

FREE Take Me Home

Vol. 19, No. 20

From the Beaches to the River District downtown Fort Myers

MAY 15, 2020

Garden Shoppe Opens This Friday

he Garden Shoppe at Edison and Ford Winter Estates has reopened for customers to purchase plants and gardening-related items, effective March 15. Initially, the shop will be open on Friday, Saturday and Sunday only, from 9 a.m. to 4 p.m. The rest of the site will remain closed.

'Many people are spending more time working in their gardens now, and we're getting requests to open the Garden Shoppe so that people can buy plants," said Mike Flanders, president and CEO. "It is a spacious outdoor area, where visitors can still practice social

The Garden Shoppe is a unique nursery, where people can purchase



Many types of flowers, shrubs and trees are available at the Edison and Ford Winter Estates Garden Shoppe

many different kinds of plants, including flowering shrubs, butterfly plants, herbs, fruit trees, Florida natives and rare exotics. Ceramic flower pots, water fountains, wind chimes and garden art items are also available. Worm castings and other soil amendments are also available.

To help keep everyone safe, staff will be wearing protective masks, surfaces will be cleaned and sanitized, and all guests are encouraged to practice social distancing. Shoppers should park along Larchmont Avenue and enter through the gate with the red pergola. A limited number of garden carts will be available, so visitors are encouraged to bring their

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information, visit www.edisonfordwinterestates.org.☆

Award Winners For Virtual School Student Exhibit

he Alliance for the Arts and the Lee Arts Educators Association (LAEA) recently hosted a virtual awards ceremony for The Future of Art – the annual exhibition that features artwork from area schools - via the Alliance for the Arts Facebook page. This year's judges were Dana Roes, Sorsha, Mike Kiniry, Stephen Hayford and Ehren Gerhard.

'Now more than ever is a critical time to support young artists," said Gerhard, Alliance gallery director. "When we encourage young artists, we're encouraging them to have confidence in their ideas. The work of our local students is powerful, cutting edge and risk-taking. As a community, it is vital we foster creative thought in young minds. They are the future and the future demands it."

Winners were selected in several categories including painting, drawing, photography, computer graphics, mixed media, sculpture and functional ceramics. The Best in Show winner receives a full associate in arts scholarship to Florida SouthWestern State College.

The award categories and winners include:

Drawing - ColorFirst place - Carly Enmon, *Fish*, North Fort Myers High, Grade 11 Second place – Celine Galang, Making My Way Downtown, Cape Coral High, Grade 12

Third place - Mia McMillian, Untitled, Lehigh Senior High, Grade 10

Drawing - Black And White First place - Kimberly Sarabia, Tyler



Golden Hour by Esmeralda Flores won Best in Show image provided

the Creator, Estero High, Grade 12 Second place - Hank Yang, Solitude,

Cape Coral High, Grade 12
Third place – Ariela Appadoo,
Untitled, Lehigh Senior High, Grade 11

Functional Ceramics

First place - Nina McBride, Untitled, North Fort Myers High, Grade 11

Second place - Chris-Sola Martinez, Untitled, Lehigh Senior High, Grade 12
Third place – Madeline Kellum,
Vessel, Estero High, Grade 12

Sculpture

First place - Yildizay Turk, Oceanic Body Adornment, Cypress Lake High, Grade 11

Second place – Installation led by Austin Stinnett, *Ravens*, South Fort Myers High, Grade 12

Third place – Caroline Cicotte, Photic vs Aphotic, Fort Myers High, Grade 11 continued on page 12

Donations Needed For Love That Dress Event

ace Center for Girls, Lee County is gearing up for its annual Love That Dress! shopping event with a virtual dress collection that encourages the community to #MakeSpaceForPace.

To help build an expansive inventory of fashion-forward apparel for the highlyanticipated Love That Dress! event, Pace is inviting Southwest Floridians to clean out their closets for a cause. Donations of new or gently-loved dresses, shoes, handbags and accessories will later be sold at deeply discounted prices to attendees of the main Love That Dress! event in August.

With the cancellation of two of our largest dress collection events, we had to come up with some fun and innovative ways to collect dresses," said Jennifer Nelson, chair of the 2020 Love That Dress! event. "Many of us want to use our time at home purposefully, so this is the perfect opportunity to go through your closets and reimagine your space while finding satisfaction in knowing you're supporting a

To contribute to the virtual collection, members of the community can drop off their donations between 10 a.m. and 2 p.m. Monday through Friday at Pace Center for Girls, Lee County, located at 3800 Evans Avenue in Fort Myers. A donation bin is located behind the building, providing a completely "contact-free" donation experience.

To help spread the word, Pace is encouraging donors to share a photo or video of their donated items on Facebook using #MakeSpaceForPace and tagging five of their friends to continue the challenge. Donors are also eligible to register for a raffle drawing to win a 50-inch smart TV,



Dress donation sorting for the virtual photo provided shopping event

donated by Kelly Fayer, PA. To enter, fill out an in-kind donation form when dropping off a clothing donation. The winner will be announced at the main event on August 26 at Embassy Suites by Hilton, 10450 Corkscrew Commons Drive in Estero, on Wednesday, August 26.

The generous donations from local businesses and community donors is what makes Love That Dress! such a fashionforward and budget-friendly event," said Amy McQuagge, co-chair of 2020 Love That Dress! event. "Donations to the #MakeSpaceForPace dress collection not only support the Pace mission, it also will help provide an incredible evening of fun for members of our community that can benefit from these deeply discounted finds."

Described as the ultimate feel-good shopping spree of the year, the 12th annual event in August will feature shopping,

continued on page 11

Historic Downtown Fort Myers, Then And Now:

Evelyn Rea's Tropical Garden



by Gerri Reaves, PhD

ictured in this circa-1930 historic photo is one of the city's premier early 20th century private gardens.

Seated on the bench is Mrs. Evelyn D. (Alexander G.) Rea in the garden

surrounding her home on First Street.

The Reas, who were from Philadelphia, became winter visitors to Fort Myers as early as 1912. In 1922, they bought the property on the riverfront between Woodford and Poinsettia avenues from DK and Leona

The home was named "Realawn," a play on the owners' name, and local landscaper Robert Pearl supervised the creation of a tropical haven.

It was a labor-intensive project, and workers had to use block and tackle to move large coral rocks.

The News-Press described the 'beautifully landscaped grounds" as featuring an "artistic brook" that wound

through and under "rustic bridges, over waterfalls and into a little pond."

Pottery rabbits, lily pads and mushrooms ornamented the mirror pool, and a winding stone path led to shady "Coconut Walk" under the coconut palms.

Like many other well-off snowbirds, Evelyn Rea participated on a rigorous round of civic and social activities, particularly ones related to gardening and city beautification, a passion she shared with her friend Mrs. Mina (Thomas A.) Edison.

Gardening organization meetings and luncheons usually rotated among the homes of its members, and many gatherings and special events were held in the garden pictured here.

She was a charter member of the Fort Myers Woman's Community Club, the Elizabeth Benevolent Society, the Periwinkle Garden Club, the Old Fashioned Garden Group and the Fort Myers branch of the National Plant, Flower, and Fruit

In the early 1950s, she served as an officer of the Lee County Humane Society, which had been chartered in 1947.

Rea also traveled widely, and it was on one such trip that she purchased the sculpture that her pose mirrors in the historic photo.

Rea brought Lorelei from Italy in 1930 and installed it in her riverfront garden. The artwork by Emma Elisabeth Phinney is carved of a single block of white marble and rests on a base of similar stone. The young woman, or siren, sitting on the rock by the water enacts a legend as she combs her hair and sings, luring sailors to destruction on the rocks.

Once Lorelei reached Fort Myers, she was destined to be her own chapter in local history.

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In this circa-1930 photo, Evelyn D. Rea poses in her First Street garden on the riverfront between Woodford and Poinsettia avenues. On the right is the statue she brought to Fort Myers from Italy, Lorelei.

photo courtesy SWFL Historical Society



The former Rea property is now part of Calusa Harbour

photo by Gerri Reaves

After remaining in the Rea garden for three decades, she was donated to the Fort Myers Public Library, where she languished under a staircase for years.

After the Fort Myers-Lee County Library on Central Avenue, she was placed outside near the entrance and remained there until the current library at First and Royal Palm Avenue was constructed.

However, in 1997, she had been vandalized and lost several body parts, including her head. The parts were never recovered.

The necessity of moving the artwork spurred an interest in restoring the artwork and securing a new location for it.

Lorelei now resides in the Berne Davis Botanical Garden at the Fort Myers-Lee County Garden Council on Virginia Avenue.

Rea died at home in 1960, and her garden was destroyed decades ago. Today,

its former location is part of Calusa Harbour's vast property.

Walk down First Street to the spot where a notable garden provided beauty, comfort and delight for decades.

Then visit the following research centers to learn more about the many snowbirds who found early Fort Myers enchanting and stayed to help shape history.

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

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

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

Sources: The Archives of the Southwest Florida Historical Society, the Fort Myers Press and The News-Press, and www.cityftmyers.com.

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Middle School Draws National Recognition

The School District of Lee County recently announced that Varsity Lakes Middle School has been recognized as a Project Lead The Way (PLTW) Distinguished School for providing broad access to transformative learning opportunities for students through PLTW Gateway. Varsity Lakes is one of just 176 middle schools across the U.S. to receive this honor.

"The Project Lead The Way program has provided enriching educational opportunities for our students through hands-on, project-based activities and classwork," said Varsity Lakes Middle School Principal Matthew Mederios. "We are excited to receive this recognition and look forward to continuing our partnership to provide rigorous and engaging realworld learning experiences."

The PLTW Distinguished School

The PLTW Distinguished School recognition honors schools committed to increasing student access, engagement and achievement in their PLTW programs. To be eligible for the designation, Varsity Lakes Middle School had to meet the following criteria:

Offer at least one PLTW Gateway unit at each grade level;

Have more than 50 percent of the student body participating during the 2018-19 school year;

Have 25 percent of students advancing to high school participate in two or more units

Have strategies and supports in place that support reasonably proportional representation with regard to race, ethnicity, poverty, gender and can support such claims with relevant data.

PLTW is a nonprofit organization that serves millions of prekindergarten to 12th grade (PreK-12) students and teachers in more than 12,200 schools across the U.S. Through PLTW programs, students develop STEM knowledge as well as in-demand, transportable skills that they will use both in school and for the rest of their lives, on any career path they take. PLTW Gateway empowers students to lead their own discovery and uncover a range of paths and possibilities they can look forward to in high school and beyond.

"It is a great honor to recognize Varsity Lakes Middle School for their commitment to providing students with an excellent educational experience," said Dr. Vince Bertram, president and CEO of PLTW. "They should be very proud of their work to ensure students have the knowledge and skills to be career ready and successful on any career path they choose"

any career path they choose."

Varsity Lakes Middle School is part of a community of PreK-12 schools, colleges and universities, and corporate and philanthropic partners across the country united around a passion for providing students with inspiring, engaging and empowering learning opportunities. For more information about PLTW's recognition program, visit www.pltw.org/our-programs/program-recognition.

For more information on Varsity Lakes Middle School's PLTW Gateway program, or to set up a school visit, contact Jason Plucker at jasonbp@leeschools.net.

PLTW is a mission-driven organization that is transforming the learning experience for millions of PreK-12 students and thousands of teachers across the U.S. PLTW empowers students to develop in-demand, transportable knowledge and skills through pathways in computer science, engineering and biomedical science. PLTW's teacher training and resources support teachers as they engage their students in real-world learning. Approximately 12,200 elementary, middle and high schools in all 50 states and the District of Columbia offer PLTW programs. For more information on Project Lead The Way, visit www.pltw.org.☆

University Offers Virtual Summer Camp For Kids

odges University is offering virtual summer camps for boys and girls ages 10 to 14. The camps will focus on teaching kids how to create their own games and how to create their own apps. Each camp session will be taught by a Hodges University professor.

taught by a Hodges University professor.
Camps are from 9 a.m. to noon. Cost is \$175. All kids will need a computer or laptop, Zoom and Google Chrome. The software needed to build the games and apps is free. Class sizes are limited.

The camp schedule is:
June 8 to 12 or July 6 to 10: Create
Your Own Games!

June 15 to 19 or July 13 to 17: Create Your Own Apps!

To register, visit www,hodgesconnect. catalog.instructure.com/browse/technology/summer-camps. For more information, call 938-7747 or email hodgesconnect@hodges.edu.

LeeTran Resumes Transit Service On Fort Myers Beach

eeTran has resumed Route 400 servicing Fort Myers Beach. The service began May 8.

The service starts at the Beach Park & Ride, which is located at 11101 Summerlin Square Drive in Fort Myers. Trolleys will travel on San Carlos Boulevard, across the Matanzas Pass Bridge then go from Bowditch Point Park to Lovers Key State Park on the island. Service will be seven days a week.

Riders can access schedules for the Beach route and all active routes at www.leegov.com/leetran/covid19modifiedschedules.

To follow service-related updates or learn more about LeeTran, visit www. rideleetran.com.

Resuming the Beach route is part of the county's phased-in approach to restoring services that were suspended to help mitigate the spread of COVID-19. Riders are asked to observe recommendations from the Centers For Disease Control for social distancing. For more information, visit www.leegov.com/COVID-19.

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Actress Finds New Purpose Sewing Face Masks



by Tom Hall

Wilson was performing in Terrence McNally's The Full Monty when the pandemic forced the early closure of the New Phoenix Theatre

"We literally

found out that our show was closing early about an hour before the start of our 3 p.m. matinee," she said.

That was on Sunday, March 14.

'We all gathered on stage and kind of cried it out. We called and let our family and friends know Full Monty was closing so that they could come. It was a special show."

The cast knew it was the right call. It would have been irresponsible, even unconscionable, to expose themselves and audiences to exposure - and all the people they would have gone on to unknowingly infect.

But that knowledge didn't blunt the heartbreak associated with being deprived of the opportunity to share McNally's uplifting story with four more enthusiastic, fun-loving audiences, to speak his words, sing David Yazbek's score and perform



Kristen Wilson in The Full Monty

photo courtesy www.artswfl.com

Brenda Kensler's carefully-wrought choreography.

Even though they had an hour to come to terms with the fact that they were about to perform their final show, the realization only partially lessened the dull anxiety, the pervasive unease that results from leaving something important unfinished. Psychologists call it The Zeigarnik Effect. It seems that our brains are hardwired to fret and fume over those things for which we can't achieve closure.

"The cast of *Full Monty* was a close-knit group," said Wilson. "You figure, during rehearsals and especially during tech week, we spend more time with our cast mates than we do with our family, or spend at home. So before a show opens, you become extremely close. Then suddenly, that's taken away. We're all staying in touch through Facebook and Messenger. Just trying to keep track of each other the best that we can."

And Wilson and the rest of The Full Monty cast did get to collaborate on a virtual fundraiser for New Phoenix Theatre.

'That was nice, because we all got to be creative," she said.

In the days following The Full Monty's closure, Wilson stayed at home, tried to maintain a positive outlook and avidly watched Rachel Burttram and Brendan Powers in their Tiny Theatre productions. And she did a little crafting and sewing.

Then a sense of purpose came a calling on the inveterate costume designer. Now she's busy sewing face masks to donate, trying to figure out how to get much-needed elastic or find some other substitute to tie the coverings in place.

But sewing is a meditative process, and Wilson still has plenty of time to worry about the solvency of New Phoenix and all the other theaters in Southwest Florida.

"It's very scary. A lot of theaters operate on a thin budget, and to lose multiple shows is devastating," she said. "Some theaters pay for their next show with the revenue they bring in from the current show."

But she's optimistic that if the theater companies can tough it out for the

next two or three months, there could be an even greater demand for live performance offerings.

"I definitely think that people are going to be looking for something that is fairly reasonable that they can go out and do as a family when this is over. And people are so supportive of the arts and theater. People are really enjoying the virtual offerings like monologues, livestreamed performance and virtual galas," she said. "This may create a desire in them to see a live performance or the person they've been following virtually when some semblance of normalcy returns to our lives.'

Although life under COVID-19 is difficult – Wilson was between jobs when the pandemic struck and unable to seek new employment under the circumstances - she sees one good thing coming from the quarantines and need to stay isolated in our homes.

'People are coming to the realization that we need the arts in these dark times to uplift us," she said. "I think a lot of people are actually figuring out how important the arts are in our lives and how much we need and enjoy them. We all miss contact and being around people. When this is all over, I think everyone will go out of their way to help (art galleries, museums and theaters) rebound."

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

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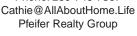
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Summerlin Place





Matching Gift Offer To Benefit Alliance Mission

he Alliance for the Arts, like many nonprofit organizations, faces tough times ahead due to the COVID-19 pandemic, which has forced it to close its

doors during the trying times.
Alliance Executive Director Lydia Black recently announced that Dean and Monica Piccirillo and Wilbur Smith Law Firm have offered to match any gift to the visual and performing arts center – dollar for dollar - up to \$10,000, before Sunday, May 31. The incentive is to support the Alliance mission to transform lives and improve the

community through the arts.
"Amidst social distancing, quarantine, loss, fear, the arts are providing an essential service – hope. Throughout the world and right here in Southwest Florida, communities are connecting their voices from balconies, doctors and nurses are keeping spirits up by sharing videos of choreographed dances, and our friends and families are exploring great artworks through virtual galleries," said Black. "We are together apart – all through the arts.

The Alliance is here with you. While our doors remain closed, we are working hard to help foster hope and continue to connect you to your community.

In four weeks, the Alliance has launched:

Creativity Crate - a weekly dose of the arts sent to your inbox

Drive-thru GreenMarket - weekly

touchless organic veggie, cheese and kombucha pick up

Virtual Art Classes and Activities Future of Art Virtual Exhibit -

developing the portfolios of young artists
Art Lives Here – turning billboard
space into an outdoor gallery with Carter Outdoor

Welcome to My Studio – glimpse into the homes and studios of teaching artists

"The Alliance will be here long after COVID-19," said Black. "Thanks to your support, we've been able to shore up our reserves, cut expenses, make the case for the vitality of the arts with local, state and national governments, and help identify financial resources for those that drive our creative economy - artists, arts patrons, friends and neighbors. Because we know that as central as the arts are to help us during this pandemic, our creative community will be just as necessary on the other side. With the help of so many, we're already halfway to our goal.

To make a tax-deductible gift, visit www.artinlee.org/engage/donate/

If you are unable to make a financial gift, donate your encouragement, love, artwork or creations for the community by visiting www.artinlee.org/engage/donate/donate-creativity so that Alliance personnel can share your love on social media.

"While I am as concerned as everyone else about when this will end and what the long-term cost of this pandemic will be, I remain infinitely hopeful because I have a front row seat to all the goodness that exists in the world because of you," said Black.☆



this fund.

June 15.

president.

The goal set by the board for the

"The chorale board and members

forward to sharing beautiful live music

are able," said Lynn Apelgren, chorale

"Some of our singers are out of

financially. Some are recent graduates

just starting careers, senior citizens on

limited incomes, or students just starting

their musical careers. Having to choose

between paying for rent, medication,

food, college loan payments and other

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work or furloughed and are suffering

with everyone again as soon as we

initial Members-Helping-Members campaign is \$5,000 and runs through

are proud to give back to our

community in this way, and look

Symphonic Chorale of Southwest Florida

Chorale Creates Relief Fund For **Members**

or many years the Symphonic Chorale of Southwest Florida has received generous support from the local community. With the COVID -19 pandemic, the group decided it was time to give back.

The chorale board voted to establish a Members-Helping-Members COVID Relief Fund to enable those who are financially secure to make contributions that will be available to current members in need of financial assistance during this crisis. The public is invited to join with the members in donating to

obligations weigh heavily on many, and the Symphonic Chorale is committed to helping our members through these trying times.'

In the event the chorale raises more than is needed, the remainder of the funds will be donated to local community food banks. Donate online at www.symphonicchorale.org or send a check to The Symphonic Chorale, P.O. Box 07105, Fort Myers, FL 33919.☆

Applications For Emergency Food And Shelter

The United Way of Lee, Hendry, Glades and Okeechobee will accept applications for funds to supplement emergency food and shelter programs in Lee and Hendry counties through Friday, May 22 at 5 p.m.

The counties of Lee and Hendry have been awarded federal funds in the amount of \$248,574 for Phase 37, and \$354,396 for Phase CARES made available through the Department of Homeland Security (DHS)/Federal Emergency Management Agency under the Emergency Food and Shelter National Board Program.

Applications are being accepted by the local board charged with distributing the funds appropriated by Congress to help expand the capacity of food and shelter programs in high-need areas. The local board will determine how

the funds awarded to this area are to be distributed among the emergency food and shelter programs run by local human service agencies in the area.

The United Way of Lee, Hendry, Glades, and Okeechobee provides the coordination and administrative support for this program in our community.

Under the terms of the grant from the national board, local agencies chosen to receive funds must be the following:

Private voluntary nonprofits or units of government;

Have an accounting system; Practice nondiscrimination;

Have demonstrated the capability to deliver emergency food and/or shelter programs; and

If they are private voluntary organizations, they must have a voluntary board. Qualifying agencies and

organizations are urged to apply. Public or private voluntary agencies interested in applying for these Emergency Food and Shelter Program funds should call Hannah Pelle at 433-7215 for more information.

In addition to raising funds for human service organizations in the community, the United Way promotes partnerships and collaborations among agencies and initiatives, helping them to work together focusing on issues and solutions that continue to improve lives.

For more information, call United Way of Lee, Hendry, Glades and Okeechobee at 433-2000 or visit www. unitedwaylee.org.☆



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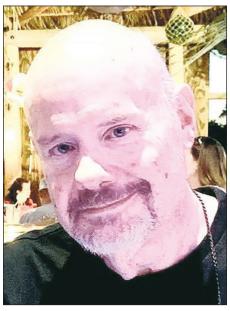
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OBITUARY



DANIEL A. ADAMS

aniel A. Adams passed away peacefully on April 21, 2020 in Fort Myers, after an extended illness. He was 66 years of age.

Dan was born in Cincinnati, Ohio. After relocating to Southwest Florida in early adulthood, Dan ("Danny" to his friends) bonded with his fellow Floridians and considered it his home. He is the loving son of the late Russell S. Adams and Emma "Peggy" (née Lee) Adams, also of Fort Myers. He is survived by his brothers

Russell D. and Elliot L. (Beth) Adams, as well as nieces, Alexandra, Emily and Grace Adams, and nephew David Adams. Dan also leaves behind countless co-workers and friends who had become his Florida family.

Dan enjoyed a lifelong career in the hospitality industry and was a committed member of the Sanibel & Captiva Islands Chamber of Commerce. He will be missed for his sharp wit, his encyclopedic knowledge of and love for music, and his consistent attendance at happy hour gatherings. An avid sports fan, he continued to follow his hometown Cincinnati teams, including the Reds, Bengals and Bearcats.

Due to the current restrictions on social gatherings, funeral services are private and a celebration of Dan's life will be held at a

In lieu of flowers, memorial donations should be made to the American Diabetes Association, P.O. Box 15829, Arlington, VA, 22215 (online at http://protect-us. mimecast.com/s/lf8PCADXvPf9j7ENZ CG0Gbx?domain=diabetes.org), or to a charity of your choice.☆

Library System Curbside Pickup

ibrary patrons are now able to pick up on-hold materials at all Lee County Library System branch locations, effective May 9.

The new locations will be open for curbside holds pickup from 10 a.m.to

4 p.m. Thursdays and Saturdays. They include:

Captiva Memorial Library, 11560 Chapin Lane, Captiva

Dunbar-Jupiter Hammon Public Library, 3095 Blount Street, Fort Myers

Johann Fust Community Library, 1040 West 10th Street, Boca Grande

Pine Island Public Library, 10701 Russell Road, Bokeelia

Riverdale Branch Library, 2421 Buckingham Road, Fort Myers

Patrons are also able to begin placing new holds on library materials for pickup at all locations, effective May 11. Once filled, these requested items will be available for pickup through the curbside service.

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

Bonita Springs Public Library, 10560 Reynolds Street, Bonita Springs

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

East County Regional Library, 881 Gunnery Road North, Lehigh Acres

Fort Myers Regional Library, 2450 First Street, Fort Myers

Lakes Regional Library, 15290 Bass Road, Fort Myers

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

Northwest Regional Library, 519 Chiquita Boulevard North, Cape Coral South County Regional Library, 21100

Three Oaks Parkway, Estero To use contactless, curbside pickup, patrons with holds available for pick up can

drive to the main entrance of the library, stay in their car, and call the telephone number provided on a sign at the location. The staff member who answers will ask for the library card number, check out the materials and bring them to the designated spot. Patrons can then pick up their materials and depart with their items.

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

The contactless curbside pickup, approved at an emergency Board of County Commissioners meeting on April 28, is part of the county's phased-in approach for residents. The county has also resumed exterior book returns at all branches for patrons to drop off checkedout materials. No fines are being assessed for items overdue because of library closures during the COVID-19 pandemic. Due dates have been extended due to the closures. Library branches are unable to accept donations at this time.

There is no set date at this time for when libraries will reopen.

Additional questions by library patrons can be directed to 479-4636, text 204-5321, chat at leelibrary.net or email askalibrarian@leegov.com. The hours for these services are Monday through Saturday, 9 a.m. to 5 p.m.

County leaders continue to monitor data and work with Lee Health and the Florida Department of Health related to the county's phased-in approach to re-opening sites. The county continues to encourage the Centers for Disease Control's recommendation for social distancing. For additional Lee County updates, visit www.leegov.com/covid-19.

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,

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

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

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

BIBLESHARE

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

BREAD OF LIFE MINISTRIES Sunday 10:30 a.m. 16581 McGregor

Boulevard, 267-3166. CHABAD LUBAVITCH ORTHODOX Friday 6:30 p.m., www.chabadswf.org, 5620

Winkler Road, 433-7708. CHAPEL OF CYPRESS COVE

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

CHURCH OF THE CROSS

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

CONGREGATIONAL

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

COVENANT PRESBYTERIAN

Sunday 10 a.m. 2439 McGregor Boulevard,

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.christianscience fortmyers.net, www.christianscience.com. 2390 West First Street, 334-6801. FIRST CHURCH OF THE NAZARENE

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

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

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

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

FIRST PRESBYTERIAN CHURCH OF FORT MYERS

11 a.m. Sunday, www.fpcfortmyers.org, 2438 Second Street, 239-334-2261 IONA-HOPE EPISCOPAL CONGREGATION

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

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

KINGDOM LIFE

Sunday 10:30 a.m., 2154 McGregor

Boulevard, 218-8343. **LAMB OF GOD**

Sunday 7:45 and 10 a.m., www. lambofgod church.net, 19691 Cypress View Drive,

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.newhope fortmyers.org, 10051 Plantation Road, 274-1230.

PEACE COMMUNITY

Sunday 10:30 a.m. www.peacecommunity church.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.MeditationInFort

Myers.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,

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.saintnicholasmonast ery.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

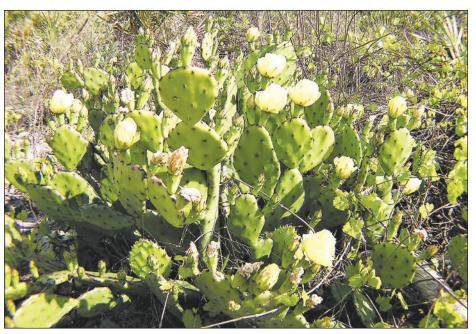
Sunday 9:30 and 10:45 a.m., 9065 Ligon Court, 481-2125.

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.☼



Devil's-tongue is Florida's most widespread native cactus

photos by Gerri Reaves

Devil's-Tongue

by Gerri Reaves

evil's-tongue (Opuntia humifusa), a member of the cactus family and the genus pricklypear, is native to the eastern and central U.S., including almost every part of Florida.

This clumping perennial's natural habitat is pinelands, dry wood, disturbed sites, roadsides and sand dunes, and it is the most widespread of the state's native cacti.

It takes a sprawling branching form along the ground – humifusa means sprawling – and has tuberous roots.

Reaching only several feet high, it's almost always wider than it is tall. Very old plants have rough pale brownish trunks.

The segmented green pads, or leaves, are oval or round. Flat and fleshy, they measure two to eight inches long and one to three inches wide.

They are dotted with "eyes," bunches of fine barbed bristles and a couple of long gray spines, also called glochids. Some specimens lack spines, however.

Be cautious around the spines, for in addition to inflicting a skin injury, they can attach themselves to shoes and clothing.

Flat or cup-shaped flowers bloom all year, peaking in spring and summer, usually appearing singly and uprightly at the tips of the pads. Three to four inches across, they have wide overlapping petals, a broad open center and showy stamens. They range in color from a pale almost translucent yellow to creamy or golden yellow.

The many-seeded, egg-shaped green fruit of an inch or two long ripens from red to purple. The edible fruit pulp can be eaten raw or used to made jelly, juice, syrup or candy.

Native Americans ground the seeds to help make biscuits or pancakes or to thicken soups. They also used the plant medicinally.

Some food markets sell the pads, which can be sliced and cooked after removing the thorns and used in a variety of recipes.

This salt- and drought-tolerant species is a good choice for a rock garden or security plant.

It attacts native bees and other insects and is a nectar plant for dotted skipper butterflies. Small wildlife use it for cover and food.

Propagate it with the seeds or by placing a leaf base in sandy soil. Give it well-drained sandy soil and full sun. It has a moderate growth rate.

All Opuntia species are threatened by the non-native cactus moth (Cactoblastis cactorum), first spotted in the Keys in 1989 and since spreading into other regions.

Sources: Everglades Wildflowers by Roger L. Hammer, Florida's Incredible Wild Edibles by Richard J. Deuerling and



Large yellow flowers attract a variety of insects and provide nectar for dotted skipper butterflies

Peggy S. Lantz, A Gardener's Guide to Florida's Native Plants by Rufino Osorio, Native Florida Plants by Robert G. Haehle and Joan Brookwell, Wild Plants for Survival in South Florida by Julia F. Morton, Wildflowers of Florida by Jaret C. Daniels and Stan Tekiela, www.efloras.org, https://edis.ifas.ufl.edu, www.floridata.com, www.fnps.org, www.regionalconservation.org, and www.wildflower.org.

Plant Smart explores the diverse flora of South Florida.☆

Limited Access At 'Ding' Darling

fficials at JN "Ding" Darling
National Wildlife Refuge will
continue to evaluate the risk of its
operations to visitors, staff and the local
community. In keeping with recent state
and city directives as well as national
guidelines, staff are developing a phased
plan to reopen facilities as they meet
staffing, distancing and personal protective

equipment (PPE) requirements.

The current status includes:

Wildlife Drive and its trails remain open from 7 a.m. to 7:30 p.m. admission-free.

Bailey Tract trails remain open; although its Tarpon Bay Road parking lot is closed to vehicles;

The "Ding" Darling Visitor & Education Center remains closed until further notice.

Tarpon Bay Explorers, the refuge's recreation concession, will open when best management practices are in place and approved by the refuge.

Refuge offices will remain closed to the public until further notice. Call 472-1100 ext. 237 or email toni_westland@fws.gov. for more information.

"Ding" Darling Wildlife Society-Friends

"Ding" Darling Wildlife Society-Friends of the Refuge offices will remain closed until further notice. To contact "Ding" Darling Wildlife Society, call 472-1100 ext. 232 or email director@dingdarlingsociety.

Refuge staff would like to remind everyone who continues to use Wildlife Drive and other trails to do so safely by keeping their distance from others. They also remind visitors that Wildlife Drive is a one-way road, and bicycle traffic needs to abide by the one-way rules.

FSW Experts On Facebook

hat are 10 things you need to build your college application during COVID-19? Is this the time to stay local? Should you still go to college? What do adult degree-seeking students need to know and do right now? How do you appeal your financial aid decisions if a parent has lost a job?

Florida SouthWestern State College (FSW) launched FSW Experts LIVE to discuss these topics and more on the FSW College Facebook page on May 6.

College Facebook page on May 6.
FSW Experts LIVE sessions will be held every Thursday at noon throughout May. Sessions will feature FSW faculty and staff who will discuss current college-related topics and answer prospective and current students' enrollment questions.





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Prime Time Tarpon Fishing



by Capt. Matt Mitchell

ome days, hunting for tarpon required lots of running and looking. Once a location is found, it is possible to return to them for a few days until the wind

and weather changed, and they moved. One day this week after scouting the outside of the barrier islands from the lighthouse to Cayo Costa without much success, we came in through the pass. During our very first stop in the sound, we found what we were looking for: rolling tarpon.

Finding tarpon is just the first part of the equation to catch one. These fish can be crazy finicky and require patience like no other fish that we target. Some days, they feed with abandon while other days they roll over your baits while flipping you off. Having an assortment of baits is the only way to find what they want to eat.

May is prime time for tarpon, although our weather has been all over the place, and that has added to the difficulty level. All it takes is a day of strong winds to stir up the water or a sudden temperature drop, and these fish will vanish moving back offshore. As conditions stabilize, they reappear in the same places they have used for millions of years.

In a perfect tarpon world, we would



A leadered tarpon cames boatside before release

run to these rolling laid-up fish and be

able to sight cast to them. This set-up doesn't usually happen. More times than not, you have to plan your day's tarpon fishing based on the conditions and choose the areas that are gonna give you the best chance. West winds can make the beaches rough and unfishable while giving you calmer waters on the eastern side of the barrier islands. East winds give vou the beaches and the eastern side

of the sound. The calmer the water, the more likely you are able to sight fish and see these tarpon up by the surface.

This year's tarpon season was off to a much earlier start than normal due to warm water by mid-March. So far, it's been amazing when the conditions are right. There are as many fish here as I can remember in the last 10 years. One silver lining of COVID-19 is the noticeable lack of angler pressure during photo provided

week days. If you want to mark tarpon off your bucket list or just catch another one, this is the time.

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

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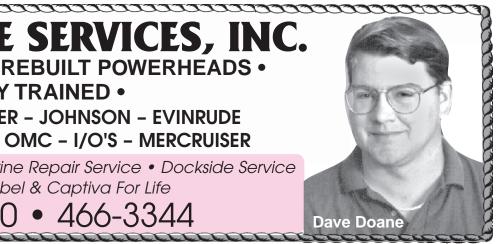
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CROW Case Of The Week:

Opossum Babies



by Bob Petcher

possum babies (Didelphis virginiana) are very common patients at CROW, so much so that the clinic has a designated Virginia opossum room. Often times, their mothers are

accident victims. Motherless, the babies are raised at CROW with a shot at being released to the wild. When the incubators in the Virginia opossum room dedicated to the memory of longtime CROW volunteer and supporter Ann Arnoff - are full, staff and students are kept busy with around-the-clock care.

As of May 9, CROW staff members are caring for 81 opossum babies.

"The majority of them have come in as orphans – they fell off mom too soon and are too young to survive on their own, but didn't have significant injuries," said Breanna Frankel, CROW rehabilitation manager. "However, there are a few that have come in due to a predator attack and are being treated for

Frankel hopes more incubators will be added to the successful program.

"We have incubators that we can set temperatures and humidity at a specific point, which allow our neonates and infants to have living conditions similar to being in their mom's pouch. Lucky for us, the room has three incredible incubators, several large single and double-wide cages, heating pads, a mini refrigerator and other various storage, so everything needed for a feed or treatment is right there in the room with us," she said. "We are lucky to have an amazing student program which brings students from all over the world to train with us. One student or staff member is assigned to the opossum room daily and, depending on the size of the infants, feeds can start as early as 6:30 a.m. and continue until 10 or 11 p.m.

Opossums cannot be nipple-fed due to their many sharp teeth and must be tubefed until old enough to be transitioned to solid food.

'Tube-feeding requires a feeding tube

naturebrackets.com

info@naturebrackets.com



Opossum patients huddle up inside a makeshift house

photo by Breanna Frankel

(such as) red rubber catheters, syringe, hot water bath and a milk supplement. We use a special milk formula designed specifically for opossums that has appropriate nutrient contents for growth and development. We first warm the milk in a hot water bath, then test it to make sure it is not too hot. When it's ready, we gently insert the feeding tube down their throat into the stomach and slowly give the milk formula," said Frankel. "Our smallest opossums may be tube-fed up to seven times a day, but as they grow and start to wean, that number decreases. We begin to offer small bowls of milk or kitten chow mash as soon as their eyes open, usually between five to six weeks

Once the opossums are eating a solid diet of various foods and have reached a certain size, they are moved to an outside enclosure until big enough to be released.

They are usually around four months old when they are released, but some groups may take up to five months. They are completely weaned off milk by three months old in the clinic, and then they spend a month in outdoor cages to 'wild up.' In the wild, they typically leave mom between four to five months, so we try to replicate that in the rehab setting.

"Caring for infant opossums is

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relatively easy with the right tools and training. Tube feeding mimics the way they are fed in the wild. When they are born and crawl into mom's pouch, they swallow one of her teats and stay continuously latched on for the next two months while they develop. Their teeth really don't affect the care we provide them until they are three to four months old, when they would be learning to survive on their own. There are definitely younger groups that come in very aggressive and we have to be cautious,

but they don't really have a long enough neck to turn and bite when handled properly. Once they are three months or older, they will bare their teeth as a warning, then 'play dead' if handled. As they get older, it's very encouraging to see them being aggressive, because they are learning how to survive in the wild."

Even with an opossum's rough demeanor, CROW staff find positive measures in these mammals.

"Raising opossums is very rewarding, especially to see them come in very sick and make it through to release. These animals are very special as they are the only marsupial in North America. They very rarely carry any types of disease because of their low body temperature, they are a pollinator species, like bees, and they are minimally affected by venomous snake bites. By eating fleas, ticks and mosquitoes, they are preventing the spread of diseases that affect humans, pets and wildlife, and they can also help decrease the venomous snake population. They are a gem of the wildlife world, which is why we want to spread the word about how great they are, but it is important to remember that they need specialized care and it should be left to professionals to provide it."

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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Register For The Virtual Save The Manatee 5K

egistration is now open for the Virtual Save the Manatee 5K. Participants can run, walk, cycle, swim, kayak or rollerblade on a favorite course or trail near home - all in support of manatees. The event can be completed anytime, anywhere, by racers of any age. All finishers will receive a manatee T-shirt, finisher's medal and race bib in the mail. Proceeds from the race are donated to Save the Manatee Club to support manatee conservation efforts.

The annual Save the Manatee 5K in-person race normally takes place each May in Harrison Township, Michigan. This year, as with all large gatherings, the race has been postponed to September 27 due to the COVID-19 pandemic. While Michigan is miles away from manatee habitat, thousands of racers have shown up over the last 16 years to run for the manatees. Fundraising efforts have contributed to a variety of education



Save the Manatee 5K participants Cora and Chuck wearing this year's T-shirts, race bibs and finisher's medals at Blue Spring State Park in Orange City, Florida photo provided

and conservation projects produced by Save the Manatee Club, furthering their mission to protect imperiled manatees.

The Save the Manatee 5K was started by Lesley Argiri and her husband Brian McDonald, who are both teachers at

L'Anse Creuse public schools in Harrison Township, Michigan. Their efforts have raised more than \$243,000 to help manatees. This year, race director Lesley has shifted her focus from the Michigan event to the worldwide virtual event. While the virtual event has been successful in the past, uniting racers from all 50 U.S. states and over 16 countries, it is even more pertinent this year as the world stays home and participates in events virtually.

"Our main goal is to keep everyone safe," she said. With her usual team of student volunteers staying home, the McDonalds are the ones mailing out the hundreds of race packets. "We hope the race can bring smiles to faces in this crisis and give families something to do to get outside.

Racers can register online through September 27 and share their finisher's photos with the T-shirt, race medal and race bib on the Save the Manatee 5K Facebook page at www.facebook.com/ savethemanatee5K.

"It's great to see a global passion for helping our precious wildlife," Lesley said. Register to run for the manatees today at

Chamber To Hold Webinar Discussions

Tow insurance companies are responding to the pandemic and celebrity chefs' latest delicacies create stimulating discussions for the next two Above Board Chamber of Florida webinars on Zoom.

On Thursday, May 21 from 11:30 a.m. to 1 p.m., the webinar discussion will focus on How Your Insurance Responds to COVID-19. The emcee will be Jeanne Sweeney, CEO and founder of Above Board Chamber of Florida. She will ask questions on this important topic to experts:

Janet Moore - The certified insurance counselor and risk consultant at BKS-Partners will speak on business

Brian Chapman Jr. – The president of Chapman Insurance Group will discuss personal insurance.

Denise Perchall – The insurance consultant will address health insurance.

The cost to register for the event is \$10. The sponsor is Rachel Peacock from WGCU public media.

On Thursday, May 28, things get cooking when four culinary masters will share secret recipes, provide live cooking demonstrations and take questions. The event is from 2 to 3:30 p.m. Guests will receive the online recipes from chefs Brian Roland of Crave Culinaire, Hallway Stories founder Carey Ralston and Ben Voisin and Fabrice Deletrain from Fathoms Restaurant & Bar upon online registration and ahead of the event, so they can cook along with the experts during the session. The hosts will be Sweeney and Connie Ramos-Williams, president of CONRIC PR & Marketing. The cost to register is \$15. The event

sponsor is Janet Moore.

To register for the May 21 webinar, visit https://us02web. zoom.us/webinar/register/ WN_cADgjOP4Q4ec1x6tYqPzdw.

To register for the May 28 webinar, visit https://us02web. zoom.us/webinar/register/ WN_bHa7wNOhR8GqzR1eqpdrgg.

Yearly sponsors for Above Board Chamber of Florida are Tri-Town Construction LLC, Conditioned Air, CONRIC PR & Marketing, WGCU Public Media, Gulf Coast International Properties, Naples Floral Design, Spada Salon and Day Spa, Your Walking Billboard LLC, Charlie McDonald Photography, Lady in Pink Photography LLC, Signarama North Fort Myers and Creative Business Coaches.

The Above Board Chamber of Florida is dedicated to bringing people of all faiths together within the community, in the workplace and amongst one another. For more information on the event or on how to become a member of the chamber, call Sweeney at 910-7426 or visit www. aboveboardchamber.com.☆

Flood Insurance Discounts To Be Retained

Nood insurance policy holders in unincorporated Lee County will continue to keep their 25 percent discount on standard federal flood insurance policies – a discount collectively valued at \$14 million annually.

Every three years, the National Flood Insurance Program (NFIP) conducts a field visit to audit unincorporated Lee County's ongoing floodplain management activities and floodmapping records. Lee County received

notification April 20 that as a result of this audit, the county retained its Class 5 rating to earn the 25 percent discount in the NFIP's Community Rating System

The CRS program was implemented as a voluntary program for recognizing and encouraging community floodplain management activities exceeding the minimum NFIP standards. The CRS provides incentives in the form of premium discounts (in 5 percent increments) using a rating system from Class 10 (low) to Class 1 (high). Those activities include maintaining FEMAestablished base flood elevations for new construction and providing community documentation, information and enforcement of FEMA's Flood Insurance Rate Maps.

There are 65,809 NFIP policies in force in unincorporated Lee County. On most residential policies, the savings will range from \$200 to \$300 annually. Savings on commercial policies can range from \$600 to \$700 annually. Average annual savings is \$72 for policies outside the FEMA-designated floodplain.

The full 25 percent discount is available for the next three years on standard-rated policies in the Special Flood Hazard Area, commonly called the FEMA floodplain. Standard Policies already receiving a reduced rate for property outside of the SFHA (in the X zone) benefit from an additional 10 percent CRS discount. This discount is already reflected in current flood policy premiums.

This savings is a tangible result of the flood mitigation and education activities that Lee County implements to protect lives and reduce property damage. We are pleased that the \$14 million saved each year by residents and business owners stays here in Southwest Florida," said Brian Hamman, chairman of the Lee Board of County Commissioners. "Lee County continually

works to retain this discount and pass along this savings to our residents.

The unincorporated areas of Lee County are outside municipal boundaries. Residents who live in cities should contact their respective city halls for information. For more information about flood hazard areas and flood insurance information, visit www.leegov. com/dcd/flood.☆

Water Safety Refreshener With Return To Boating

s Florida heads into recovery amid COVID-19, do not lose sight of watersport safety. After taking time off and going back to boating, people will need to get their sea legs back on.

Go back to the basics of boating. Refresh yourself with the navigation rules, know your local area aids to navigation, changes in speed zones and be certain you have the proper equipment. Know how and when to call for help, check your boat for expired flares and the condition of life jackets and fire extinguishers. Most importantly, do not become complacent to safe and responsible boating.

Boating responsibly may sound like merely a buzzword, however it is your personal approach to boating safely. It is a combination of preparation, developing your personal knowledge of boating operations and navigating safely among other boaters. Boating responsibility helps to protect yourself, your passengers and other boaters from possible harm.

Before turning that boat engine key, take the time and do the review. Don't become the next search and rescue statistic. The choice is vours.

The U.S. Coast Guard Auxiliary is the lead agency protecting America's seaward frontier in recreational boating safety. For more information, visit www.cgaux.org.

Marketing Firm Captures Nine Image Awards

riority Marketing was honored by the Florida Public Relations Association (FPRA) Southwest Florida Chapter for outstanding public relations programs, winning a total of nine awards at the local chapter's 2020 Image Awards, which included the highest recognition of the evening, the Grand Image Award.

"The Priority Marketing team is a passionate supporter of our clients and their unique missions, and it is extremely gratifying to see our work earn such great results on their behalves," said Priority Marketing's President and Creative Director Teri Hansen, APR. "Earning this recognition from our industry peers is an honor for all of our team members who made these campaigns possible, and we're thankful to our clients for their continued collaboration as we work for solutions.

Priority Marketing, a full-service marketing, advertising, public relations and digital marketing agency, earned a coveted Image Award and the prestigious Grand Image Award for its execution of an endof-year direct mail appeal for Guadalupe Center that exceeded fundraising goals by 143 percent. Priority Marketing conceptualized the creative theme, "Give the Gift of Education... Transform Lives for Generations to Come," which reinforced that a high-quality education will have a positive, life-changing impact that could change the course of a family's destiny across generations.

Priority Marketing also earned an Image Award for Hope Healthcare's inaugural Shine event, a new signature event to raise awareness and fundraise for Hope Kids Care. Priority Marketing was engaged for the planning and execution of the event, creative design and production of all event marketing materials and a public relations campaign to raise awareness. The campaign exceeded all objectives for the first-time event and helped raise \$440,000 to benefit Hope Kids Care.

Another Image Award was awarded to Priority Marketing for a fundraising campaign executed in partnership with local developer Dan Creighton, who donated a condo to a local man born with no arms or legs and wanted to rally his community to help with the expenses of living. In less than two weeks, Priority Marketing developed a compelling fundraising campaign and event, exceeding the fundraising goal by 440 percent and helping turn his house into a home.

Priority Marketing earned an Award of Distinction and Judges' Award for an integrated marketing campaign to increase awareness and positive public perception

to support Guadalupe Center during the silent phase of its capital campaign. Priority Marketing developed the creative key messaging, design and scriptwriting, provided video direction and production/ project coordination for every element of the compelling multi-channel campaign, which resulted in significant increases in brand awareness and perception among target audiences as well as outstanding fundraising results.

Priority Marketing also earned three Awards of Distinction for the following campaigns:

A community relations program that supported The School District of Lee County in engaging the community on student and bus stop safety. Priority Marketing helped the district educate the community on back-to-school safety using website, email, social media, media relations, video content, informational flyers and the execution of a Back-to-School Block Party safety event that drew 1,000 attendees.

A CBD promotional/marketing campaign that helped Cypress Pharmacy educate the community on CBD benefits and drive attendance to its free monthly educational seminars. Priority Marketing produced the foundational materials including a brochure and seminar event flyers and graphics, also utilizing media relations, a social media influencer event and community speaking engagements to educate the community.

A redesigned monthly online newsletter for Priority Marketing. The agency sought to create a more engaging, highly read newsletter, introducing formatting and content changes based on data analysis to create a new visually appealing, image-driven layout that led to an increased email

The Florida Public Relations Association's Southwest Florida Chapter presents the annual Image Awards to recognize measurable excellence among Southwest Florida public relations professionals. Priority Marketing has won more than 100 Image Awards since its inception in 1992.蓉

From page 1

Love That Dress

music, silent auctions and cocktails.

Proceeds from Love That Dress! support Pace Center for Girls, which provides academic programs and counseling services to girls and young women ages 11 to 18 who are working to overcome risk factors such as poverty, substance abuse, domestic violence or sexual abuse, foster home placement, neglect, grief or incarceration of a family member. For more information, visit www.pacecenter.org/locations/lee or call



Three Brothers Create Masks For Cancer Patients

ax Bazan, a ninth grader at Canterbury School in Fort Myers, interviewed oncologist Dr. Liliana Bustamante from Florida Cancer Specialists (FCS) as part of a school project about the COVID-19 pandemic. When he learned from Dr. Bustamante that cancer patients are a high-risk population, and that there was a shortage of N-95 masks for healthcare workers, he

He and his brothers, sixth grader Diego and fourth grader Nicolas, began making masks for cancer patients. With the help of friends, family members, nurses, and even some patients, the three brothers have been washing, drying, ironing and sterilizing the masks before putting them in individual see-through bags with the logo they created. The masks are being distributed to cancer patients in all FCS offices in Lee County. By April 30, a total of 390 masks had been made and distributed. They plan to continue with this project throughout the COVID-19 pandemic.☼

Help SCCF Bring Back the Barn Owls

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

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• brodifacoum • bromailone • difenacoum • difethialone

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











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American Dirt



by Di Saggau

merican Dirt by Jeanine Cummins is called "A Grapes of Wrath for our times," by author Don Winslow. Stephen King said, "I defy anyone to read the first seven pages of this

book and not finish it." I'll go him one better. I was hooked by the first two pages. The novel is about a Mexican woman who had to leave her life behind and escape with her son, as an undocumented immigrant to the United States. Lydia lives in Acapulco running a book store. Her 8-year-old son Luca is the love of her life, and she has a wonderful husband who is a journalist. Even with the drug cartels in Acapulco, she has a fairly good life.

She stocks her book store with many books that are her favorites, knowing they won't sell. One day, a charming man comes into her store and buys some of her favorites. They become friends, but Lydia doesn't know that Javier is the jefe of the newest drug cartel that has taken over the city. When her husband publishes a tell-all profile of Javier, the cartel seeks vicious revenge and Lydia and Luca are forced to leave. Suddenly, they are migrants

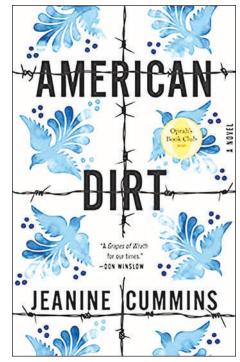


image provided

hitching rides on trains and making their way toward the United States. They join the countless people trying to escape. Lydia soon sees that everyone is running from something. The unsolved crime rate in Mexico is over 90 percent.

Lydia and Luca are believable characters, and their story is a sharp answer to the question of why immigrants from Latin America cross the U.S. border and a tribute to the

courage it takes to do it. American Dirt is a literary achievement filled with poignancy, drama and humanity on

every page. It is a riveting and timely accomplishment, a beautiful story about parental love and hope for the future.☼

School Smart



by Shelley M. Greggs, NCSP

Shelley, With children learning at home all day, sometimes they aren't able to dispel their excess energy easily, but it's important to give

kids break time so they can decompress and let off some "steam." Sometimes it's difficult to let them go outside and run around to do this, so here are some ideas adapted from an article by Amanda Morin with suggestions on how kids can relax indoors, safely.

Bubble wrap is amazing and can create all kinds of activities. Roll out the bubble wrap carpet and let your child walk or jump on it until it pops. Most kids love that popping sound. You might make a hopscotch grid with squares of bubble wrap or use permanent markers to write letters on the bubbles and see how quickly your child can "pop" the alphabet. Painting with bubble wrap is also lots of fun but messy. You can have children paint the top of the bubble wrap and then press paper down on top of it. When the bubbles pop, they'll have a beautiful "bubble print.'

Balloon Volleyball is lots of fun and super easy. All you need to do is blow up a balloon and use a piece of tape to mark the center line or "net" on the ground. Balloon Volleyball is a great game for two or more kids, but it can work for just one. Have your child play both sides by running back and forth over the line to hit the balloon before it lands on the ground. Or you could have your child count how many times she or he can hit the ball before it falls to the ground. For an extra challenge, you can add more balloons to make the game more challenging.

Another way to burn off that extra energy is to play Hallway Hopscotch. All you need is some free floor space, a token to throw in the squares and painter's tape (easier to use than masking tape). Use the tape to make a hopscotch grid and have your child make tape numerals in each box. Throw the token and start hopping!

Here's more hallway fun. With five to 10 empty plastic water bottles and a ball you can create a home bowling alley in your hallway. Use tape to mark where each bottle should go. And, if you can, pour a little sugar, salt, sand, or even unused kitty litter into each bottle so they don't tip over too easily. If your kids are old enough to grasp how to keep score in bowling, encourage them to do so. It makes for a good mini-math lesson. You might also add a glow stick to each bottle and turn

the lights out. Kids will have even more fun with "glow bowling."

The classic game of Twister is a great way to keep kids moving, help them work on gross motor skills and give them practice labeling left from right. If you don't have the game, you can use colored paper or other supplies to create your own grid and check Wikipedia for a description you can use as a tutorial.

Dance, dance, dance!! Dancing will burn off that extra energy that kids have. Put together a family playlist of everyone's favorite songs and then dance. An easy way to make dancing even more fun is to make it a game of Freeze Dance. When the music stops, everybody has to freeze in their current dance pose. If you move, you're out.

Have fun with these activities! Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication. $\mbox{\ensuremath{\mbox{$\b}}}}}}}$

From page 1

Student Exhibit

First place – Anna Fischler, Untitled, Fort Myers High, Grade 11 Second place - Kimberly Sarabia,

Honey Bees, Estero High, Grade 12 Third place - Esmeralda Flores, Golden Hour, Cypress Lake High, Grade 12

Mixed Media

First place - Julia Dry, Untitled, Cypress Lake High, Grade 12 Second place – Trinity Sullivan, Shake, Cape Coral High, Grade 12 Third place – Jenny Doan, *Untitled*, Ida Baker High, Grade 11

Computer Graphics

First place - Julia Dry, Movement #13, Cypress Lake High, Grade 12 Second place - Arialis Perez Delgado, Underwater Scene with Whale, Lehigh Senior High, Grade 11 Third place – Ha Nguyen, *Untitled*, Cape Coral High, Grade 11

Photography

First place - Donovan Souppa, Plastic Final, North Fort Myers High, Grade 12

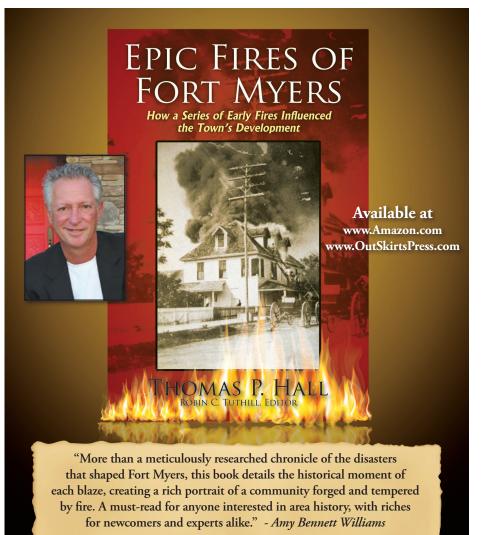
Second place - Kaitlin Fernandez, Mirror, Mariner High, Grade 12

Third place - Lauren Ratz, Untitled, Fort Myers High, Grade 12

Best In Show

Esmeralda Flores, Golden Hour, Cypress Lake High, Grade 12

For more information or to view the virtual gallery, visit www.artinlee.org/ futureofart. This exhibit is sponsored by Florida SouthWestern State College.



Life Insurance

Term-Like Universal Life



J. Brendan Ryan, CLU, ChFC, MSFS

s I see it, the problem with the way term life insurance is offered today is that it eventually gets too expensive.

You can buy it for a relatively low cost and have that cost

guaranteed not to change for a set number of years. So you feel pretty good about your insurance program until you get the bill at the end of the guaranteed period. They lower the boom on you and increase the premium five-fold or 10-fold for the first year after the guaranteed period. And, as if that were not bad enough, it leaps again the next year and the next year and so on until you cannot afford it anymore and have to drop it.

It looks like they are happy to insure you for a low price while you are younger and healthy but when you are older and closer to dying, they will charge you an arm and a leg to keep your insurance going. It looks as though they are encouraging you to drop it before they

have to pay on it.

Consider the case of a Jane, a 35-year-old woman in good health who wants \$500,000 of life insurance. A major insurance company will charge her \$239 per year for a 15-year term policy.. guaranteed to stay at that price for 15 years. If she keeps it beyond that time, she pays outlandish amounts: \$2,879 in the 16th year, \$3,189 in the 17th year, \$3,539 in the 18th year, and so forth.

If Jane is like most people, she will want to keep the insurance for the long haul, but at these prices she will not be able to. If she is healthy, she can replace her policy with another policy and, if it is term insurance, then repeat the cycle over again. But, it will be far more expensive than her original policy. If she is not healthy enough to get new coverage, she is stuck with the original policy.

Now, one company has come up with an improvement. It is a universal-life ((UL) policy that acts like a term policy in many ways. It guarantees a level premium and the death benefit for the initial period – up

to 30 years - just like a term policy. Then, at the end of the initial period, the premium stays the same but the death benefit is reduced markedly like the old "decreasing term" insurance. In our example above, the death benefit becomes about \$200,000 in the 16th year when Jane is 50 years old. The death benefit continues to drop by about \$20,000 initially and then gradually at a slower rate each year until it reaches \$10,000 by age 83. At that time, the death benefit levels off and the guaranteed premium starts to increase annually. Throughout the whole life of the policy, it builds no cash value. The amount of premium required is guaranteed not to differ from the amount stated in the policy.

I find this policy to be a little more useful than a term-insurance policy. It provides the full death benefit for the initial period and then a decreasing amount for another period. The cost is initially comparable to that of a similar term policy and then better than term for a period.

But the full amount does not last for the truly long haul. When people reach their 50s and 60s, they generally do not want to lose their insurance or reduce it, especially not keeping just \$10,000 of it. They want to use it to leave a legacy, to pay off the mortgage and other bills, to provide for the medical problems of other family members and to be sure the surviving spouse has enough to live on.

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

Virtual Process For Issuing Marriage Licenses

ee County Clerk of Court is offering a virtual process for issuing marriage dicenses. Florida Statutes require the couple to appear before the clerk to sign and obtain the marriage license. This new virtual process allows the required appearance to happen remotely in compliance with social distancing.

Complete instructions are outlined on www.leeclerk.org under "Marriage

If you have any questions, contact the recording office at recording@leeclerk. org or 533-5007. For the latest in limited services and closures at the Lee County Clerk of Court's office due to COVID-19,

Talent Developers Virtual Meeting

Tern Schellenger, principal consultant with Contacts Count, will be the featured speaker at the local Association for Talent Development's (ATDSWFL) virtual chapter meeting on Wednesday, May 27 from noon to 1



Vern Schellenger

p.m. His session on, Do You Know the #1 Predictor of Career Success?, will help attendees learn a framework that can lead to individual success and a path for how they can add value to their organization.

Schellenger has held leadership positions as a human resources generalist, head of a corporate university, and as a career management consultant and coach. His extensive background in human resource development and broad-based business experience enables him to help clients see the "big picture" and take the specific actions necessary to achieve personal success.

Schellenger will help attendees: Understand how networking skills can lead to increased collaboration.

Learn how to answer the "What do you do?" question in a way that builds their personal brand.

Understand a simple five-step model

to create stories that communicate their

Registration for this event is \$15 for ATDSWFL members and \$20 for non-members. For every member that registers they will receive one free guest registration. The deadline to register is Tuesday, May 26. To register visit www. atdswfl.org. This session is eligible for one ATD educational credit. 🌣

Renew Vehicle Registrations On Two Saturdays

o make it easier for Lee County residents to renew vehicle registrations, the Lee County Tax Collector is creating two special Single Payment Saturdays on May 16 and 23 only for vehicle registration renewals at select service centers.

The Single Payment Saturdays will be from 9 a.m. to noon at service centers located in downtown Fort Myers, Cape Coral, Bonita Springs, Lehigh Acres, North Fort Myers and South Fort Myers. No appointments are necessary, and transactions will be handled on a firstcome, first-served basis.

We understand this is a difficult time for everyone and we wanted to provide convenient ways to help Lee County residents," Lee County Tax Collector Larry Hart said. "We hope residents take advantage of these two Saturdays.'

For more information, visit www.leetc. com/saturday. 🕸

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VUCA Now More Than Ever



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

Some time ago, I discussed the concept of VUCA (volatile, uncertain, complex and ambiguous), and it seems to apply now more than ever. Doesn't the world seem crazier every day? The only constant is change. The way we work, communicate and recreate is vastly different than even a few weeks ago. All of this change can seem overwhelming. Making day-to-day choices often feels more complicated, sometimes to the point of paralyzing indecision.

In a VUCA world, how should one react when making legal, tax and financial decisions? Should you just put all your

money in a mattress for fear that the next big stock market or real estate bubble will pop? In so doing, you'll likely miss out on the growth and income that you'll need to plan for your future.

Should you go ahead and write that will or trust? Every time that you read the newspaper, it seems that the tax laws are changing, and the world is in peril. If you spend a lot of money creating that perfect estate plan, will you have to spend another king's ransom the next time Congress changes the law?

Should you wait out the VUCA and act when things become more stable? I'm here to tell you that we're having to adapt to a new normal, and the key is to not become overwhelmed and instead focus on what's stable in your life.

Hopefully, you have a stable family situation. You might have a supportive spouse and children. You've worked hard and accumulated savings. Perhaps you're working and enjoy helping others. Friends can provide yet another steady beacon. I'm sure that you can name a host of other fulfilling examples that stabilize your life in an otherwise VUCA world.

Looking closely, you'll likely find that the VUCA part of your world is that over which you have no control, and largely affects everyone in our society, like the

COVID-19 pandemic.

But what's volatile and uncertain can often have a silver lining, providing us new tools, technology and comforts that were unimaginable only a few years ago. That doesn't mean that you're not forced to constantly adapt, but what's wrong with that? It keeps life interesting.

Taking this attitude, it becomes easier to break down the complex and ambiguous into bite-sized morsels. Things are not likely to fall apart as badly as web news sources and the media report. They have to attract eyeballs, so news today tends to sensationalize. While it's fine to be alert and vigilant, there's no benefit to wringing your hands in constant worry. Worry, after all, is nothing more than using your mind to imagine a bad future. Why not instead imagine a bigger, bolder and better future for yourself and your loved ones?

Quickly you realize that inaction is worse than action. Rather than navigating today's complexities alone, you always have the option of building a team of experts around you that can assist in navigating uncertain waters.

Don't wait for the next tax law to be passed before completing your estate plan. God forbid that you don't have an up-to-date plan and something terrible happens to you. Plans can adapt as the laws change, and if you have an estate that currently isn't above \$11.58 million, federal estate taxes aren't going to be a problem anyway. A good estate plan can, however, provide comfort and security for your family.

Most of my clients' plans, even those who have larger estates, focus on providing a solid foundation in the event of the client's disability, and to use the hard earned wealth and assets to protect a surviving spouse and provide for children and grandchildren. Even in a VUCA world, these are basic desires that don't change much over time. Fortunately, there are better trusts and methods today to provide for your loved ones as never before.

So embrace the changes. We live in extraordinary times. Our ancestors would be jealous of what many of us consider everyday conveniences. VUCA, be damned – go boldly into the future! Life will likely become more enjoyable with such an attitude.

©2020 Craig R. Hersch. Learn more at www.sbshlaw.com.

Team At SCCF Refurbishing Bikes For Those In Need

Thanks to recent donations, Sanibel-Captiva Conservation Foundation (SCCF) interns and staff have a new fleet of bikes, so SCCF is refurbishing its old bikes and donating them to those in need.

The community goodwill effort was made possible by a recent donation of 10 bikes from Billy's Bike Shop and a monetary donation from Deborah La Gorce through the SCCF gift catalog that allowed the purchase of six additional bikes for use by SCCF interns and staff.

Bikes support sustainability and provide an environmentally-friendly mode of transportation, while reducing dependence on motor vehicles and fossil fuels.

The new fleet of bikes displaced the old fleet of about 15 bikes, which were held together by cable ties, duct tape and rust. That's what motivated SCCF Marine Lab Research Associate Mark Thompson to take it upon himself to give the old bikes new homes.

"I have always had a love for bikes and it hurts me to see any potentially useful bikes go to waste," he said. "So, I asked facilities manager Jeff Siwicke if I could try and repair the old bikes and find homes for them where they would be appreciated."

Siwicke was all for it, so Thompson and his 10-year-old son, Yuan, started working in mid-2019 to convert these old bikes into useful units.

"At one time, our home looked like a bicycle battlefield, but we got organized and set up our own outdoor bike shop and slowly began producing some of the nicest rides this side of Tesla," Thompson said.

About half the bikes were so derelict that the parts were stripped off to build up a parts department for the bike shop they



Yuan and Mark Thompson refurbishing bikes photos provided

set up. Soon, they had parts and frames and started picking up additional units alongside the road on trash day.

"It is truly amazing and sad the bikes which get thrown out. Sometimes they just have a flat and are thrown out," said Thompson. "Sometimes it's just a bad seat or broken cable. If a bike has both a flat and a cracked seat, it is doomed to the Sanibel trash truck."

In late 2019, Thompson and his son talked to Miriam Ortiz, founder of the Gladiolus Food Pantry, which is housed in the green building located on Gladiolus Drive in Harlem Heights. In 2019, 8,626 families visited the pantry, which translates into 27,959 individuals (8,686 children, 15,141 adults and 4,132 seniors).

Ortiz offered what they were looking for — a place that could find homes for the refurbished bikes and a way to reduce the bike overpopulation problem at their house.

"Miriam likes to get a few bikes a



Gladiolus Food Pantry

month and matches the bike with people who need transportation, or kids who have never had a hike "said Thompson

never had a bike," said Thompson.

At one time, Ortiz accepted bikes from the sheriff's office but they would regularly drop off 50 to 100 bikes at a time. This would overwhelm the pantry and cause storage problems.

"Our rate of refurbishing bikes at a more snail-like pace works out well for the folks at the pantry. Bikes are placed in homes at the rate they are brought in," said Thompson. "Since mid-2019, we have dropped off about 20 refurbished bikes."

To refurbish a bike, they replace any parts that are not usable, replace bearings, grind all the rust off of bolts and metal parts, paint if needed and make sure bikes are completely rideable and safe to operate.

"We are now down to our last one or two bikes at our home shop and will be on the lookout for more discards,"

said Thompson. "We cannot cruise all of Sanibel's streets on trash day, so we know many bikes are doomed for disposal before we can rescue them."

Thompson and his son would like to put out a Save-the-Bikes plea for any SCCF members or island residents who are contemplating throwing out their old bikes, or have old parts lying around.

"Just text us at 239-410-5491. We will

ride over with our bike wagons and pick up your old bike from the curb and give it new life and a new home," he said.

Free eBook And Blogs For Business Reopenings

Pushing the Envelope, Inc., a strategic marketing communication firm based in Fort Myers, is offering complimentary marketing communication resources to businesses amid the COVID-19 pandemic.

Pushing the Envelope's newest eBook, What's next – next: Preparing now for marketing post-COVID-19, encourages readers to proactively think about and plan their business' reopening. The eBook also provides various reopening ideas, as well as tips for preparing to market it in a post-COVID-19 world. To download the eBook, visit www. getpushing.com/ebooks/current-ebook.

In addition to the eBook, Pushing the Envelope offers helpful resources via the company blog as well. During a time when the economy is so greatly impacted, business owners and leaders must find ways to stay connected with their consumers. Blogs are available for free at www.getpushing.com/blog.

For more information, visit www. GetPushing.com or email Info@ GetPushing.com.

Superior Interiors

Creating A Productive Home Office Space



by Marcia Feeney

Tith social distancing becoming the new (temporary) normal, workfrom-home has become more of a widespread trend. For those who aren't used

to working remotely, it can be quite an adjustment. Productivity rates can go down, bad habits might be formed and don't forget about the unlimited snack breaks.

Thankfully, there's another side of working from home... the energetic and creative one. Remote work can often yield better work than in the office, if it's done right. But how do you nail down that flawless process? The most important step is to curate a home office space that works for you. Regardless of whether or not you have the time to plan out your space, these tips will help you quickly transform any space into your new office.

First, you need to choose where you want to set up your home office. Do you have a particular room that you can use just for work? Or maybe a secluded corner or nook within a larger room would suit your needs better. Whatever it may be, it's important to pick a space that will allow for productivity and will also keep you from going crazy.

Especially for those who had to make a quick transition to work-fromhome, it can be tricky pulling together a

fully furnished home office on a whim. This is where it pays to be smart with your furniture selection. Whether you have a specific work desk or not, your setup should make the most of the space that you have available. No desk? Try using a console table, appropriately sized cabinet, or any hard surface that you can spread your work out on.

You'll also want to find a chair that's comfortable, but not too comfortable. Try to stay away from sitting on your couch or any type of seating that can cause you to lose focus and become a little too relaxed. That's why it's important to find a chair that is pleasant to sit in, but also will help you keep your focus. When choosing a chair for your desk, try to stick with seating that is ergonomically similar to that in your real office, while also fitting in with your design style. This will help to keep you in the work mindset, while still being comfortable with your setup.

Of course, you want to be able to get your usual amount of work done, but sitting in a bland office won't do you any good. Most people like to keep photos, plants or meaningful trinkets on their desk in the office. Why not do the same for your home office? Even if it's just picking up a framed photo from a different part of the house and bringing it to your desk, adding that extra personalization to your new setup can make all the difference.

Try keeping some candles or indoor plants on or around your desk. This can help to bring a touch of nature to your home office, as well as some nice ambiance for your new work setting. Consider incorporating some throw pillows or blankets to keep your space cozy and transform your home office.

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

Bats Transfer Diseases, But Rarely Get Them



by J. Bruce Neill, PhD

ome diseases caused by infectious agents can "jump" from one species of animal to another; these are called zoonotic diseases, or zoonoses. Not surprisingly, most

research on zoonoses has been on those that infect humans. Viruses attack just about all living things, hijacking their cellular machinery to create copies of new viruses, and we are learning, many viruses are zoonotic.

In the United States, we tend to think of zoonotic diseases as originating in other, less civilized parts of the world but, in fact, they are very common, both here and abroad. Research indicates that 60 percent of known human infectious diseases originate in non-human animals, and 75 percent of new or emerging human infectious diseases are zoonotic.

We are fairly certain that COVID-19, the pandemic disease caused by SARS-CoV-2 is a zoonotic disease, that made its "jump" in Southeast Asia; most likely coming to humans from bats. Bats are known to carry many viruses that cause

serious diseases in people, including rabies, Ebola, Nipah, SARS, and now COVID-19. And here's the really odd thing - bats rarely get sick from those viruses.

There are many ways that bats could infect humans with a virus. We likely will never know the exact pathway for the COVID-19 transmission. We seem to jump to the conclusion that someone ate an undercooked, infected bat, but the chances are that the transmission pathway was much more mundane, and similar to the human-human transmission we are trying to avoid. Regardless of the pathway, it's pretty likely that as human population continues to expand into more direct contact with shrinking wildlife habitats, the incidence of zoonoses will increase.

In many regards, bats are interesting animals. They are mammals, with fur, bearing live young and nursing their offspring. They are the only flying mammals, and most feed on flying insects - although some are frugivorous (fruit eaters). There are about 1,200 described bat species (20 percent of all mammal species are bats); divided into two major categories, big bats and small bats. The smallest of the small bats is just over an inch long with a six-inch wingspan, the largest of the large bats has a wingspan of over 5.5 feet. In general, big bats tend to be the frugivores and little ones, the insectivores.

Two fascinating aspects about bats is that they are very long-lived, and they seem to tolerate viral infections. Recent continued on page 16

Port Authority Welcomes New Finance Director

ave Amdor, CPA, has joined the Lee County Port Authority (LCPA) as the director of finance. He will be responsible for all financial aspects for LČPA, including overseeing the financial, accounting,



Dave Amdor

budgetary and purchasing functions, as well as managing the capital improvement program for Southwest Florida International Airport and Page Field in Fort Myers.

Amdor comes to the Port Authority with more than 12 years of public and private accounting and finance experience. Most recently, he worked as the finance manager for the Omaha (Nebraska) Airport Authority, responsible for operating Eppley Field (OMA) in Nebraska. Before that role, Amdor was the controller and assistant controller at OMA since in 2011. He started his career as an auditor at Deloitte & Touche, LLP in Omaha.

Amdor is a certified public accountant with a master of business administration and a bachelor's degree in accounting from Eastern Illinois University in Charleston, Illinois.

The Lee County Port Authority operates Southwest Florida International Airport and Page Field in Fort Myers. No ad valorem (property) taxes are used for the operation or improvement of either airport. For more information, visit www.flylcpa. com.₩

YOUR **NEUROLOGICAL SYMPTOMS**MAY HAVE A STRUCTURAL CAUSE!

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

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







HELPING THE WORLD SEE CERVICAL INSTABILITY WITH 2020 VISION!

Support Southwest Florida restaurants, order take-out



by Howard Prager

lelcome, sports fans to the new worlds of sports, specifically esports. I was talking with Ed's grandson, Jacob, about ideas for today's column, and he said what about esports?

I had no idea what I thought was just gaming has taken on a "sports" type of classification. Sports? According to Wikipedia, "The International Esports Federation (IESF) is a global organization based in South Korea whose mission it is to have electronic sports recognized as a legitimate sport. The addition of four more countries brings the IESF's total count of member nations to 60, with six continents represented. Asia and Europe make up the bulk of the numbers with 24 and 22 respectively. Last year, the International eSports Federation voted to accept the United States eSports Federation as a full member. The USeF is the official recognized national governing body of esports in the US. The 2020 Esports championship is set to take place in Eilat, Israel and has been going on for

Únless you're age 30 or younger, who

knew? Is this a sport? Who's watching and what's the revenue generated by esports? Back to Wikipedia. "By the late 2010s, the total audience of esports has grown to nearly a half billion viewers, with revenue increasing to over US \$1 billion. Wow. This is not just a simple start-up league. And people do watch this despite thinking it's just young people playing video games. There are champions and professional teams that do compete in several categories of games: multiplayer online battle arena, first-person shooter, card games, battle royales and real-time strategy. A majority of viewers are between the ages of 16 and 24 (32 percent of the audience). Next is the 25 to 34 age range with 30 percent, and you even have 16 percent between age 44 and 64. Despite viewership initially being heavily male, over 30 percent are now female, and 35 percent of professional

gamers are female.

What about professional sports? While we were bemoaning the lack of action by our favorite leagues and teams, every league has an eleague. "The NBA 2K League, a joint venture between the NBA and Take-Two Interactive, is a professional esports league featuring the best NBA 2K players in the world and the first official esports league operated by a U.S. professional sports league. There are 17 teams, all with the same names and logos as their NBA counterparts. A number of NBA teams, owners and former players are already looking to the

future of the esports industry, investing in esports franchises/holding companies." They even hold a draft of players. And they're not alone – Major League Baseball started an esports league in China last year. The NFL began in the U.S. with the Madden esports league. The championship distributed \$700,000 last year to the top 128 players. And there's an esports league for almost any sport you can imagine including hockey, tennis, golf and soccer (FIFA) which started back in 2004.

All this talk about no games to watch? We've had all sorts of games going on that I wasn't even aware of! I hope to tune in to a Korean baseball game (live, not esports) and let you know what I think of that. With the time zone difference, that's been much harder to catch. And where do you go to eat while you're cheering on your favorite esports team? The Mighty Mussels, of course. I just received a press release saying that the Fort Myers Mighty Mussels are offering a taste of America's Pastime by opening up Hammond Stadium for to-go food and beverage orders from 5 to 7 p.m. All your favorite ballpark foods are there including hot dogs, brats, pizza etc. To place an order and schedule a time for pick up, email Andy Wood at awood@ mightymussels.com. And get your computers ready - esports is here!

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.

County Utilities Water-Quality Report

ee County Utilities' customers received water that met or exceeded all federal and state requirements last year, according to a recent report that has been placed online at www.leewaterquality.com.

The report, which also includes information such as source water assessments and service areas, is required annually by the Environmental Protection Agency.

To save ratepayers money, the annual water-quality report can be placed online instead of direct-mailing customers, according to federal regulations.

"The ability to provide the report online eliminates the need to print and mail more than 80,000 copies. This method reduces the use of environmental resources and reduces the cost of producing the report," Public Utilities Director Pam Keyes said.

Lee County Utilities' 2019 Water Quality Report can be found at www. leewaterquality.com. A printed copy can be obtained by contacting customer service at 533-8845.☆

Lee County Solid Waste Resumes Some Services

Residents who want to drop off household chemicals for proper disposal can now resume bringing their old paint, antifreeze, motor oil and solvents to the Lee County facility designed to accept these and other materials.

The Topaz Court Solid Waste Annex, 6441 Topaz Court in Fort Myers, reopened at 8 a.m. May 11, for residential chemical waste and electronics drop-off. The county had previously closed the site to help mitigate the spread of COVID-19.

There is no charge to residents for the service. For a list of what people can bring to the site, visit www.leegov.com/ solidwaste/residential/dispose/chemicals.

Also opening Monday at the Topaz site is the county's reuse center. Additionally, the county is resuming compost sales at both the Topaz site and its Resource Recovery Facility, which is located at 10500 Buckingham Road. In an effort to reduce person-to-person contact, cash payments are discouraged; the county asks that customers be prepared to use a credit or debit card to purchase compost.

People who come to the sites are asked to observe recommendations from the Centers For Disease Control for social distancing. The county is taking a phased-in approach to reopening sites and facilities. Announcements about future openings will be forthcoming; check www.leegov.com/covid-19 or Facebook Lee County Government.

From page 15

Bat Diseases

research indicates that these two things may be related.

On average, mammalian longevity is related to body size; larger mammal species tend to live longer than smaller species. There are 19 species of mammals that live longer than humans (adjusting for body size differences) and 18 of these are bats. It is still unclear (as you might guess, funding sources for basic bat research used to be pretty limited – but I'm thinking that may change in the future) but their longevity may be related to their ability to tolerate viral infections so well.

In humans, an infectious agent is met by a complex and massive defensive counter-attack known as an immune response. A part of the immune response is inflammation. Inflammation, among other things, facilitates our having a fever in response to infectious agents.

Bats don't commonly exhibit inflammation. There are two realms of explanation that could account for this lack of inflammatory immune response. The first is that something bats already do makes them not need inflammation, the second is that they have developed a way to deal with viruses that is independent of inflammation.

As the only flying mammals, it was initially thought that the very high energetic demands of flying may account for why bats rarely exhibit inflammation. The mitochondria (the powerhouse of the cell) work very hard to meet the vast energetic demands

required for flying, so that essentially, flight is (acting as) fever, inhibiting the impact of viral infections.

However, recent research indicates that the answer is likely not so simple. A lack of inflammation appears to be rooted in the chemical and cellular pathway of the immune response of bats. They have adapted antiinflammatory immune responses - their immune response tends not to include inflammation. This lack of inflammation appears to be the result of the loss of certain genes that normally initiate a typical inflammatory response. This is fascinating because when we think of change over time, adaptation, we typically think of the addition of new traits; this seems to be adaptation through the deletion of genes and traits.

And, in a complex way, this lack of inflammation seems to help confer increased longevity. Bats have minimal immune responses to viral infections, carry fairly heavy viral loads with seemingly little negative impact, and they seem to live longer because they don't have the massive counter-attacks to invading viral particles.

That we can ponder the fascination of other animals we share this life with is nothing short of a miracle. I hope we can all find joy and peace in knowing how lucky we are. Enjoy the small things. Wash your hands thoroughly.

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.

SPORTS QUIZ

- 1. In what sports event is the winner awarded the Coupe des Mousquetaires (The Musketeers' Trophy)?
- 2. What actor and TV personality from Brooklyn, NY, achieved a record of 9-3 with 9 knockouts in a pro boxing career that spanned from 1976-79?
- 3. In 2010, what Los Angeles Angels first baseman broke his ankle while celebrating his walk-off grand slam?
- 4. Who spun out Darrell Waltrip on the final lap of NASCAR's all-star race, The Winston, in 1989, igniting an infield brawl between the teams?
- 5. What star French player was ejected for head-butting Italy's Marco Materazzi in the championship game of the 2006 FIFA World Cup soccer tournament?
- 6. In 1993, American-born sumo wrestler Akebono Tar made history by becoming the first non-Japanese competitor to achieve what rank?
- 7. In what year did racing legend Mario Andretti win his first and only Indianapolis 500?

ANSWERS

1. The French Open tennis tournament men's singles event. 2. Tony Danza. 3. Kendrys Morales. 4. Rusty Wallace. 5. Zinedine Zidane. 6. Yokozuna, sumo's highest rank. 7. 1969.

Doctor and Dietician

Stock Up Wisely For Homemade Meals

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

s you know from reading our column, we encourage everyone to embrace cooking your own food from scratch to ensure a healthier you. Lots of our recipes can be found on www.hauserdiet.com if you are looking for some inspiration.

We like to keep our refrigerator, pantry and freezer stocked with items that allow us to whip up a great meal very easily. This takes planning and organization, but once you get the hang of it, you'll be making great dishes in no





What's in our kitchen? We try to purchase organic whenever possible. We stock canned San Marzano tomatoes, tomato paste and a variety of beans, such as black, pinto, garbanzo, cannellini and refried. We keep stock of fresh pastas from Bailey's in our freezer, as well as other gluten-free options such as Bonza chickpea pasta, Ancient Harvest quinoa pasta, and Tinkyada

rice pasta. We have plenty of olive and coconut oils, many many different herbs and spices, coconut milk, a variety of mustards and other condiments, honey, a variety of rices, quinoa, oats, cereals, and baking supplies. We love different kinds of vinegars such as the classic balsamic, as well as rice, wine, apple cider and a variety of other flavored options. We especially love these so we can make any kind of salad dressing at any time. We keep peanut and almond butter on hand, as well as soy sauce or tamari, Worcestershire, sesame oil and a variety of hot sauces.

We always keep our vegetable bins full and have a little fruit on hand, including dried fruits such as raisins, cranberries, figs and dates, and we always have lemons and limes. We keep a full supply of garlic, onions, potatoes, carrots, celery and squash. We regularly stock hummus, tofu, coconut yogurt, a variety of cheeses, olives, and meat,

chicken and fish. We order gluten-free bread products from Sami's Bakery online and keep that in our freezer.

Stocking wisely makes cooking easier. Some favorite regular meals for us are lemon-garlic-herbed fish or chicken with pasta, Asian veggie-tofu with peanut sauce and rice, lots of salads with different dressings, grilled flank steak with roasted veggies, spaghetti or zoodles and marinara with meatballs, coconut milk curried veggies with rice, and cauliflower crust pizza.

Happy cooking! May this time bring

inspiration and good eats.

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.☆

deaRPharmacist

Saffron Helps Age-Related Eye Ailments



by Suzy Cohen, RPh

ear Readers: If you've ever cooked using saffron spice, you know that this unique spice is flavorful and aromatic. For me, saffron is a must-have for dishes such as plain rice (or

paella), soups such as chicken soup or bouillabaisse and certain bread/pastries. The active medicinal compounds in saffron come from a tiny part of the flower, not from a bulb, or the leaves like other herbs. The painstaking labor required for harvesting it by hand makes the price of saffron extremely high. That's why it has not been studied for very many human diseases the way we study other less expensive herbs such as rosemary, turmeric, garlic or sage.

Specific components of saffron spice have demonstrated benefits in several eve ailments. These diseases include age-related macular degeneration (AMD), glaucoma, and cataracts. Let's focus on AMD today.

Age-related macular degeneration may lead to blindness, especially among those over age 65. The eye disease occurs gradually and with little to no warning. It begins with a loss of central vision and may eventually progress to total blindness. We know that breakdown of the macula occurs, but researchers are not sure why. The macula is next to the retina. Obviously, reversing the progressive condition would be the dream scenario, but halting it would suffice.

Recent research indicates that oxidative damage is a culprit in AMD. Studies on saffron suggest it offers protection against oxidative damage in patients with early AMD. First,

it is essential to note that, to date, conventional medicine has found no way of restoring vision lost to AMD. Treatments such as prescription drugs and laser surgery may slow the progression of AMD.

So if an herb can augment your current protocol, I'd have a conversation with your ophthalmologist about it. Here are three reasons why:

1. Saffron contains many different constituents including crocin and crocetin. These have shown neuroprotective properties for the eye in multiple double-blind, placebo-controlled

2. Saffron contains potent antioxidant capabilities, meaning they neutralize those troublesome free radicals that attack the retina and the macula.

3. A double-blind, placebo-controlled trial offers unconscious bias information. Two of these types of studies have produced information about saffron that is impossible to ignore. In one trial (using their proprietary form of saffron from France), patients who supplemented for three months with low-dose saffron (20 mg/day) experienced improvements in retinal sensitivity, color perception and visual contrast. When the trial was extended over a year, the participants experienced even more benefit in terms of increased visual acuity! The data was published in The Journal of Translational Medicine.

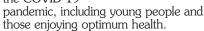
We know saffron can improve a low mood, and now it appears that oral saffron supplementation may partially reversed the damage to visual perception. No one is claiming that saffron cures AMD, but the benefits are pretty crisp. Even a modest improvement in eyesight is a big deal to many people because it can greatly improve quality of life. Ask your doctor if it's right for you. You can cook with saffron as a spice. Saffron teas. supplements and extracts are available nationwide.

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.☆

You Are Safest **Under The Care** Of A Doctor

submitted by Dr. Alan Brown

Norida's "safer at home" order in April helped create a heightened awareness that everyone in our community plays a vital role in the health of others during the COVID-19



As Florida reopens in phases, it's important that safeguards meant to protect those with compromised immune systems and underlying health conditions don't

Out of precaution, some doctor's offices and medical clinics either closed or restricted operations this spring, prompting many Southwest Florida residents to cancel their appointments. Skipping visits, whether it's due to apprehension about COVID-19 or another reason, can delay early diagnosis and effective treatment for new patients and impair recovery for individuals that have completed treatment.

The most important factors in treating cancer are receiving an early diagnosis and consistent high quality treatment, whether that involves radiation, chemotherapy, surgery or a combination of these interventions. While the mortality rate in Florida for those diagnosed with COVID-19 has been significant, without treatment, the mortality rate for certain types of cancers is 100 percent, so it is important to keep perspective during this challenging time.

You know your body best – if something doesn't feel right, always contact a physician.

Our practice, like many others, has taken extra precautions to maintain a healthy, sterile environment, from sanitizing equipment and exam rooms to

checking the temperature of every staff

member and patient before they enter the premises. We have also transitioned to conducting many of our visits, when possible, through "telehealth," allowing our patients to stay safe at home while still 'visiting" their treating physician.

As a radiation oncologist, I've been there as patients have begun to accept one of the scariest diagnoses imaginable - cancer. However, I've also been there months and years later as patients have overcome cancer. What happens between those two visits is a thorough health management plan individually created for each patient to ensure his or her wellbeing.

Events this spring have forced all of us to consider how our actions are affecting ourselves as well as others. For patients undergoing cancer treatments, the following healthy steps are critically important during their cancer journey:

Practice social distancing – Those with compromised immune systems and underlying medical conditions should avoid being in close proximity to others. A crowded supermarket, restaurant or movie theater could potentially put a cancer patient at risk.

Practice good hygiene - Wash hands frequently and sanitize "touch points" like door handles, keys and wallets. Creating a sterile living environment prohibits the spread of harmful viruses and bacteria.

Wear face masks – The social stigma or apprehension of wearing a protective face mace in public has faded. It's a necessary precaution until the pandemic is officially over, but the practice should continue as cold and flu season approaches this fall.

Eat well - Radiation and chemotherapy take a toll on the body, and a healthy diet helps patients feel better and stay strong. The body needs ample amounts of food and liquid that contain vitamins, minerals, protein, carbohydrates, fat and water.

Exercise - Fatigue can actually be offset by moderate exercise. The American Cancer Society recommends 150 minutes of moderate-intensity aerobic exercise each week. It's also a great way to improve a patient's psychological outlook and quality of life.

For cancer patients on their treatment journey, the road might seem difficult, but it's passable. Physicians are a trusted sidekick with a health care map in hand, there to guide you at every turn.



FROM THE BEACHES TO DOWNTOWN FORT MYERS	
Emergency	
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.	
Ft. Myers Chamber of Commerce	
Foundation for Quality Childcare	454-7500
Fort Myers Beach Library	463-9691
Lakes Regional Library	533-4000
Lee County Chamber of Commerce	931-0931
Post Office.	
Visitor & Convention Bureau	338-3500
ARTS	
Alliance for the Arts	
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	
Edison Festival of Light	222 4400
Florida West Arts	0/18-1/127
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	
Theatre Conspiracy	
Young Artists Awards	574-9321
CLUBS & ORGANIZATIONS American Legion Post #38	000 000 4050
American Legion Post #38	239-332-1853
Animal Refuge Center	724 2525
American Business Women Association	257-6755
Audubon of SWFL	auduhonewfl 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 4000
	454-1083
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My Stars ★★★★

FOR WEEK OF MAY 11, 2020

Aries (March 21 to April 19) A seemingly stalled romantic situation could benefit from your reassurance that you want this relationship to work. And if you do, use a tad more of that irresistible Aries charm.

Taurus (April 20 to May 20) You're attracted to a situation that appeals to your Bovine intellect. And that's good. But don't neglect your passionate side when romance comes calling later in the week.

Gemini (May 21 to June 20) That career-change opportunity that didn't work out when you first considered it could come up again. But this time, remember that you have more to offer and should act accordingly.

Cancer (June 21 to July 22) There could be some tensions in relationships – domestic or workaday. But a calm approach that doesn't raise the anger levels and a frank discussion soon will resolve the problem.

Leo (July 23 to August 22) It's a good idea to begin preparing for that career change you've been thinking about for a while. Start to sharpen your skills and expand your background to be ready when it calls.

Virgo (August 23 to September 22) Bless that Virgo skepticism that has kept you from falling into traps others seem to rush into. But you might want to give a new possibility the benefit of the doubt, at least on a trial basis.

Libra (September 23 to October 22) A legal matter you hoped could finally be settled could be a pesky problem for a while, until all the parties agree to stop disagreeing with each other. Be patient.

Scorpio (October 23 to November 21) Someone might use deception to try to push you into making a decision you're not fully comfortable with. But those keen Scorpio senses should keep you alert to any such attempt.

Sagittarius (November 22 to December 21) Romance dominates this week when Cupid spears the Archer, for a change. Positive things also are happening in the workplace. Expect important news to arrive by the week's end.

Capricorn (December 22 to January 19) Anyone trying to bully the Sea Goat – whether it involves a personal or a professional matter – will learn a painful lesson. Others also will benefit from the Goat's strong example.

Aquarius (January 20 to February 18) Congratulations. With things going the way they are, you should be able to spare some time and take a break from your hectic schedule for some well-earned fun and games.

Pisces (February 19 to March 21) Your sharp Piscean intuition should be able to uncover the true agendas of those who might be trying to catch the Fish in one of their schemes.

Born This Week: Your flair for innovative art and design keeps you at least a step ahead of most everyone else.

MOMENTS IN TIME

- On May 20, 1506, Italian explorer Christopher Columbus dies in Spain. Columbus, and most others, underestimated the world's size, calculating that East Asia must lie about where North America sits on the globe.
- On May 23, 1701, at London's Execution Dock, British privateer William Kidd, known as Captain Kidd, is hanged for piracy and murder. In 1695, Kidd was commissioned to defend English ships from pirates in the Red Sea. When arrested with a shipload of treasure, Kidd's Whig sponsors failed to back his claims of legitimacy.
- On May 19, 1715, the colony of New York passes a law making it illegal to "gather, rake,

take up, or bring to the market, any oysters whatsoever" between the months of May and September. The regulation was intended to help preserve certain species.

- On May 24, 1844, before members of Congress, American inventor Samuel FB Morse dispatches a telegraph message from the U.S. Capitol to a railroad station in Baltimore. The message "What Hath God Wrought?" was telegraphed back to the Capitol a moment later.
- On May 18, 1917, six weeks after the United States formally entered World War I, Congress passes the Selective Service Act, giving the president the power to draft soldiers. Of the almost 4.8 million Americans who served in the war, some 2.8 million were drafted.
- On May 21, 1901, Connecticut becomes the first state to limit the speed of motor vehicles to 12 mph in cities and 15 mph on country roads. As late as 1930, a dozen states had no speed limit, while 28 states did not even require a driver's license.
- On May 22, 1969, actor Paul Newman makes his onscreen racing debut in the film *Winning*. Newman played a struggling race car driver who must turn around his fortunes by winning the Indianapolis 500.

NOW HERE'S A TIP

- "If you seal your jelly jars with wax, here's a good tip: Place a small piece of string into the wax before it hardens. Then, you'll be able to pull on the string to remove the wax when you are ready to enjoy your homemade goodies!" UL in Maine
- Get your charcoal grill to light quickly by sacrificing a handful of Doritos in a paper bag. Light the bag and get ready to BBQ!
- "I had a pair of tights that had a run, so I was getting ready to toss them, but I cut off the leg and tied a travel size bar of soap in the middle, right about where the knee would be. I knotted it on either side so the soap would stay in place. I use it as a self-foaming back scrubber, and it really works well." PB in North Dakota
- "If you have an item that must be cooked in the oven, see if there's any other foods you can prep cook with it. Better to have the oven on a couple days of the week instead of every day, and you can reheat a quick dinner another night." BJ in Pennsylvania
- Use melted ice cream in place of cream in recipes for sweets. I use it as my own secret weapon when making frosting for cupcakes.
- "My husband just loves homemade meatballs, because they are juicier than bagged and frozen ones, which can turn out very dry. To hold the moisture, I use lightly ground oatmeal in place of breadcrumbs. I just toss a cup of oatmeal in the blender and give it a whirl. It doesn't need to be fine. The oatmeal really retains moisture and makes them so good!" JJ in Florida

STRANGE BUT TRUE

- Chickens can see and dream in full color.
 They also can taste saltiness, but not sweetness.
- Albino lobsters are the only variety that doesn't turn red when cooked. But don't count on testing this anytime soon, as the odds of catching one in the wild are estimated at one in 100 million.
- In 1834, American physician John Cooke Bennet added tomatoes to ketchup, which previously consisted of fish or mushrooms. As tomatoes contain a healthy dose of vitamins and antioxidants, Bennet then branded his sauce as a cure for diarrhea, indigestion, jaundice and rheumatism.
- Japanese high schools often enforce strict conformance when it comes to hair. Half of Tokyo's schools require students whose locks

PUZZLES

Answers on page 23

39 Piece of work

40 Expression

Paquin

46 Journey seg-

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41 Notoriety

42 Actress

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TWO-CHANNEL **Super** Crossword CONNECTION ACROSS 53 Country 93 Is on hold, 130 Pint-size 38 Calling the 82 However, 1 Old Glory, for singer Evans 131 Otherwise shots say 55 Born, to Gigi 96 Spanish for 39 Nearly 84 Pair of 5 Up in smoke **DOWN** 44 WJM anchor 56 Gridiron gp. "silver" identical 1 Small lies 98 Draft-eligible 11 Refluxes of **57** Repulsive Baxter products sold tides 59 Fiennes or 99 Item in a pod 2 Actress 46 Pop singer as a unit 15 Ankle-knee Macchio 100 Congenital Mariah 85 Writer Steel Singer 62 Fishermen, 102 Bands of 47 Chunk of connector 3 Just slightly 86 "Babbitt" 19 I. to Greeks author Lewis 4 Judges history often three 65 "Hear No 105 Most morose 88 White 50 Animal at 20 "Speak up!" mallets 21 Ark captain Evil" star 5 Bar drink "una corrida" Rabbit's woe 107 Quaint 51 Fast -Matlin 6 Cherished 90 Tree flutterer 22 Chipotle item theater 67 Really move 23 "Great job, where 7 Intelliaible (Asian 91 New roval of play more!"? on the dance evervone 8 Hunky guy nation) 1981 25 Be sweet on floor hung out? 9 Most scant 52 Spotted, as 92 Kit -111 Post-it note 26 Wilson of film 71 Round of 10 Before, to money 94 Confronts Kipling 27 One half of a applause all abbr. 54 Playwright 95 Canonized for oneself? 112 Soccer 11 Spices up Edward Fr. woman 28 Eat 73 Company immortal 12 Idaho city 58 Ad catch-97 Walked 29 Stingy type 113 Change symbol on a 13 Cake creator phrase (on) 101 Slip away 30 Get a B, e.g. 60 Little lake container of formally 14 Singer Crow 31 Mauna breathing 114 Slugger 15 Cork up, as 61 Texas -103 Electrical Willie 33 Sharp rise in a bottle gas? (poker resistance 75 Capital of 116 Evade 16 Maui native game) new measure findings? Croatia 17 Emulate Tara 62 Singer 104 Subject to artfully 120 "Woe is me" 76 Scrape the Scaggs legal action 36 Napoleon's Lipinski 18 "Balonev!" 106 Singer birthplace bottom of 63 Stunt legend **121** — de foie 40 Gem. e.a. 78 Flushes Warwick gras 24 Certain Knievel 64 Very zealous 108 Large city in 122 Alternate title 41 Writer -79 Antipasto woodwind Jackson bit for this player 66 Put out Nebraska 109 Ward off 29 Early hi-fi 81 Loved by puzzle Braun 68 Freaks out **42** — out 83 "— Beso 124 Madison format 69 Tunes out 110 Ordinance (1962 hit) Avenue prize 32 Berry rich in (supplement) 70 Canon -115 Withered 43 Ice melter 84 56-Across 125 Hens and antioxidants Rebel 117 "You're on!" stats cows 34 See eye to 72 Best 118 Mouth possible 87 Old phone 126 Bright-(coinage for eye (with) parts 119 Lightish **35** Sis, say **74** Bad-pun part one shining occasion) 89 Distinctive 127 Appellation 36 Frame of a responses sword 48 Throbs feature of 128 Composer 122 Salary cartoon 77 Keep 49 Perpetual blasting Jerome 37 Japanese waiting ceilina pampering? material? 129 Acoustic pair 80 Mr. Big 123 Actor Bruce island 13 114 16 117 19 20 21 22 23 25 26 30 27 31 37 40 42 43 48 49 56 72 73 75 76 78 83 80 85 91 92 93 98 95 99 94 97 100 102 103 104 105 101 106 107 108 | 109 110 112 114 116 117 | 118 | 119 113 120 121 122 124 125 126 127 129 128 130 131

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Aboard Day In all
At once Dressed up In one piece
Bets off Due respect Night
Clear Fours Over

The rage Together Told



Cucumber and Tomato Salad

- 1 Cucumber, sliced thin (peeled if desired)
 - 1 pint cherry tomatoes
 - 1/2 red onion, sliced thin
 - 1/2 cup white vinegar
 - 1/4 cup water

Pinch red pepper flakes (optional)

Sea salt and fresh ground pepper, to taste

Combine the vinegar, water, red pepper flakes, salt, and pepper. Pour over sliced vegetables and marinate in refrigerator for at least one hour (the longer it marinates the more flavorful it will be). Serve chilled.



Cucumber and Tomato Salad

photo courtesy Fresh From Florida

PUZZLES

Answers on pages 22 and 23



"You're lucky, I have to put up with him AND his _____!"

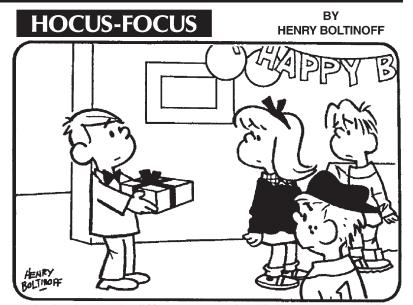
	BLERS within each rectangle to form four ordinary words. Then tters to form the mystery word, which will complete the gag!
Touch SCARES	
Sharp LATER	
Debris UFREES	
Cosmos HEETR	
	ODAY'S WORD

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

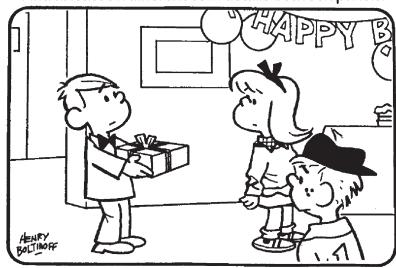
SUDOKU

To play Sudoku:

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



Find at least six differences in details between panels.



Differences: 1. Door is added. 2. Balloon is added. 3. Girl's sweater is different. 4. Boy is missing. 5. Cake is added. 6. Gift bow is different.



FRIDAY Mostly Cloudy High: 86 Low: 76



SATURDAY Mostly Sunny High: 83 Low: 73



SUNDAY Partly Cloudy High: 89 Low: 79



MONDAY Sunny High: 87 Low: 77



TUESDAY Mostly Sunny High: 89 Low: 75



TREE TRIMMING. ARBORIST

WEDNESDAY Mostly Sunny High: 88 Low: 78



THURSDAY Mostly Cloudy High: 87 Low: 77

"Tell A

Friend"

Redfish Pass Tides

High	Low	High	Low
11:08 am	3:35 am	10:07 pm	4:22 pm
11:24 am	4:16 am	11:20 pm	5:14 pm
11:40 am	4:50 am	None	5:57 pm
12:21 am	5:19 am	11:54 am	6:34 pm
1:15 am	5:43 am	12:09 pm	7:09 pm
2:04 am	6:03 am	12:27 pm	7:43 pm
	10:54 am 11:08 am 11:24 am 11:40 am 12:21 am 1:15 am	10:54 am 2:46 am 11:08 am 3:35 am 11:24 am 4:16 am 11:40 am 4:50 am 12:21 am 5:19 am 1:15 am 5:43 am	High Low High 10:54 am 2:46 am 8:33 pm 11:08 am 3:35 am 10:07 pm 11:24 am 4:16 am 11:20 pm 11:40 am 4:50 am None 12:21 am 5:19 am 11:54 am 1:15 am 5:43 am 12:09 pm 2:04 am 6:03 am 12:27 pm

Point Ybel Tides

<u>Day</u>	<u>High</u>	Low	<u>High</u>	Low
Fri	9:59 am	2:48 am	7:38 pm	3:08 pm
Sat	10:13 am	3:37 am	9:12 pm	4:24 pm
Sun	10:29 am	4:18 am	10:25 pm	5:16 pm
Mon	10:45 am	4:52 am	11:26 pm	5:59 pm
Tue	10:59 am	5:21 am	None	6:36 pm
Wed	12:20 am	5:45 am	11:14 am	7:11 pm
Thu	1:09 am	6:05 am	11:32 am	7:45 pm

Punta Rassa Tides

<u>Day</u>	<u>High</u>	Low	<u>High</u>	Low
Fri	9:28 am	2:55 am	8:39 pm	3:12 pm
Sat	10:14 am	3:43 am	9:40 pm	4:07 pm
Sun	10:55 am	4:25 am	10:42 pm	4:58 pm
Mon	11:29 am	5:04 am	11:40 pm	5:45 pm
Tue	11:58 am	5:41 am	None	6:28 pm
Wed	12:26 am	6:14 am	12:24 pm	7:08 pm
Thu	1:06 am	6:43 am	12:45 pm	7:47 pm

Cape Coral Bridge Tides

Day	<u>High</u>	Low	<u>High</u>	Low
Fri	1:04 pm	6:02 am	10:43 pm	6:22 pm
Sat	1:18 pm	6:51 am	None	7:38 pm
Sun	12:17 am	7:32 am	1:34 pm	8:30 pm
Mon	1:30 am	8:06 am	1:50 pm	9:13 pm
Tue	2:31 am	8:35 am	2:04 pm	9:50 pm
Wed	3:25 am	8:59 am	2:19 pm	10:25 pm
Thu	4:14 am	9:19 am	2:37 pm	10:59 pm

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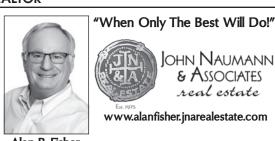




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Strange But True

aren't naturally black to prove it with baby pictures, while in 2017, a Japanese student sued her school after being forced to darken her hair with dye.

- Contrary to what you'd likely expect, this juicy citrus fruit wasn't named for its bright hue. Instead, the word "orange" came to us from a transliteration of the Sanskrit "naranga," which was in turn derived from the Tamil "naru," meaning 'fragrant," which describes its blossoms.
- Singularity chess is played on a board that's distorted in the center, allowing for some pieces to make U-turns and attack the same square in a variety of ways. while bishops can change square colors.
- The first vending machine was invented by Greek mathematician Hero of Alexandria and dispensed holy water after a coin was inserted. Hero also came up with the first steam engine and the first wind-powered machine – a whopping 2,000 years before the Industrial Revolution.
- Russian author Vladimir Nabokov composed most of his major novels on index cards, storing blank ones under his pillow in readiness for a visit from the

THOUGHT FOR THE DAY

"The most wasted of days is one without laughter." – EE cummings

TRIVIA TEST

- Geography: Which is the only country to have three capital cities?
- **Movies**: What year did the first Academy Awards ceremony take place?
- General Knowledge: In police radio code, what does 10-31 mean?
- U.S. States: What state would a Hoosier come from?
- **Language**: What does the Latin
- phrase "carpe noctem" mean?

 Games: What color property is Kentucky Avenue in the Monopoly board game?
- 7. **Animal Kingdom**: What do you call an animal that eats plants and meat?
- **Science**: What is the study of
- mycology?

 Medical: What is a more common
- name for varicella?

 10. **Awards**: Which group has received the most Nobel Peace prizes?

RIVIA ANSWERS

Committee of the Red Cross, with three awards of fungi 9. Chickenpox 10. The International the night 6. Red 7. An omnivore 8. The study 2. 1929 3. Crime in progress 4. Indiana 5. Seize Bloemfontein (judicial) and Pretoria (administrative) 1. South Africa - Capetown (legislative),

SCRAMBLERS

- 1. Caress; 2. Alert;
- 3. Refuse; 4. Ether

Today's Word

FATHER

Nonprofit Funds For Transportation Services

he Lee Board of County Commissioners recently approved Partnering for Transportation Results agreements to allocate local matching funds to nonprofit agencies serving the transportation needs of seniors and people with disabilities.

The local match amount of \$142,375 is the current allocation of the \$321,900 total matching funds in the current fiscal year transit operating budget. The grant funds consist of capital and operating dollars and are intended to be used as local match for the agencies.

Agency requests are reviewed annually by the Lee County Metropolitan Planning Organization (Lee MPO) Partnering for Transportation Results Selection Committee, which recommends the recipients and match amounts.

The nonprofit agencies are:

Hope Healthcare - \$19,875 capital match; \$32,500 operating match. For more information, visit www.hopehcs.

org
Lighthouse of SWFL, Inc. – \$40,000 operating match. For more information, visit www.lighthouseswfl.org

Dr. Piper Center for Social Services,

Inc. – \$50,000 operating match. For more information, visit www. drpipercenter.org.☆

Life Jackets Needed For Safe Boating

Tt is a proven fact that wearing life jackets saves lives, however why aren't they not more commonly worn? Let's dig deeper on personal attitudes toward wearing a life jacket:

I don't like to be told what to do; Life jackets cramp my fashion statement;

They are too cumbersome: I am a safe boater and don't need to; It's too hot to wear one; I know how to swim;

They are uncomfortable; or Life jackets can be expensive.

Whatever your reason, it begins with your attitude towards watersports. Watersports are indeed enjoyable activities from fishing to cruising, however we make certain assumptions. Assumptions include: we will be returning to the dock and will not be involved in a boating mishap. Things can go terribly wrong while on the water from a myriad of situations such as changes in weather, mechanical issues

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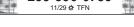
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HELP WANTED

LIVE-IN PROPERTY MANAGER SOUGHT

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.

To apply, send resume to cappropmgr@gmail.com.

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Measures 68"(h)x 36"(w)x 28(d). Cost \$1,681, sell for \$1,250. You pick it up. Located on Sanibel. Call 239-994-8791.

Shore Fishing:



Don't Harm The Fish by Capt. Matt Mitchell

anding 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.

(2 at 700 sq. ft., 1 at 1,000 sq. ft). Call 703-593-7024

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ANNUAL RENTAL

EAST END COTTAGE

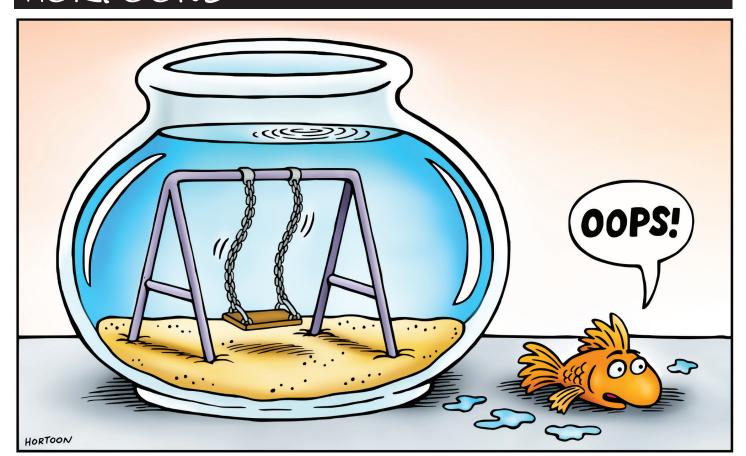
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and operator error. There are many tips to practice safe boating that help reduce your risks while on local waterways. It must first begin with your attitude towards the sport. Hockey and football players use helmets and body pads to reduce risks from personal injury. They learned the basics and nuances of their sport. Team members learned how to play and understand the risks. They embrace personal protective devices. So why do so many boaters simply don't wear life jackets or learn the basics of boating?

You don't need to be a boating expert or charter captain to embrace safe watersport practices. Start with a mindset for safe boating. Learn the sport by taking a basic safe boating class. Demonstrate to others the importance of wearing a life jacket at the very least while underway or always when boating by yourself. Set the example to others, especially for younger water enthusiasts. It's your choice for safe and responsible boating. Take a selfie wearing a lifejacket and post it on www.facebook.com/ AUX91FMB.

The Coast Guard Auxiliary is the uniformed civilian component of the U.S. Coast Guard and supports the Coast Guard in nearly all mission areas. For more information, visit www.cgaux. org.₩

HORTOONS



PUZZI E ANSWERS

	FUZZLE ANSWERS									
SUPER CROSSWORD	KING CROSSWORD MAGIC MAZE				SU	DOI	KU			
F L A G A F L A M E E B B S S H I N I O T A L O U D E R N O A H T A C O	OFFS OPT HASP	6	5	2	8	7	9	3	1	4
B R A V O E N C O R E L I K E O W E N S I D E B D D I N E M I S E R P A S S L O A D I S C O V E R Y S P I K E	SALK NEE ALEE SQUINTED ROLL	7	1	4	5	3	6	8	9	2
C O R S I C A S T O N E L I L I L I A N E K E S A L T N O N C E B E A T S	OSE ION CLEFT	3	9	8	1	2	4	5	6	7
L	IRAQIBBANQUET TIMAD SP	5	4	1	9	6	8	2	7	3
B A I T E R S M A R L E E B B O O G I E O W N O V A T I O N O X Y G E N L O G O Z A G R E B D D R E D G E B R E D D E N S	TUTU FUR ULNA H PER R	2	8	6	7	4	3	1	5	9
O L I V E D E A R T O E S O T D S D I A L T N T H A L L M A R K	STAINED MITER TCEPSEREUD A	9	7	3	2	1	5	6	4	8
W A I T S P L A T A O N E A P E A I N A A T E T R I O S S S A D D E S T	MOTOR FIN ASH	8	2	5	4	9	1	7	3	6
N I C K E L O D E O N H U B F Y I P E L E A M E N D M A Y S D O D G E A L A S P A T E C A B L E L I N E U P	APEX	1	3	9	6	8	7	4	2	5
C L I O S H E S A G L A R E N A M E K E R N E A R S P E E W E E E L S E	LURE EMUSNUG ISMS GEEPANS 0 C LLAND	4	6	7	3	5	2	9	8	1

Top 10 Real Estate Sales

•						
Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Palmetto Point	Fort Myers	2012	6,186	\$1,979,000	\$1,700,000	256
Laurel Oaks At West Bay Club	Estero	2013	3,403	\$1,359,000	\$1,275,000	62
Cape Coral	Cape Coral	1979	4,720	\$1,295,000	\$1,220,855	96
Caloosa Shores	Sanibel	1998	1,761	\$759,900	\$660,000	104
Cape Coral	Cape Coral	1987	3,112	\$729,900	\$710,000	393
East Rocks	Sanibel	1979	1,665	\$599,000	\$580,000	389
Cape Coral	Cape Coral	1990	3,021	\$599,000	\$588,325	56
Mcgregor Reserve	Fort Myers	2015	2,672	\$595,000	\$575,000	5
Cape Coral	Cape Coral	2020	2,381	\$569,900	\$550,000	17
Fort Myers Shores	Fort Myers	2018	2,734	\$550,000	\$415,000	450



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