we have to shake the idea of going back and instead, look to the future and decide what we want it to be like. America is never going to look like a Norman Rockwell rendition again. It is a great nation – there is no again relevant to reality. Our challenge is to decide what each of us will learn, what we will set as priorities and how we will help it become a greater nation through our actions.

Over the last month, my wife and I have adopted long neighborhood strolls after dinner; I think we will work hard to preserve these once we have the ability to be distracted by other things. Turns out these strolls are really very good – for our health, for our relationship, for our neighborhood; they are probably worth working to maintain. I believe we will work to make them a vital part of our new life. I talk with my sister more than I have in years, and it's good; I will work to make that a part of my new normal.

What about you? What do you want make a part of your new normal life? Soon we will go to that new normal.

Until then, please stay well. Enjoy the small joys of life and include more of nature in your enjoyment.

*Dr. Neill is the co-founder and executive director of 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.**

Tax Collector Announces Retirement

Lee County Tax Collector Larry D. Hart recently announced his retirement and will not seek reelection this year. Hart stated he would like to see Chief Deputy Tax Collector R. Noelle Branning, Esq. succeed him in office.



Larry D. Hart

A Lee County native, Hart has served Lee County for his entire professional career. After serving in the United States Air Force, Hart began a career in law enforcement as an officer with Fort Myers Police Department (FMPD). In 1995, Hart became the first African American chief of police for the City of Fort Myers, appointed by Mayor Wilbur Smith. Hart retired from FMPD in 2001 but continued his public service by becoming assistant tax collector for the Honorable Cathy Curtis. In 2012, Hart was appointed by Governor Rick Scott to the office of Lee County Tax Collector and was elected by the community for the last two terms.

Hart said of his decision, "In June

of 1973, I raised my hand to serve the United States Air Force and was proud to serve. That started my career. I then had the opportunity to serve my hometown for 22 years in law enforcement and was so blessed and honored to serve as police chief in the City of Fort Myers and later elected by the citizens to serve as your tax collector. It's time for me to step aside and leave the team that I have had the pleasure of assembling. I truly love this community and all the support you have given me. I will never take the love my community has given me for granted.

During his tenure as tax collector, Hart held various leadership and committee chair roles within the Florida Tax Collectors Association, including president in 2016. Hart always fought for policies that were in the best interests of the taxpayers and was instrumental in ensuring legislation that provided for greater taxpayer protection. Hart was an ardent supporter of Lee County tax dollars remaining in Lee County.

Hart said of his support of Branning, "Noelle is my chief deputy, and I am confident that with her leadership, the agency will continue to move forward. She has the experience and she is the right person at the right time to succeed me. Noelle has the ability and skillset to continue the great work the Lee County Tax Collector's office is doing for our community."*

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Book Review

Wisdom Comes



by Di Saggau

Dr. Mahmood A. Hai, who lives on Sanibel, has written a primer for those who seek success and contentment in their professional and personal life. *Wisdom Comes* Life's Lessons

Learned is a memoir combining heartfelt spirituality with a lifelong love of medicine, patient care and life itself. Dr. Hai narrates his journey from India to the United States and his successful long practice in surgery. There is wisdom on every page along with life lessons that will inspire. A short poem by the author is a good example, "My candle burns at both ends; It will not last the night; But ah, my foes, and oh, my friends, It gives a lovely light."

Dr. Hai describes his early days of practice in India, at a food distribution center that fed hungry people during a famine. Steamed rice and corn was like manna from Heaven to the recipients, and it had a profound influence on his dedication to his profession. He shares old quotes, including: "The heart is a very good fertilizer; anything we plant: love, hate, fear, hope, revenge, jealousy: surely grows and bears fruit. We have to decide what we want to harvest." In

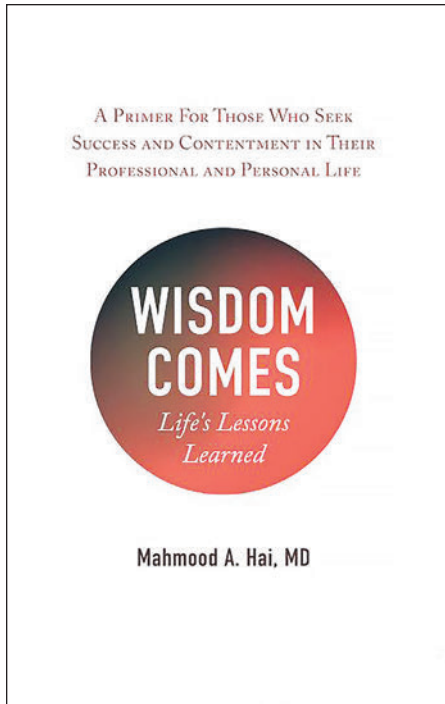


image provided

1979, a nurse named Annette Clement crossed paths with Dr. Hai. Little did he know that, 18 years later, she would become his wife. Greenlight laser technology used by urologists, is a field that Dr. Hai became involved with, and that technology has had a major impact in giving relief to suffering humanity.

He addresses the "burnout" experienced by many physicians, mostly due to bureaucratic tasks such as charting and paperwork. He said during

a survey 50 percent said exercise helped them cope, 43 percent talked with family or close friends, but unfortunately 42 percent isolated themselves from others, 32 percent ate junk food and 23 percent drank alcohol. Many physician and hospital organizations are beginning to realize the gravity of physician burnout and its impact. You'll read stories about doctors to admire and

some who behave like criminals.

Some of the best advice in this book is a list of the eight best doctors in the world. They are: "Sunlight, rest, exercise, diet, temperance, water, air, trust in God. Maintain them in all stages of life and enjoy a healthy life." *Wisdom Comes* may be geared to those in the medical field, but it contains healthy advice for everyone.*

School Smart



by Shelley M. Gregg, NCSP

Dear Readers, As our time with restrictions on movements and activity continue, so do a wide range of feelings continue to emerge.

Our children are also experiencing this range of feelings. And some may be experiencing completely new and uncomfortable somatic and psychological thoughts and sensations. It's important that children learn to identify and express what is going on with them, and it's not always an easy process to do this.

Fortunately, there is now a free online workbook available from The Yale Child Study Center – Scholastic Collaborative for Child & Family Resilience to help parents and child caregivers to use. This collaborative works to advance research and contribute to the development of resources, programs and curriculum that improve academic and health outcomes for children, their families and communities.

The workbook *First Aid for Feelings: A Workbook to Help Kids Cope During the Coronavirus Pandemic* is available for download in both English and Spanish. It is written by child development expert Denise Daniels, RN, MS, a dedicated nurse and founder of The National Childhood Grief Institute. Nurse Daniels describes the workbook as a "comforting resource (that) is designed to help children alleviate stress and anxiety and to provide a sense of control during changing times." She further describes the workbook as a "resource that will encourage children to express their thoughts and feelings while providing parents and caregivers with simple strategies to help kids handle emotions." Here's the link www.medicin.yale.edu/childstudy/scholasticcollab/resources-covid.

The workbook provides approximately 15 pages of activities with each page presenting a different topic and activity to discuss. I would recommend skimming through the workbook with your child and quickly looking at each topic and then spacing these activities across time. Choosing one page per day to work through is a good working pace and will allow for some thought and reflection. I would also suggest that kids pick the page that they want to work on. This way his or her more pressing concerns will surface

more quickly and can be brought out into the open and talked about.

There is also a page of resources in this workbook. The activities are written for elementary aged students but can be adapted for either older or younger children as needed. Children are asked to identify their feelings, what they already know about the virus, and what they would like to know about it. With guided prompts, kids are asked to think about specific strategies that they might use to help themselves, their friends and family. The emotions that come with change, fear and frustration are addressed specifically. Strategies to identify helpers, calming techniques and things to look forward to are also included. While this workbook has been designed to discuss COVID-19, many of the techniques presented would be appropriate to use for any emotional concerns. Working through this book will provide you and your child an excellent way to learn how to handle difficult feelings, build resilience and develop life-long coping skills.

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.*

Show Of Support For Healthcare Workers

submitted by Doris Ferry

My husband Bob Ferry heard about New York City and other cities clanging pots and pans every evening to help honor the healthcare workers, so a small group of us have been doing it at 7 p.m. for five minutes to honor all of our healthcare workers and first responders putting their life on the line for us.

We are doing this in front of Hurricane Bay right outside our condo at Sportsman's Cove on San Carlos Island. We are not in a group setting and are practicing safe distancing.

We would like to encourage everyone to just go outside their door or outside their window or balcony and clang on pots to let the healthcare workers know we care. Thanks!

Doris Ferry
San Carlos Island*

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Perserverence Key In Helping Abused Children

submitted by Jessica Stanfield

During this period of uncertainty, we're all adjusting to a "new normal" as our lives have been turned upside down. We've changed the way we work, shop, eat and socialize.

The optimist in me has appreciated extra time at the house to tackle home improvement and spring cleaning projects, and I'm enjoying precious family bonding time. Across Southwest Florida, many families are sitting down together at the dinner table, playing board games and munching on popcorn during movie night.

Unfortunately, that's not the reality for every child. So many adults are out of work right now, which adds to their stress levels, and far too often their release comes in the form of drugs, alcohol and physical abuse. For these children, being stuck at home for weeks on end is the last place they want to be. Since students are not attending school, they have no adult to confide in and no one to notice bruises or emotional scars.

The sad truth is that while so many things have been halted because of this pandemic, COVID-19 can't stop child abuse. In fact, child abuse typically increases during hurricanes, natural disasters and emergencies such as this.

During the coming weeks and months, the dependency court system likely will see an influx of children who have been abused, neglected or abandoned by their parents. Guardian ad Litem's court-certified, volunteer child advocates, as always, will be acting as a voice on their behalf. Although the virus is preventing in-person interactions, we've heard inspiring stories of our dedicated child advocates Facetiming as they read bedtime stories to children, ordering pizzas for families so tired foster parents can enjoy a night off from cooking, and having conversations about fun, engaging activities they'll do together after authorities determine it's safe to resume face-to-face interactions.



These child advocates are working tirelessly to ensure that children are seen and heard, and that their needs are being met. Children need us now more than ever.

In March, Guardian ad Litem Foundation, 20th Judicial Circuit, canceled its inaugural fundraising gala based on CDC guidance. This event would have raised money to recruit, train and support volunteer child advocates, as well as provide financial assistance to help meet a child's basic and developmental needs. Proceeds also would have helped purchase basic necessities, clothing, movie tickets and theme park tickets for children, as well as pay for tutoring and participation in youth sports and clubs.

Postponing the gala and subsequent fundraising events was necessary to protect the safety and wellbeing of our community, but the foundation's needs for funding still exist, and likely will be amplified heading into summer.

COVID-19 has stopped a lot of things in Southwest Florida, but the coronavirus can't stop good.

Generous individuals, businesses and organizations have stepped forward to help those experiencing hardships, including an anonymous donor who has challenged Guardian ad Litem Foundation with a matching gift opportunity. If we raise \$20,000 by June 30, donations will be matched dollar-for-dollar, doubling the impact that your gift can make in a child's life. Now and always, there is truly no gift too small.

Over the past few weeks, our child advocates have helped provide necessities through our Children's Needs Program and assisted families with technology as students transitioned to virtual learning. They've linked arms with community agencies to provide a network of goods and services. And, most importantly, the foundation has continued its longstanding tradition of never denying child advocates' requests for support. Although the times are unknown right now, we are committed to ensuring this stays the norm.

For more information, visit www.voicesforkids.org/ways-to-give or call 533-1435.

Thank you in advance for your generosity. Together we can transform the lives of countless children who need it the most.

Jessica Stanfield is Executive Director of Guardian ad Litem Foundation, 20th Judicial Circuit. ✨

Public Relations Professional Of The Year

Joining a prestigious list of past recipients, CONRIC PR & Marketing Vice President of Marketing Jaimie Miller, APR was named Public Relations Professional of the Year by the Southwest Florida Chapter of the Florida Public Relations Association during the annual Local Image Awards event on April 23.

The annual award honors someone who leads by "word and deed," displaying professional attitude, exercising a high standard of professional conduct, always cooperative and supportive of fellow public relations professionals and focused on raising the professional standing of FPRA in the community.

Other noteworthy winners have included Susan Bennett, APR, CPRC of Susan Bennett Marketing & Media; Carolyn Rogers, APR, CPRC of the Southwest Florida Community Foundation; Teri Hansen, APR of Priority Marketing; and Connie Ramos-Williams, president and chief marketing officer at CONRIC PR & Marketing.

"This was an incredible and unexpected



Jaimie Miller

honor," Miller said. "I am humbled to have received such noteworthy recognition from my peers in the public relations profession."

Miller's award adds to an impressive list of accomplishments with FPRA. In 2019, she was recognized as the chapter's Member of the Year. In 2015, she was honored with the organization's Rising Star Award, the same year she earned her coveted accreditation in public relations designation from the Universal Accreditation Board. Miller has been awarded multiple full scholarships to the FPRA annual state conference. She also serves on the executive board for the local chapter and has held numerous leadership roles during her eight years as a member.

"Jaimie is a valuable member of our CONRIC PR & Marketing team," Ramos-Williams said. "Her contributions are not only award-winning but also game changing for our clients. She continues to set an example of excellence for our team and the industry."

Many of Miller's client projects have won multiple FPRA local and state awards as well as Advertising Federation awards and a Muse design award.

A graduate of Florida Gulf Coast University, Miller started her career at CONRIC in 2017. She is also very active in the community, volunteering with several nonprofit organizations including the United Way of Lee, Hendry, Glades and Okeechobee Counties and Florida Public Relations Association. She also has served on the FGCU Alumni Association board and frequently presents marketing lectures at Goodwill's Microenterprise classes. ✨

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Revealing Vulnerabilities Necessary To Create Appropriate Estate Plan



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

I often begin my initial consultations with a simple question: “What do we hope to accomplish today?” I intend for that question to be more complex than who should receive what in your estate plan.

The longer I practice estate planning law, the more that I find it to revolve around emotion and feelings than as a technical exercise to transfer wealth. Sure, when I was a young attorney, I learned all the techniques to minimize taxes, properly provide for a spouse and protect our progeny’s inheritance from the dangers of spendthrift beneficiaries, divorcing in-laws and bad investments.

When we’re first married, and our children are young, life is relatively simple, and so are our estate plans. Our major assets might include a residence, retirement account and life insurance. Our relationships are fresh and straightforward. We worry over who will act as the guardian of our children if we should die in a plane crash.

As we reach retirement age, it all becomes more complicated. We may still be in our first marriage, enjoying many years together. Or we may be in another relationship, complete with step-relations. Here, providing for our spouse to maintain her standard of living with the rest passed down to our own children and grandchildren isn’t so easy without having serious discussions, and making hard decisions.

Our children are no longer those rascals playing in the backyard, instead they’ve grown into adults who have their own strengths and weaknesses. They’ve married, and perhaps divorced, and have families. They may live near or far away, and our relationships with them are vastly different than what we may have imagined before they grew up.

We worry about our grandchildren’s educations. College is so much more expensive today than ever. It’s difficult for a middle-class family to make ends meet when they have two or three children attending a university within a few years of one another. Yet a college diploma remains a ticket to a better lifestyle in our economy.

Our assets are a hodgepodge of complexity. We opened IRAs and 401(k)

accounts that have minimum required distributions once we’re 72. Florida homestead must be left to a spouse, if we have one, unless we have a nuptial agreement specifically waiving the constitutional and statutory descent and devise rules. We have bank accounts, investment accounts, second residences and, perhaps, rental properties. Life is good, but not simple.

So when you sit down with me, your estate planning attorney, I need to know a few things. Not just who is supposed to get what.

Rather, I want to know what you’re worried about. Most of us don’t want to think about our own demise. It’s ghoulish, and against human nature to do so. Yet, the thoughts creep in. What is it that keeps you awake at night when you think about leaving your loved ones behind? In the best of circumstances, what do you hope to leave them, what structure would you like to create? What structure will give you the feeling that you’ve left a platform enabling them to excel?

How are the relationships between your family members? Does anyone have money issues? Marital problems? Have you loaned or gifted any substantial monies to one of your children and not the others? Some of my clients are hesitant to discuss these issues as they don’t want the other children to know, yet it’s important to your estate plan.

This requires deep thinking and exposing vulnerabilities, both yours and those of your loved ones. What do you anticipate the emotions to look like following your demise between your surviving spouse and your children and grandchildren? How can your estate plan promote family harmony, and the values that you hold dear?

That’s where I can help. When I hear from my clients what exactly it is that they’re thinking beyond the dollars and cents, we can get creative.

Another aspect to estate planning is communication. Our culture discourages parents and children talking about money. For some reason, it’s out of bounds. Some parents fear that if their children knew their net worth, then they might harbor expectations of gifts or assistance. That fear is compounded when our children don’t understand the amount of principal it takes to generate retirement income.

Others fear becoming a burden to their loved ones. No one wants that. This is where it’s important to have a team, consisting of your financial advisor, CPA and estate planning attorney, who will illuminate a pathway to independence. But again, before we can guide someone down that path, we need to know what the emotions are. It requires revealing vulnerabilities.

That’s why this whole process isn’t a transaction. It requires an ongoing relationship. Over time, our family dynamics change, don’t they? Our assets fluctuate, as do our financial needs and desires. Tax laws change seemingly every year.

So that’s where we begin. With a simple question: “What do you hope to accomplish today?”

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Food Distribution To Children At Bank Branches

The generosity of the Southwest Florida community continues to flow as Blessings in a Backpack SWFL is now able to distribute packaged meals to 500 more children on Fridays in Collier County. The action began May 1. Thanks to the kindness of First Florida Integrity Bank, two of their Naples branches will be used as distribution points for 200 packaged meals from noon to 4 p.m. This after Blessings received a \$10,000 donation from the bank to feed a total of 500 more school children across the county.

Management at the bank contacted Blessings in a Backpack Executive Director Cecilia St. Arnold recently, knowing Blessings needed to feed more children in Collier County during the COVID-19 pandemic. Because the bank stepped up with the \$10,000 donation, Blessings will now be able to feed close to 1,000 children in the Naples area.

The surprising donation became even more overwhelming to St. Arnold when the bank offered the use of two of its Naples branches as distribution points for 200 meals. The branches are located at: 895 Fifth Avenue South and 3560 Kraft Road. “Typically, the food is distributed at area schools, but due

to the current health crisis, the bank has generously offered use of these branches as distribution locations,” St. Arnold said. “This is something that has never happened before. We are thrilled that First Florida Integrity Bank has stepped in to feed the kids.”

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

In addition to the meal distributions at the bank branches on Fridays, the weekend meal packages from Blessings in a Backpack will be available from 9 a.m. to 12:30 p.m. Fridays at the following locations:

- Shadowlawn Elementary, 2161 Shadowlawn Drive, Naples
- Colonial Elementary, 3800 Schoolhouse Road East, Fort Myers.
- James Stephens International Academy, 1333 Marsh Avenue, Fort Myers
- San Carlos Park Elementary, 17282 Lee Road, Fort Myers
- Bonita Springs Elementary, 10701 Dean Street, Bonita Springs
- Harlem Heights Community Charter School, 15570 Hagie Drive, Fort Myers
- Tice Elementary, 4524 Tice Street, Fort Myers
- Boys & Girls Club of Lee County, Fort Myers, 7275 Concourse Drive, Suite 200
- Boys and Girls Club of Lee County,

- Lehigh Acres, 1262/1260 Wings Way
- Boys and Girls Club of Lee County, Pueblo Bonito, Bonita Springs, 26120 Pueblo Bonito Boulevard
- Boys and Girls Club of Collier County, 7500 Davis Boulevard, Naples, (Distribution times TBA)
- Boys and Girls Club of Collier County, 1155 Roberts Avenue West, Immokalee, (Distribution on Tuesdays)
- Families are going hungry during these extraordinary and critical times and donations are needed more than ever. Tax-deductible donations are urgently needed to meet the growing hunger needs of school-aged children. Every \$4 donation feeds one child per weekend, providing four packaged meals. A \$100 donation will feed a child for one full school year. To make a donation, go to blessingsinswfl.org.✧

From page 1

Photographer

set up with light stands and blankets over it in the front room and that looked a complete mess. So now I just put audio recording stuff in my closet surrounded by my clothing. It helps dampen the echo,” he said with a chuckle.

The resulting video posts are sleek and impressive, usually running a little over two minutes long. “They’re easily digestible,” Adams said, noting longer videos are posted on YouTube. They have also been shared on several other

Facebook pages. Adams, whose work usually centers on family portrait photography, does not intend to make any money from the project. “Who knows what happens later on down the road, but that was never the intention,” he said, adding they are enjoying learning more about the islands, and letting others travel here vicariously. “It’s just the intention to share a bit of goodwill and love during this time.” Adams said he has received wonderful comments sent to him privately from people around the world who are appreciating the videos, including from an emergency room worker in New York, who said the videos cheer her up after a long day at work. “It’s been amazing,” Adams said. The couple plans to do as many segments as possible while they have this idle time. But, of course, they are hopeful things will get back to normal and the photography business gets busy once again. “It’s been a fascinating experience for us,” Adams said. “We’ve learned a ton about the island. We love Sanibel, so it’s been quite a joy to find out different things about Sanibel and Captiva that we didn’t even know.” To see Adams’ video posts, search for him on Facebook or visit www.youtube.com/c/NickAdamsPhotography.✧

Superior Interiors

Tips For Organizing Your Garage



by Linda Coin

The garage is a great place for storage. Whether it's protecting the car from the inclement weather or keeping all the yard furniture and lawn accessories in order, those with a garage know how

useful it can be. Yet, this common space only comes in handy when it's organized. If you feel like your garage has turned into a chaotic mess, you're not alone. Between a busy schedule and seasonal changes, there are dozens of reasons your garage may be less put together than you'd prefer. Now's a great time to get this useful space back in order.

Clear out the clutter – You can't start rearranging your valuables until you get rid of the items you don't use anymore. The first rule of reorganizing a room is purging those items you can't remember the last time you used. Perhaps it's a set of lawn furniture, plant pots, Christmas decorations or the manual reel lawn mower your father swore you'd use. Remove everything from the garage and create two piles: one for the things you'll keep, and another for the items you'll donate or pass down to another family member or friend.

Install new storage units – Now that you have a clean slate to work with, you

may want to invest in a new set of storage units. A heavy-duty outdoor cabinet can keep all of the small garden tools and yard accessories in order. Place this unit against a wall so you don't take up too much space.

Make use of your ceiling and wall space – You don't have to invest in multiple cabinets if your wall space is bare. Your walls offer plenty of opportunity to hang your lawn grooming supplies, bikes and other outdoor tools and accessories. The ceiling can also come in handy for hanging large items you don't want sitting on the floor of the garage.

Don't forget to have fun – Just because it's the garage, doesn't mean it doesn't deserve some character. Once everything is in order, take advantage of the opportunity to dress this space up and have some fun. You can create an entertainment area for football season, equipped with a television, bar cart and seating area. Or, you can finally create the craft and woodworking station you've been dreaming of building for years. Your garage may be the optimal space for storage, but that doesn't mean you can't have fun with the extra space you created.

If you take a quick glance at your garage and feel an instant rush of anxiety at the thought of organizing the space by yourself, don't fret. With a professional's help, you can develop a game plan for tackling the clutter and keeping it neat for months to come. A design professional will evaluate your space and recommend numerous storage options for optimal organization. Using his or her insight and your own ideas, you can craft the ideal blueprint for a garage that stays in order no matter the season.

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

Tax Collector Sets Date For Annual Certificate Sale

Despite these uncertain times and understanding the hardships so many property owners face, Lee County Tax Collector Larry Hart has opened registration for the annual sale of properties with unpaid real property taxes. Visit www.leefl.realtaxlien.com to register.

The tax collector's office is required by law to hold a tax certificate sale on or before June 1 each year on properties with delinquent taxes that remain unpaid. Registration closes for the auction-style sale on Wednesday, May 13 at 11:59 p.m. EDT, and the sale takes place on Tuesday, May 19 from 7 a.m. to 3 p.m. online at www.leefl.realtaxlien.com.

Tax certificates represent liens for delinquent taxes, interest and charges associated with the properties involved in the sale. Tax certificate holders pay the delinquent taxes to the county in exchange for the chance to earn interest of as much as 18 percent per year.

Buying a certificate isn't the same as buying the property, but beginning April 1, 2022, anyone holding a certificate issued in this year's sale that has not been paid or redeemed can apply for a tax deed to sell the land. Certificates expire seven years

from the issue date and are null and void at that point.

Each certificate goes to the bidder willing to accept the lowest interest rate. The bidding starts at 18 percent and progresses downward in 0.25 percent increments. Any certificate that isn't bid on will be issued to the county and available for purchase from www.leetc.com after the auction.

To learn about certificate redemptions, transfers and cancellations, visit www.leetc.com/taxes/tax-certificates. To become a registered bidder, go to www.leefl.realtaxlien.com.✧

Bank Hires Credit Analyst

John Wright has joined Sanibel Captiva Community Bank as a credit analyst. With the continued growth of the bank's lending division, he will provide support by conducting credit analysis, annual loan reviews and loan presentations.

Wright is a seasoned banker with more than 30 years of industry experience. Over his extensive banking career, he has worked for several community banking institutions in Maryland, including Madison Bank of Maryland, The Bank of Glen Burnie and The Patapsco Bank.✧

Beautifulife:

Love, Mom



by Kay Casperson

This year, in celebration of Mother's Day, I did something a bit different. Instead of waiting for flowers or recognition from my kids or husband, I wrote a letter to my daughters and I would like to share it

with you. I am hoping that this letter brings a bit of encouragement that regardless of how young or how old you are, it is never too late to share your loving thoughts with those you care about, those that mean the world to you and those that made life full.

We all need this kind of inspiration once in a while, no matter what age we are. Some of us got it when we were growing up, others did not. Some of us were encouraged, some of us had to dig deep to find the inspiration to move forward toward our dreams and goals. But one thing remains, we all had a Mom that brought us into this world, and that in itself needs to be celebrated and appreciated because we are all special, unique and have a purpose.

To my beautiful daughters,

As we approach another Mother's Day and you are now at the age where you want to show your appreciation for me in the way of a gift or token of your love, I want to share my heart with you.

You may not know this, but you are a gift to me every day. These are just a few of the things that fill my heart with gratitude and love.

I love how you are growing up to be beautiful spirits of individuality and uniqueness.

I love how you fight back when you know you are right and you stand up for what you believe to be true.

I love how you have compassion for others and realize when someone is hurting or needs special attention.

I love how you try to understand that there are always two sides to a story and that you have to dig deeper to find the truth.

I love how you run to me with life's crazy, unanswered questions that need special attention in order to sort things out and make good decisions.

I love how you say goodnight to each other in your own special way no matter how you might disagree throughout the day, which shows compassion.

There are so many "I love how you" sentences to complete, but the most important thing I want to tell you today is that "I love you" just because you're you! A beautiful, unique, special person that inspires me to be the best version of myself every single day of my life. For that very reason, I am grateful and thankful for you.

Love, Mom

My affirmation for you this week is:

"I am cherishing all the beautiful moments of being a Mom, helping a Mom, encouraging a Mom and loving a Mom today."✧

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HELPING THE WORLD SEE CERVICAL INSTABILITY WITH 2020 VISION!

Frankly Speaking



by Howard Prager

Three things. First, as I'm sure most of you know by now that Don Shula, the winningest coach in NFL history and the only one to lead a team through an undefeated season, passed away on May 4. Personally, I will never forget those great Dolphin (and Colts) teams, and do appreciate how Don Shula was always a stickler for following the rules. What many of you may not know is that he is an author. He wrote *Everyone's a Coach* with Ken Blanchard, author of *The One Minute Manager*, who has written over 60 books and sold over 21 million. This is a very good book about coaching a team on the field and coaching one in business and life, with lots of great stories and examples.

Second, and this will be harder to follow the rules, is the NCAA developing rules for athletes to allow athletes to get paid for endorsements, etc. This is literally opening pandora's box. Many people are already upset that the best high school players go to the best Division I schools. Now with the ability for their athletes to earn money, these schools have an even larger recruiting advantage. Let's look at some pros and cons of this deal.

Pros: the best college athletes no longer have to feel they are playing for nothing.

Cons: What type of "normal college experience" is a Zion Williamson going to have? Who will he listen to more, his agents or his coaches?

Pros: Student athletes will stay in school longer because they no longer need to leave right away to start earning some money.

Cons: And turn down a multimillion-dollar contract to play for a fraction of that?

Pros: Greater equity of athletic dollars.

Cons: What if donors start paying individual athletes? That in itself will hurt fundraising and can be a mad dash by wealthy alums for the best players.

Pros: in many schools and programs, they are banking on the best athletes anyway in promos, pictures, advertising,

etc., so they should share the wealth.

Cons: What about when someone else does well? Do they get a bonus and maybe an agent?

Pro: The charade of the "student-athlete" disappears.

Con: What happens to team play when individuals look out for themselves first and foremost (these are after all team sports for the most part that will be affected.)

What's your impression? What do you think some of the pros and cons of the NCAA adopting this is going to be? I worry about greater seduction of high school athletes (sign with us and we'll guarantee a monetary deal) and the need for younger players to identify and hire agents. Athletes say the temptation to spend their new found wealth is great. How many times do we read about bankrupt athletes because of poor investments? My opinion is that indeed this is a pandora's box, and the NCAA is going to have to work much harder to create and enforce the rules around this so it doesn't come down to a money grab.

Third, this is my one-year anniversary of this column. I always saw or heard Ed Frank writing these columns on Mondays, looking up all sorts of stats and always having great ideas. This past year has shown me the challenge and effort it takes to put out a good weekly column consistently. Fortunately, I've only had to make one retraction for a missed name. And I've tried to cover parts of sports that aren't saturated in the newspapers and TV. There are some great sports events where I have to add my two cents, too.

I hope you're enjoying this look at sports from other angles. My desire is to continue to bring you different perspectives and perhaps some insights into what's happening on and around the field of play. It's been a bit surprising to me that even in this period when sports couldn't be played because of COVID-19, there's still plenty of sports and sports history to write about. And I'm sure that in some form or fashion, we will have sports yet this year. Whether it will be the regular competition and if we will be in the stands, no one knows. Safety is paramount. It's a bit surprising to me at a time when festivals are cancelling for the entire summer that the NFL just put out a full schedule and says they are on track. That's very short-sighted. Better to say we are looking into how we can provide football to you this year in a safe

way for fans and players alike, and until we have some better answers, we aren't announcing the start of the season yet.

Let's see if we can get some greater honesty, transparency and caring for us sports fans from our leagues, teams and athletes in the coming months. Ed would

have wanted nothing less.

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.✴



From left, Raul Pedraja, member of Cypress Lake Golf Club; Jon Pazdera, director of golf at Cypress Lake Golf Club; and Greg Clancy, major gifts officer at Harry Chapin Food Bank photo provided

Food Bank Gains From Golf Club Fundraiser

Cypress Lake Golf Club's four-day Drive Out Hunger Challenge raised \$20,000 to help Harry Chapin Food Bank provide healthy meals to Southwest Florida families.

Held April 22 through 25, participating club members pledged a specific dollar amount for every stroke during their round of golf, making donations by cash or check after 18 holes. Director of Golf Jon Pazdera initially thought the challenge would raise \$5,000, a goal that nearly was surpassed on the challenge's first day.

"Our members certainly stepped up to the challenge, but most importantly, they stepped up to help families in this community whose livelihoods are being impacted by the coronavirus," Pazdera said. "I am challenging other golf clubs and residential communities in Southwest Florida to create their own fundraising initiatives. This is the time when those of us who have been fortunate can help

our neighbors during a period of great economic need."

The concept behind the Drive Out Hunger Challenge originated with club member Raul Pedraja, whose idea was met with widespread support among fellow golfers as a means to give back while enjoying a sport they love.

"It just shows the kind of golf course and golf club members that we have here," said Pedraja, who was on-hand April 28 as Cypress Lake Golf Club presented a check to the food bank.

Harry Chapin Food Bank, which is helping to lead the community's fight to end hunger, has set up drive-thru distribution sites throughout the community to assist local families. For every \$1 donated to Harry Chapin Food Bank, the organization is able to use its purchasing power to buy \$8 worth of food. Cypress Lake Golf Club's donation equates to about 80,000 meals.

"It just goes to show you the power of people's support for their neighbors in need," said Greg Clancy, major gifts officer at Harry Chapin Food Bank. "Disasters and times like these seem to bring out the best in people."✴

SPORTS QUIZ

- 1. What 1987 inductee into the Pro Football Hall of Fame served as executive director of the National Football League Players' Association from 1983-2008?
- 2. A bronze statue of what Kentucky Derby-winning racehorse was unveiled in front of a Churchill Downs entrance in April 2009?
- 3. Three times in the 1990s, a pitcher led the American League in wins, strikeouts and ERA in the same season. Name either of the pitchers to do it.
- 4. Kyle Orton, who played quarterback for five NFL teams from 2005-14, played football at what Big Ten university?
- 5. Born in Vienna in 1913, what pioneering athletic coach and trainer helped Roger Bannister run the first recorded sub-4-minute mile in May 1954?
- 6. Alex Rodriguez, in 2015, set a record for most career RBIs by an AL player. Who had been at the top of the list?
- 7. The city of Beaumont, Texas, is home to a museum and visitor center dedicated to what legendary female multisport athlete?

ANSWERS

1. Gene Upshaw. 2. Barbaro. After winning the 2006 Derby, he suffered a fractured leg at the Preakness Stakes and was euthanized in January 2007. 3. Roger Clemens (1997, '98 and Pedro Martinez (1999). 4. Purdue. 5. Franz Stampfl. 6. Lou Gehrig, with 1,995 RBIs. 7. Babe Didrikson Zaharias.

National Nurses Week Celebrated

National Nurses Week is May 6 through 12, and Lee Health is honoring and recognizing the contributions made by nurses through a variety of virtual activities, videos and social posts. The Lee County Board of County Commissioners also issued a proclamation to mark the occasion and importance of the profession. National Nurses Week is celebrated annually to raise awareness of the critical role nurses play in healthcare and our society.

The International Council of Nurses 2020 theme, Nurses: A Voice to Lead – Nursing the World to Health, demonstrates how nurses are central to addressing a

wide range of health challenges. National Nurses Week will conclude on the birthday of Florence Nightingale, the English nurse who became known as the founder of professional nursing due to her pioneering work during the Crimean War. National Nurses Week was first observed in October 1954, the 100th anniversary of her mission to Crimea.

The World Health Organization (WHO) has designated 2020 as "The Year of the Nurse and Midwife" to mark the 200th anniversary of Florence Nightingale's birth. National Nursing Associations throughout the world are organizing local events throughout the year to celebrate the profession and demonstrate its unique position in the healthcare landscape.

For more information, visit www.leehealth.org.✴

dearRPharmacist

Foods/Spices That Are Natural Blood Thinners



by Suzy Cohen, RPh

Dear Readers: Sadly, we're hearing more about strokes and blood clots lately. Apparently, this is a rare, but possible concern with COVID-19 is disheartening because, at first, researchers

thought this virus stayed in the lungs. But now, we know it can penetrate all human tissues and organs.

A research study led by doctors at RCSI University of Medicine and Health Sciences in Dublin, Ireland found that some patients admitted to their hospital experienced abnormal clotting, and that this was the main contributing factor to their death. In those patients, they identified hundreds of tiny clots in the lungs. This explains why oxygen levels drop so quickly and so dramatically in the most severe cases of the disease.

Clotting in your blood matters. You want it to clot so you don't get a paper cut and bleed to death. But you don't want it to clot so much that the debris forms an obnoxious piece of gunk that ends up blocking blood flow to your brain, heart or lungs. There's a healthy balance that's in-between both extremes, and we call the balance "homeostasis."

Blood health can be manipulated by foods, spices and drugs. Clots do not happen to everyone who gets the virus, in fact, many people don't even know they've been exposed or infected. So as you consume my article, please know that

my intention is not to provoke fear, or anxiety, it is to offer sensible advice so you can improve your blood health. Since the immune system resides in the intestinal tract for the most part, your diet is what instantly changes your gut microflora and your ability to fight.

The list of foods and spices below have natural anti-clotting properties, that's why people who take anticoagulants may want to avoid these foods and spices or ask your doctor if they're okay for you. Again, certain foods listed below will interfere with their PT/INR levels and medications.

The list, though not complete, includes: Spices – cayenne pepper; thyme; garlic; cinnamon (contains coumarin, a powerful blood thinning agent); curry powder; and turmeric

Foods – ginger; dill; peppermint; beets (high in nitrates); walnuts (high in vitamin E); salmon (omega 3 fatty acids); cherries; and citrus

I can email you a comprehensive version of this article with more foods if you join my online community. Sign up at www.suzycohen.com.

The fear is crippling. And some of us should be more cautious if we're in the group that is most severely impacted. But from the statistics that are publicly available, I can reassure you that, just like a cold or flu, the majority of infected folks will survive and thrive again.

We all need something positive to hold on to right now. And the truth is that most people survive and get past it. This is a positive thought to hold on to. We don't have control over the future. But we have control of our fork. If you feed your family a healthy amount of foods that support blood health, then you have even better odds of recovering. And that is my wish for all of us.

This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit www.SuzyCohen.com.✱

Doctor and Dietician

Natural Ways To Reduce High Blood Pressure

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

We recently spoke to a friend who had discovered his blood pressure was starting to climb. He said, "I'm not going to just take a pill. I'm going to get to the underlying cause and treat this naturally." Well, he did!

Common risk factors for high blood pressure include overweight, sedentary lifestyle, smoking, unhealthy diet, excessive alcohol consumption, stress, sleep apnea, diabetes, poor vagus nerve function, hormonal issues, as well as other factors such as age, race and family history.

If you are facing a climbing blood pressure, we recommend that you see a natural medicine-minded provider – otherwise, you may be told to "take a pill." Our philosophy on healing any condition is our bodies have amazing healing capacity, so let's do everything we can to support the body's efforts to repair itself.

Each person's plan is individualized, but here are some general guidelines to help.

1. Eat real food. Some people are sodium sensitive hypertensives. Fresh, real food contains virtually no sodium

compared to prepared packaged foods.

2. Get to a good weight if you are carrying extra pounds.

3. Get regular exercise and develop an active lifestyle. Reduce sitting. Intentionally increase movement.

4. Manage your stress and monitor your HRV, adding meditation, prayer, deep breathing and letting go of things that you cannot control.

5. Get at least seven hours of good sleep per night. Turn off "blue light" prior to bed, use relaxation essential oils, keep the room temperature cool, and meditate on something positive prior to sleep.

6. Consider these supplements: Berberine, garlic, fish oil, hibiscus, magnesium and calcium.

7. If you smoke, quit – immediately.

8. Reduce added sugar and refined carbs. Develop savory taste buds. Start with eliminating added sugar or artificial sweeteners.

9. Moderate alcohol consumption to no more than one to two drinks for women per day and two drinks per day for men. Red wine has been shown to lower the risk.

10. Moderate caffeine consumption to one to two cups per day and increase your water consumption to at least six to eight 8-ounce glasses per day - more if you sweat a lot.

11. Disconnect and reconnect – with real people. The "facedown lifestyle" harms your cervical curve which causes vagopathy (destruction of the vagus nerve) that can lead to all sorts of diseases. Stop watching so much TV. Instead, read a book, talk to a live person, take a walk, or go outside.

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.✱

Speaker Lineup For Virtual Mental Health Series

Kids' Minds Matter recently announced the guest speaker lineup for the virtual series Mental Health Mondays during Mental Health Awareness Month. Among the five segments that will be hosted in May will be a Spanish-language session on May 18, as well as representatives from Lee Health, Golisano Children's Hospital and the School District of Lee County. Teenagers will also have the opportunity to hear from one of their peers on May 11.

The series connects Lee Health partners and Southwest Florida mental health advocates with the region's families to share expert advice, resources, as well as at-home activities for kids that aid in mental health and wellness. The segments, which are less than an hour, feature psychologists, therapists, physicians, child advocates as well as other art, mind and body professionals to help caregivers with their child's mental health.

During Mental Health Awareness Month in May, topics for the weekly series include:

May 11, 10 a.m. – Lori Brooks, director of school counseling and mental health services, and Sherry Wenzel, coordinator of mental health services for the School District of Lee County, Education During COVID-19: Supporting Children Through Distance Learning

May 11, 6 p.m. – Carly McGovern, student and mental health advocate, The New Normal: Supporting Teens in a Time That is All but Normal

May 18, 10 a.m. – Lorena Rodriguez, coordinadora del programa de defense del nino a Golisano Children's Hospital, Disciplina digna; ayudar a los padres a mantener relaciones saludables y cambiar comportamientos inapropiados con su hijos

May 18, 6 p.m. – Richard Keelan, child advocacy supervisor at Golisano Children's Hospital, Dignified Discipline: Helping Parents Maintain Healthy Relationships and Change Inappropriate Behaviors with Their Children

May 25 – Courtney Whitt, PhD, director of behavioral health at Healthcare Network, segment details to be shared at a later date on Kids' Minds Matter Facebook events

Streamed live every Monday from the Kids' Minds Matter Facebook channel, experts will speak on a different aspect of

mental health and answer questions from viewers. Community advocates, partners and viewers are encouraged to create "watch parties" to join the experience and share the live stream with friends and family.

Dr. Paul Simeone, vice president and medical director of behavioral health at Lee Health, kicked off the weekly series on April 6 with important tips for caregivers to help children cope with the impact of COVID-19.

"The goal of Kids' Minds Matter is to raise awareness about the need for pediatric mental and behavioral health care services and to raise the funds required to make these services available in the region," said Dr. Simeone. "During the pandemic, the impact on mental health is especially hard for children, who have lost structure and routine in their lives in the midst of fear. It's our goal to continue to make mental and behavioral health care services accessible during this unprecedented time while continuing to raise awareness."

An estimated 46,000 Southwest Florida children are impacted by mental and behavioral health disorders like anxiety, depression, eating disorders, psychosis, substance abuse, autism and attention deficit hyperactivity disorder. As part of the

region's strategic solution to the children's mental and behavioral health epidemic in Southwest Florida, Kids' Minds Matter is dedicated to fostering partnerships that support existing services, identifying and filling gaps in the continuum of care and innovating new treatments.

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

For more information, visit www.facebook.com/kidsmindsmatter.✱



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 MAY 4, 2020

Aries (March 21 to April 19) The Lamb is usually excited about taking on a new challenge. But if that's a touch of doubt you're feeling, maybe it's you telling yourself to go slow on this until you learn more about it.

Taurus (April 20 to May 20) Accepting new commitments when you haven't yet finished the batch on hand could be a bit rash. Better to ease up on the new ones until you get further along with your current lot.

Gemini (May 21 to June 20) Try to be more open-minded in working toward a resolution of that standoff between yourself and a colleague or family member. A little flexibility now could work to your advantage later.

Cancer (June 21 to July 22) Some people might be anxious about your plans. So you need to take time to explain what you expect to do and how you expect to do it. And don't forget to ask for suggestions.

Leo (July 23 to August 22) Dealing with an unfamiliar problem can be difficult. The wisest course you can take is to ask for advice from those who have been where you are and have come through it. Good luck.

Virgo (August 23 to September 22) Tackle a frustrating job problem by considering possibilities you might have ignored before. This reassures colleagues you're serious about finding a solution, even if it's not totally yours.

Libra (September 23 to October 22) Your balanced approach to life proves to be helpful this week when someone you care for needs your spiritual comfort, while someone else benefits from your tough-love practicality.

Scorpio (October 23 to November 21) Once again, you're likely to be asked to keep a secret for someone. But do you really want to do so? Be honest with yourself and with your needs before you make any such commitment.

Sagittarius (November 22 to December 21) Taking a more direct approach from the more diplomatic one you've used before could make a difference in finally resolving a too-long-held disagreement. Try it.

Capricorn (December 22 to January 19) Being asked for advice is flattering to the Sea Goat, who has a habit of saying the right thing. This time, expect someone to be especially impressed and to act on that sentiment.

Aquarius (January 20 to February 18) With a number of pressures easing, your project could be making a lot more progress than you expected by this time. That's great news. But don't let yourself be distracted; stay with it.

Pisces (February 19 to March 20) An interesting challenge looms that could be exactly what you've been looking for. Discuss this with colleagues who could have much to contribute and who might want to join with you.

Born This Week: Your heart is always open to offer loving concern for others. And they, in turn, reach out to complete the circle.

MOMENTS IN TIME

• On May 17, 1792, a group of 24 traders gather in lower Manhattan to work out the regulations of the speculative market. The result was the Buttonwood Agreement, a two-sentence contract that gave birth to the New York Stock Exchange.

• On May 14, 1904, the first Olympic Games to be held in the United States open in St. Louis. The 1904 Games were initially awarded to Chicago, but were given to St. Louis to be staged in connection with the St. Louis World Exposition. However, the Games were overshadowed by the world fair.

• On May 12, 1925, a Philadelphia radio station broadcasts the first all-star radio program featuring film actors and actresses. Sound films had not yet debuted, and it marked the first time that most listeners had heard the voices of film stars like Lillian Gish and Marion Davies.

• On May 15, 1942, a bill creates the Women's Auxiliary Army Corps (WAACs) in the U.S. Army, granting women official military status in a wide variety of roles around the world. The 16,000 women who joined the early WAACs would not receive veterans' benefits until 1980.

• On May 13, 1956, Gene Autry's musical variety show, *Gene Autry's Melody Ranch*, airs its final broadcast after 16 years. The show featured short skits about cowboys and rustlers, along with musical numbers by Autry, "America's singing cowboy."

• On May 16, 1975, Japanese mountaineer Junko Tabei becomes the first woman to reach the summit of Mt. Everest. In 1988, Stacy Allison became the first American woman to successfully climb Everest.

• On May 11, 1987, Klaus Barbie, the former Nazi Gestapo chief of German-occupied Lyon, France, during World War II, goes on trial, charged with 177 crimes against humanity. Barbie sent 7,500 French Jews and French Resistance partisans to concentration camps and executed some 4,000 others.

TRIVIA TEST

1. **Geography:** What percentage of the world's population lives in the Northern Hemisphere?
2. **Math:** In geometry, what shape is a torus?
3. **Television:** What was the name of the character played by Tina Fey on *30 Rock*?
4. **Science:** How many earthquakes are detected in the world each year?
5. **U.S. Presidents:** What was Barack Obama's Secret Service code name?
6. **Language:** What is the opposite of a synonym, words with similar meanings?
7. **Movies:** Who played the role of Tess McGill in the 1988 film *Working Girl*?
8. **Bible:** How many plagues were unleashed on Egypt, according to the Book of Exodus?
9. **Literature:** Who was the author of the novella *The Time Machine*?
10. **History:** Who served as the first postmaster general of the Continental Congress?

TRIVIA ANSWERS

- Franklin
Melanie Griffith 8. Ten 9. H.G. Wells 10. Ben
6. Antonym, words with opposite meanings 7.
half a million 5. Renaissance
1. About 90% 2. Doughnut 3. Liz Lemon 4. About

NOW HERE'S A TIP

• Free up space on your smartphone by setting text messages to auto delete after a certain amount of time, like 30 or 60 days. If you have a friend who loves to send you gifs or endless bitmojis, you might want to have your chuckle, then delete. These image files take up much more space than a text message.

• "Baking soda can have a whitening effect on some fabrics and is a good alternative for items that might be sensitive to the harshness of bleach in the washing machine. It's fantastic for musty items as well. Add a cup of baking soda to a load of towels, then add a cup of vinegar to the rinse water." TH in Kansas

• Periodically take down curtains and run them through the clothes dryer to dust. If they are not continued on page 22

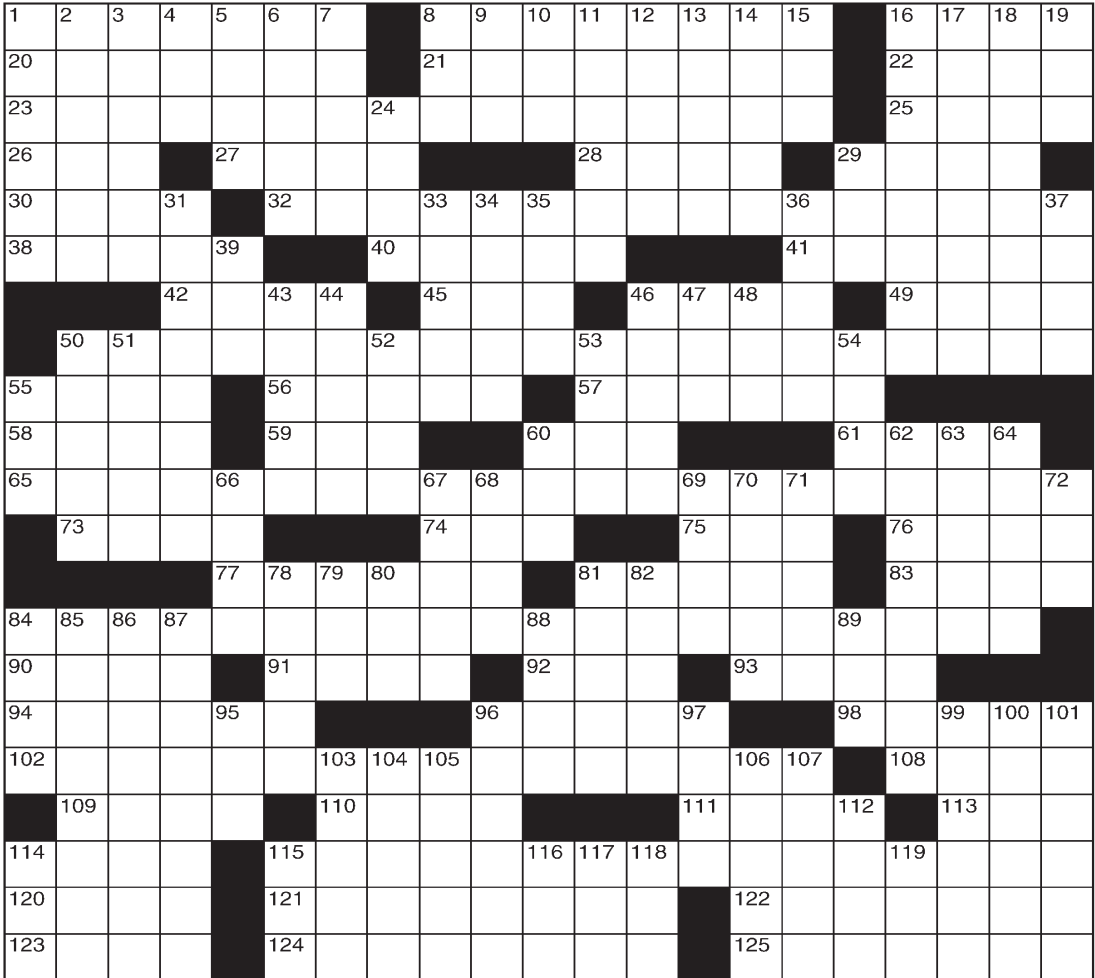
PUZZLES

Answers on page 23

Super Crossword

JOB SCREENING

- ACROSS
- 1 Perceive
- 8 Wavering
- 16 Dies down
- 20 One of the Great Lakes
- 21 CD from Eminem or Jay-Z, say
- 22 Marshland
- 23 Start of a riddle
- 25 Teal, e.g.
- 26 Mineo of films
- 27 First-century emperor
- 28 Sufficient, in dialect
- 29 After-bath sprinkle
- 30 Zest
- 32 Riddle, part 2
- 38 Majestic
- 40 Inane
- 41 High-pH compound
- 42 Sticky, viscous stuff
- 45 Previously called
- 46 "— have to wait"
- 49 ESPN's Hershiser
- 50 Riddle, part 3
- 55 They often elicit groans
- 56 "Suffice it — ..."
- 57 Chinese zoo mammals
- 58 "Thou — lady": King Lear
- 59 Hotel's kin
- 60 Young dog
- 61 Sews an edge around
- 65 Riddle, part 4
- 73 Tara of "American Pie"
- 74 Granola bit
- 75 "— Man Answers" (1962 film)
- 76 Jazzy Anita
- 77 Irritated reply to "Are you awake?"
- 81 Devours, with "down"
- 83 Accept
- 84 Riddle, part 5
- 90 Gulf nation
- 91 Good diving score
- 92 Genetic letters
- 93 Flanders river
- 94 Ovum, e.g.
- 96 "There it is!"
- 98 Souses
- 102 End of the riddle
- 108 Al who drew Li'l Abner
- 109 Old Italian coins
- 110 Tie down, as a ship
- 111 Sheik, e.g.
- 113 Actress Carrere
- 114 Mark Twain's Huck
- 115 Riddle's answer
- 120 Poker cost
- 121 Ethereal quality
- 122 Relate (to)
- 123 Prayer opener
- 124 Northern parts of New York and New Jersey
- 125 Numbers used in sums
- 11 In a docile way
- 12 1985 Kate Nelligan film
- 13 In re
- 14 "Dallas" actor
- 15 Singer
- 16 Begin, as a journey
- 17 — ball (pool hall item)
- 18 "Fists of Fury" star
- 19 Get sight of
- 24 "— the weather?"
- 29 Phone no.
- 31 Port of Japan
- 33 Actress Lisa
- 34 Poem of lamentation
- 35 "Hick" actor
- 36 Hayek of Hollywood
- 37 Window ledge
- 39 Parking —
- 43 — left field
- 44 Tine
- 46 Repeated statement in Windows ads
- 47 Plating metal
- 48 Kind of PC monitor
- 50 Rage
- 51 — nous
- 52 "There — 'I' in team"
- 53 Musical piece
- 54 Racket-raising Arthur
- 55 Rover's foot
- 60 Fruit discard
- 62 Arcane
- 63 Annoyed with
- 64 Boa, for one
- 66 "Right, bro"
- 67 0% of the people
- 68 Biker's bike, colloquially
- 69 Largest city on Hawaii
- 70 "Get — back!"
- 71 Abrades
- 72 Coloring substance
- 78 Dance great de Mille
- 79 Ovid's 1,051
- 80 Diarist Anaïs
- 81 Took the prize
- 82 Florida city
- 84 Breathe loudly
- 85 Bringing up the rear
- 86 Collides with
- 87 Not deserved
- 88 Tramped (on)
- 89 "Holiday" actor Ayres
- 95 Mao — -tung
- 96 Romeo and Juliet's town
- 97 "It's — state of affairs"
- 99 Lane of Broadway
- 100 Narcotic
- 101 Generates
- 103 Beatnik's "Got it!"
- 104 People on the move
- 105 Like a well-pitched inning
- 106 "Sing, Sing, Sing" drummer
- 107 Totally filled
- 112 Longtime West Virginia senator
- 114 —
- 115 Sorority letter
- 116 Humid
- 117 Suffix with colour
- 118 Ar-tee link
- 119 Honored Fr. woman



King Crossword

ACROSS

1 Easter treat

4 Wager

7 Retain

11 Metric measure

13 Rowboat need

14 Sleeping

15 Flow like molasses

16 Chum, nowadays

17 Actor Brad

18 Grassland

20 Opening course, often

22 Erstwhile garment

24 Hitchcock classic

28 Spotted insect

32 Radiant

33 Champing at the bit

34 Bathroom fixture

36 Yorkshire river

37 Narc's measures

39 Croquet equipment

41 Catch

43 Second person

44 Related to 5-Down

46 Use a Brillo pad

50 Ballerina's frill

53 Cauldron

55 Japanese

6 Army unit

7 Carefree

8 Sapporo sash

9 Allow

10 Banned insecticide

12 Carousel

19 Light touch

21 Portion of N.A.

23 Eviscerate

25 Hint

26 Emcee

27 Hasn't paid yet

28 Michigan, for one

29 Not "fer"

30 Nincompoop

31 Wrigley

35 Reddish-brown horse

38 Perched

40 — Angeles

42 They're calling Danny Boy

45 Prolonged sleep

47 Fawns' mothers

48 Hexagonal state

49 Induce ennui

50 Gratuity

51 Web address

52 Excessively

54 Monkey suit

DOWN

1 Ids' counter-parts

2 Get bigger

3 Middle East strip

4 Go up and down

5 Listeners

6 zither

56 Press

57 Flightless bird

58 Calendar

59 Trudge

60 Kenny G's instrument

61 That girl

106 "Sing, Sing, Sing" drummer

107 Totally filled

112 Longtime West Virginia senator

114 —

115 Sorority letter

116 Humid

117 Suffix with colour

118 Ar-tee link

119 Honored Fr. woman

MAGIC MAZE ● DOG-EARED WORDS

A O L I G G D B Y W T T R P M

K I F D U B E Y W O T U S Q O

M K I F N D B L R H Z X H H W

U S Q O D N L T G D J S O H F

D C A Y E W G I E O I T V T S

Q P N L R O F R K F D I H F E

C B Z Y D G I W G O V D U S R

G O D P O T D O G G O N E Q P

S Y A D G O D I L I H C N L M

L J G O D L L U B I H F E D S

G O D N R O C I T A M G O D C

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: A SHARP ANGLE OR BEND

Bulldog Dog-tired Dogma Sled dog
Chili dog Dogfight Dogmatic Top dog
Corn dog Dogfish Dogtrot Underdog
Dog days Doggone Hotdog

- 6 Peaches, diced small
- 4 tablespoons Orange blossom honey
- 1 tablespoon lemon zest
- 2 cups ricotta cheese (whole milk or skim)
- 1 pack puff pastry shells, store-bought
- 1 tablespoon fresh thyme, chopped

In a small bowl combine ricotta cheese, lemon zest, and 3 tablespoons honey. In a separate bowl combine peaches and thyme. Fill each pastry shell with ricotta mixture. Top with diced peaches and drizzle with remaining honey to finish. ✨



photo courtesy Fresh From Florida

Answers on page 23



!n

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!

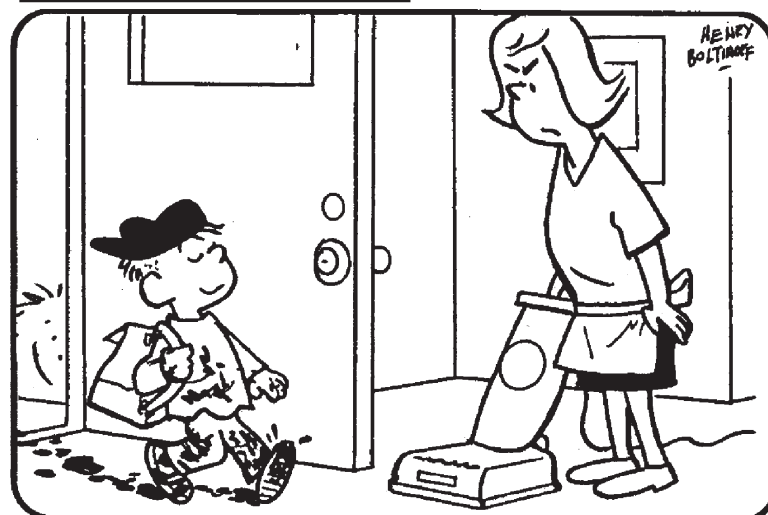
Peak	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
TOSSICLE								
Puncture	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
RECIPE								
Belief	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
CORNDIET								
Aspect	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
IBANGER								

TODAY'S WORD

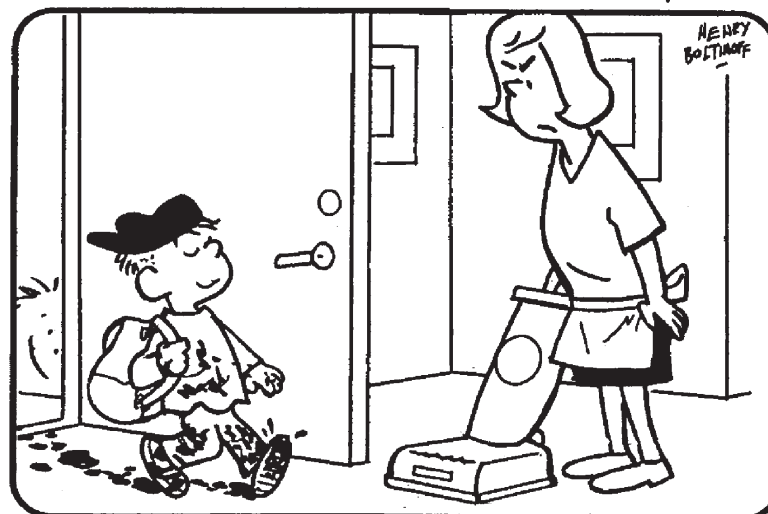
4				1				3
	9				7	8		
		6	5				2	
	3			2		6		
		7	3					1
5					9		4	
7		3			5			4
		5		4		9		
	4		1				7	2

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.

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Doorknob is different. 2. Door window is missing. 3. Picture is added. 4. Backpack is different. 5. Cord is missing. 6. Woman's hair is different.

 FRIDAY Cloudy High: 84 Low: 74	 SATURDAY Few Showers High: 79 Low: 69	 SUNDAY Cloudy High: 76 Low: 66	 MONDAY Cloudy High: 75 Low: 65	 TUESDAY Mostly Cloudy High: 79 Low: 69	 WEDNESDAY Mostly Cloudy High: 85 Low: 75	 THURSDAY Sunny High: 81 Low: 71
--	--	---	---	---	---	--

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	3:26 am	7:12 am	1:37 pm	9:06 pm	Fri	2:31 am	7:14 am	12:42 pm	9:08 pm	Fri	2:37 am	8:04 am	1:30 pm	9:11 pm	Fri	5:36 am	10:28 am	3:47 pm	None
Sat	4:33 am	7:28 am	2:10 pm	9:57 pm	Sat	3:38 am	7:30 am	1:15 pm	9:59 pm	Sat	3:33 am	8:43 am	1:59 pm	10:00 pm	Sat	6:43 am	12:22 am	4:20 pm	10:44 am
Sun	5:53 am	7:37 am	2:46 pm	10:51 pm	Sun	4:58 am	7:39 am	1:51 pm	10:53 pm	Sun	4:33 am	9:24 am	2:35 pm	10:50 pm	Sun	8:03 am	1:13 am	4:56 pm	10:53 am
Mon	3:26 pm	11:49 pm	None	None	Mon	2:31 pm	11:51 pm	None	None	Mon	5:31 am	10:07 am	3:25 pm	11:41 pm	Mon	5:36 pm	2:07 am	None	None
Tue	4:13 pm	None	None	None	Tue	3:18 pm	None	None	None	Tue	6:31 am	10:50 am	4:46 pm	None	Tue	6:23 pm	3:05 am	None	None
Wed	5:13 pm	12:50 am	None	None	Wed	4:18 pm	12:52 am	None	None	Wed	7:37 am	12:44 am	6:12 pm	11:52 am	Wed	7:23 pm	4:06 am	None	None
Thu	10:54 am	1:51 am	6:41 pm	12:47 pm	Thu	9:59 am	1:53 am	5:46 pm	12:49 pm	Thu	8:37 am	1:56 am	7:33 pm	1:57 pm	Thu	1:04 pm	5:07 am	8:51 pm	4:03 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

delicate, you can add a couple wool dryer balls to help loosen the dust. Rehang as soon as they are finished to avoid unsightly wrinkles.

- “Drop a small item in a hard to reach place? Slip a sock over the end of a vacuum hose attachment and hold to secure. Turn on the vacuum and “suck up” the small item. The suction will hold it in place, but it will not go into the vacuum. Rather, it will be held captive in the sock, which you can simply slip off for retrieval.” AF in New York
- Pet treats for fish? Sure! If you have lettuce in your vegetable crisper, most varieties of fish would enjoy a nibble on a floating piece. Just make sure that you remove any uneaten bits after a day.
- “Tired of waiting for that frothy head on your beer or root beer to go down? Stick your finger in it and watch it disappear like magic.” KE in Idaho

STRANGE BUT TRUE

- Sigurd the Mighty, a ninth-century Norse earl of Orkney, was killed by an enemy he had beheaded several hours earlier. He’d tied the man’s head to his horse’s saddle, but while riding home one of its protruding teeth grazed his leg, causing an infection from which the unlucky Sigurd died.
- Irish author and politician Edmund

Burke was not a skilled public speaker. In fact, his speeches at the House of Commons were so boring, many MPs left the building once he stood up.

- In 1907, an ad campaign for Kellogg’s Corn Flakes offered a free box of cereal to any woman who would wink at her grocer.
- While Jackie Robinson was laid up for two weeks in 1948 with a hamstring injury, the Dodgers secretly replaced him with Herschel Morowitz, a white man in black face.
- The average human body contains enough iron to make a 3-inch-long nail. It also contains enough fat to produce seven bars of soap.
- The first washing machine was invented in 1782 by H. Sidgier of Great Britain. His design was later honed by other inventors, including William Blackstone, who invented the first at-home washer as a birthday gift for his wife.
- Drinking seawater will cause rapid dehydration and, if enough is consumed, eventually death. Frozen seawater is a much safer alternative, since it contains only a tenth as much salt as the liquid form, due to the fact that the salt is separated from the water when freezing as it does not fit into the crystalline structure of ice.
- The first lipstick appeared in ancient Mesopotamia approximately 4,000 years ago, when women decorated their lips with dust made from precious gems.

THOUGHT FOR THE DAY

“The world is a dangerous place to live; not because of the people who are evil, but because of the people who don’t do anything about it.” – Albert Einstein

From page 1

Restaurants

order adopted the recommendations in his Phase 1 plan published by his Task Force to Reopen Florida, establishing outdoor seating area guidelines for restaurants. These include a requirement for social distancing at outdoor tables of six feet. The order allows restaurants to reopen at 25 percent indoor capacity.

The Lee County order allows restaurants to place seating in areas not previously allowed, such as a business’ parking lot. At the point in time when the governor allows restaurants to operate at 100 percent capacity, the Lee County order will remain in place for five additional calendar days.

“Understanding that public health, safety and welfare remains critical during this pandemic, Lee County’s goal is to help facilitate the restarting of our economy,” said Desjarlais. “We know how crucial it is for people who are currently unemployed to get back to work.”

Desjarlais signed the order under his authority within the Board of

County Commissioners’ State of Local Emergency. All temporary outdoor seating must satisfy criteria that are listed in the order.

The order is posted at www.leegov.com/covid-19 under the “documents and resolutions” section, or www.leegov.com/covid-19/documents.

Library Curbside Pickup Locations Have Expanded

More library patrons can now pick up on-hold materials as the Lee County Library System has expanded contactless, curbside pickup at four additional branch locations.

This service is for materials already being held. Additional hold requests are not being accepted at this time.

Curbside pickup will be available from 10 a.m. to 4 p.m. Monday through Saturday for patrons with library materials being held at the following additional locations:

- Bonita Springs Public Library, 10560 Reynolds Street, Bonita Springs
- East County Regional Library, 881 Gunnery Road North, Lehigh Acres
- Fort Myers Regional Library, 2450 First Street, Fort Myers
- Northwest Regional Library, 519 Chiquita Boulevard North, Cape Coral

Curbside pickup will continue to be available from 10 a.m. to 4 p.m. Monday through Saturday for patrons with library materials being held at the following locations:

- Cape Coral Lee County Library, 921

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A Captiva condominium association is searching for a property manager. Housing for up to two people will be provided, with a start date in July. Ideal candidate should be familiar with building, pool and landscape maintenance.

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Shore Fishing:



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

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

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

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

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

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

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

For more information, call 479-4636, text 204-5321, chat at www.leelibrary.net or email askalibrarian@leegov.com. ✨

1. Solstice; 2. Pierce;
3. Doctrine; 4. Bearing

Today's Word
SPREADING

[illegible]

PUZZLE ANSWERS

[illegible]

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

U N D E R O G G I N G

S Y A D G O D I L I H C L S

G O D P O T D O G G O N E

G O D L L U B

G O D N R O C I T A M G O D

T O T R H H V H

E G I E O I T

R O F R F D

D G I G O D

S

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

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Cottages At Barefoot	Bonita Springs	2001	3,593	\$3,695,000	\$3,150,000	1
Huschka	Sanibel	1992	9,462	\$2,650,000	\$2,000,000	123
Cape Coral	Cape Coral	2015	3,808	\$1,990,000	\$1,825,000	255
Ibis Cove At Bonita Bay	Bonita Springs	1997	5,252	\$1,875,000	\$1,675,000	399
Cranbrook Harbor	Estero	2003	6,914	\$1,500,000	\$1,325,000	141
Cape Coral	Cape Coral	2009	3,754	\$1,299,000	\$1,225,000	114
Cape Coral	Cape Coral	2009	2,443	\$1,275,000	\$1,195,000	3
Seaside Estates	Fort Myers	1999	3,367	\$1,225,000	\$1,200,000	0
Fairview	Estero	2004	3,050	\$1,150,000	\$1,020,000	99
Chateaux Sur Mer Unrec	Sanibel	1972	2,392	\$995,000	\$985,000	23



Randy Wayne White

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